

## SALADS

### Cajun Steak Salad \$ 5.50

A little on the spicy side but not overwhelming. We sauté top round 95% fat free Angus roast beef with red peppers and yellow onions in our special Cajun seasonings. Spread over a bed of fresh romaine lettuce with sweet Roma tomatoes topped off with cheddar cheese.

### Taco Salad \$ 5.50

Not just your average taco salad. This one starts out with our homemade turkey chili over the top of fresh romaine lettuce and sweet Roma tomatoes and red onions. Topped off with corn tortilla chips and cheddar cheese.

### Pesto Chicken Salad \$ 5.50

Boneless skinless chicken breast sautéed in our house pesto sauce complemented with red bell peppers and yellow onions. Placed on crisp romaine lettuce with sweet Roma tomatoes.

### Tuna Salad \$ 5.50

We start with premium white Albacore tuna mixed in with fresh finely cut celery and red sweet onions in a mixture of low fat mayo over romaine lettuce with sweet Roma tomatoes.

### Salmon Salad \$ 5.50

We start with Pink Alaskan Salmon mixed in with fresh finely cut celery and red sweet onions in a mixture of low fat mayo over romaine lettuce with sweet Roma tomatoes.

## EVERYTHING BUT NOODLES

### You asked for it, now here it is! A low carb, high protein dish especially for those who are watching their carbohydrate consumption. **PICK 2** ( Beef\*Chicken\*Shrimp ) \$ 7.34

We start with your choice of two protein sources. Then we add fresh broccoli, carrots, red bell peppers, yellow onions, mushrooms, tomato, black olives and fresh garlic.

Slow simmered in light olive oil and lightly seasoned with a natural soy sauce. **LOW CARB & HIGH PROTEIN !!**

## BALDMAN SALSA

### If you like salsa you are going to love Baldman! 16oz. \$ 5.50

With just the right blend of fresh vegetables, no fat, no oils and no preservatives. Baldman salsa will serenade your taste buds and bring enjoyment to any meal or event. Try Baldman on chicken grilled steaks eggs with chips or be creative and experiment.

Larger sizes  
Upon  
Request

## SMOOTHIES

Strawberry Banana \$ 4.59

Northwest Berry \$ 4.59

Peach Pear Apricot \$ 4.59

Pina Colada \$ 4.59

Pineapple Banana \$ 4.59

Four Berries ( Blue-Straw-Rasp-Black) \$ 4.59

Wild Cherry Cranberry \$ 4.59

Blueberry Banana \$ 4.59

Mango Tropics \$ 4.59

Forbidden Fruit \$ 4.59

Ja'Mochaccino \$ 2.75

Truly Latte \$ 2.75

( EXTRA PROTEIN \$ 1.00 PER SCOOP )

# EAT RIGHT CAFE



## MENU

Homemade Food made with the freshest ingredients that taste so good you will be back for more.

### The Hours

Monday-Thursday 11am—8pm

Friday 11am—7pm

Saturday 10am—4pm

Sunday Closed

9648 S. Roberts Road  
Hickory Hills, IL 60457

Phone: 708—599—8500



## WRAPS

### Chicken Wrap

\$ 6.42

Boneless skinless baked chicken breast. Topped with fresh romaine lettuce, sweet roma tomatoes, red onions and sprinkled lightly with cheddar cheese. Rolled in a tomato basil wrap with your choice of no fat Italian or ranch dressing.  
( Extra chicken \$ 1.39 ) A great low calorie choice.

### Beef Wrap

\$ 6.42

Tender thin sliced 95% fat free Angus roast beef. Topped with fresh romaine lettuce, sweet roma tomatoes, red onions and sprinkled lightly with cheddar cheese. Rolled in a tomato basil or spinach wrap. Your choice of no fat Italian or ranch dressing ( Extra Beef \$ 1.85 ) Tasty tender and good nutrition.

### Tuna Wrap

\$ 6.42

Premium albacore white tuna mixed with low fat no cholesterol mayo and celery. Topped with fresh romaine lettuce, sweet roma tomatoes, red onions and sprinkled lightly with cheddar cheese.  
A great source of protein.

### Italian Meatball Wrap

\$ 6.42

Black Angus Extra Lean Sirloin Meatballs slow cooked in our homemade meat tomato sauce, spread over fresh romaine lettuce with red onions sprinkled lightly with mozzarella cheese. Rolled in a garlic herb wrap.

