



BREAKFAST

36 Lakefront Ciabatta \$4.99
Ciabatta Roll, Eggs, Cheddar Cheese,
Choice of Meat: Bacon or Pork Sausage

Hallelujah Veggie Wrap \$5.29
Wheat Tortilla, Eggs, Provolone Cheese,
Grilled Zucchini, Roasted Red Peppers

Pride Protein Wrap \$5.29
Wheat Tortilla, Eggs, Roast Beef, Roasted
Red Peppers, Cheddar Cheese

Holy Oats \$3.99
Steel Cut Oats, Oat Milk, Blueberries, Bananas,
Honey, Almonds

FLATBREADS

36 O.S.B. Flatbread \$6.79
Provolone Cheese, Tomatoes, Red Onions,
Basil Pesto, Balsamic Glaze

The Grotto \$8.99
Roast Beef, Cheddar Cheese, Red Onions,
Roasted Red Peppers, Basil Pesto

Vegan Delight \$8.29
Grilled Zucchini, Roasted Red Peppers,
Artichoke, Tomato, Balsamic Glaze

Traditions Turkey \$8.59
Turkey Breast, Provolone Cheese, Pineapple,
Jerk Mayo

PANINIS & WRAPS

Sisters' Panini \$4.99
Fresh Tomatoes, Provolone Cheese,
Red Onions, Basil Pesto

Panini 36 \$6.59
Virginia Ham, Cheddar Cheese, Red Onions,
Tomatoes, Whole Grain Mustard

36 Jovita's Salmon Panini \$9.99
Grilled Salmon, Spicy Mayo, Tomatoes,
Red Onions, Spinach, Provolone Cheese

Grove Gobbler Wrap \$6.99
Turkey Breast, Provolone Cheese, Lettuce,
Tomato, Avocado, Honey Mustard

36 Abbey's Veggie Panini \$6.29
Grilled Zucchini, Roasted Red Peppers,
Artichokes, Pesto Mayo, Provolone Cheese

Abbot's Panini \$7.99
Roast Beef, Roasted Red Peppers, Red Onions,
Spicy Mayo, Provolone Cheese

St. Hildegard's Chicken Wrap \$6.99
Chicken Breast, Dried Cranberries, Walnuts,
Celery, Lettuce, Tomato, Creamy Dressing

Gluten-free is available upon request.

HAND-HELDS

Turkey Ciabatta \$5.99
Turkey Breast, Tomato, Greens

Power Packs \$4.29
Assorted Meats, Cheeses, and Nuts

Ham Ciabatta \$5.99
Virginia Ham, Cheddar, Greens, Tomato

Fruit and Cheese \$3.99
Cottage Cheese with Seasonal Fruits

SALAD SHAKERS

36 Urban Protein \$6.49
Baby Chard, Wild Arugula, Baby Kale, Dried
Cranberries, Walnuts, Quinoa, Grilled Chicken

West-Side Chicken \$6.49
Greens, Roasted Corn, Peppers, Onions,
Grilled Chicken, Tomato, Cucumber

Meaty Greens \$6.99
Greens, Virginia Ham, Turkey Breast,
Cheddar Cheese, Boiled Eggs

36 Chicken Cobb \$6.49
Greens, Grilled Chicken, Bleu Cheese
Crumbles, Bacon, Cucumber, Tomato,
Boiled Eggs

Vegan Quinoa \$5.99
Baby Greens, Quinoa, Grilled Zucchini,
Roasted Red Peppers, Artichoke Hearts

Grilled Salmon \$7.99
Spinach, Grilled Salmon, Bacon, Tomato,
Cucumber, Artichoke Hearts

BEVERAGES

20 oz. Coke Products \$2.19
Coke, Sprite, Diet Coke, Smart Water

Core Power Protein Shakes \$3.29
Strawberry, Vanilla, Chocolate

Almond Milk/Soy Milk \$1.99
Chocolate or Vanilla

Fresh-Squeezed Orange Juice \$3.49

Shaken Lemonades \$3.49
Add Strawberries, Peaches, or Blueberries for 99¢

36 Café 36 Favorites



SMOOTHIES

All smoothies are lightly sweetened and made with
low-fat yogurt unless an alternate dairy is requested.

36 Leo Sunrise \$5.49
Strawberry, Mango, Pineapple

Peach Be With You \$5.49
Peach, Pineapple, Blueberries

Wellness Wonder \$5.49
Banana, Mango, Peach

Monastery Mocha-Nana \$5.99
Peanut Butter, Chocolate, Banana

Berry-Good \$4.89
Blueberry, Strawberry

36 Green & Gold \$5.49
Pineapple, Spinach, Avocado

Build-Your-Own Smoothie: \$3.29
Strawberry, Peach, Blueberry, Banana, Mango,
Pineapple, Spinach, Avocado

*Fruits/Vegetables: Includes one. Each additional item 99¢
Add-ins: Peanut Butter or Chocolate 79¢, Chia or
Flax Seeds \$1.49 | Substitutes: Soy or Oat Milk 99¢*