### Low Carb Chicken Pesto Wrap

\$ 6.42

Boneless skinless chicken breast baked until tender, sauted in a low fat pesto sauce along with sweet red bell peppers and yellow onions, rolled in a tomato basil wrap with fresh romaine lettuce and light cheddar cheese. ( Under 20 grams of carbs ).

### Combo Chicken & Beef Wrap

\$ 7.34

Same as the chicken wrap but with added Angus roast beef. A great combo for the hungry appetite.

## WRAPS

### Turkey Breast Wrap

\$ 6.42

99% fat free oven roasted turkey breast. Topped off with fresh romaine lettuce, sweet roma tomatoes, red onions and sprinkled lightly with cheddar cheese. Rolled in a garlic herb wrap.

### Alaskan Pink Salmon Wrap

\$ 6.42

Very tasty, loaded with 50 grams of protein, high in omega 3, a great source of calcium and low in fat. Topped off with fresh romaine lettuce, sweet roma tomatoes, red onions and sprinkled lightly with cheddar cheese. Rolled in a spinach wrap with a touch of lemon.

### Southwestern Cajun Wrap

\$ 6.42

Boneless skinless chicken breast baked until tender, with sauted red bell peppers, yellow onion and jalapeno pepper. Topped off with fresh romaine lettuce and sprinkled lightly with cheddar cheese. Rolled in a garlic herb wrap.  
We use our special Cajun seasonings. ( Spicy )

## CHICKEN DISH

### Bowtie Chicken

\$ 6.42

Bowtie shaped noodles covered with boneless skinless chicken breast in a very light tomato olive oil sauce with scallion onions mushrooms and tomatoes. You will be back for seconds on this one. ( Spicy )

## SOUPS

### Chicken Soup

12oz.

\$ 3.21

The real deal—not frozen canned or reconstituted. Our soup is made from scratch. Starting with the whole chicken for the nutritional content of the minerals. We use long grain wild rice, carrots, onions and celery.  
Seasoned to perfection and no skimping on the chicken.

16oz.

\$ 4.59

### Beef Barley Soup

12oz.

\$ 3.21

Hearty and flavorful loaded with pearl barley, green beans, sweet corn, carrots and lean Angus roast beef. Slow simmered and seasoned to perfection. Just like Grandma used to make.

16oz.

\$ 4.59

## TURKEY CHILI

This one put us on the map! Lean low fat turkey complemented with beans, tomatoes, green peppers ( raw onions and cheddar cheese upon request ). Seasoned and simmered to a taste that's out of this world.

12oz.

\$ 3.21

16oz.

\$ 4.59

## PESTO DISHES

### Low Fat Pesto Chicken

\$ 6.42

Multi colored spring noodle covered with boneless skinless chicken breast in a very light low fat pesto sauce with red peppers onions and broccoli. Be careful! This one is so good you might buy another one for later.

### Low Fat Pesto Shrimp

\$ 6.42

Shrimp lovers, this is the one for you! Same as our chicken pesto dish but with added premium farmed raised shrimp instead of chicken.

### Low Fat Pesto Chicken and Shrimp Combo

\$ 7.34

Hungry! This one is a heart breaker, you will be sad when it is gone. Tasty and comfortably filling.

## STIR FRY

### Chicken Stir Fry

\$ 6.42

Steamed brown rice covered with sweet red bell peppers, onions, mushrooms, carrots and broccoli. Topped with freshly baked boneless skinless chicken breast stir fried in a no fat naturally brewed soy sauce. ( NO MSG. )  
( Made spicy upon request. )

### Beef Stir Fry

\$ 6.42

Same as chicken but with added 95% fat free Angus roast beef. ( NO MSG. ) ( Made spicy upon request. )

### ADD TO ANY ORDER

**EXTRA BEEF \$1.85**

**EXTRA SHRIMP \$1.85**

**EXTRA CHICKEN \$1.39**

**EXTRA TURKEY \$1.85**

**( ALL WRAPS COME WITH YOUR CHOICE OF TURKEY CHILI OR CHICKEN SOUP OR BEEF BARLEY SOUP OR 4 BEAN SALAD )**