

# Tanglewood PARK CAFÉ LUNCH MENU



**Phone: 231-733-8644**

**Hours: Monday ~Thursday 7am-4pm  
Friday 7am-3pm**

Check us out on Facebook or visit us on [www.agewellservices.org](http://www.agewellservices.org)

Tanglewood Park Café is operated by AgeWell Services of West Michigan  
560 Seminole Road. Muskegon, MI 49444

# Signature Salads

Served with our Homemade Parmesan Pita Wedges

## Michigan Salad \$6.99

Fresh romaine lettuce topped with sliced turkey, dried cherries, chopped walnuts, Colby cheese and red onion. Try it with our homemade sweet maple dressing!

## Chicken Caesar \$6.25

Romaine lettuce tossed in Caesar dressing and topped with grilled chicken, parmesan cheese, red onion, tomatoes and croutons

## Chef Salad \$6.99

Crisp romaine lettuce, sliced turkey, ham, Colby cheese, Swiss cheese, cucumbers, hard boiled egg and tomatoes

## Caribbean Jerk Salad \$6.99

Caribbean seasoned chicken on a bed of crisp romaine, toasted almonds, shredded coconut, mandarin oranges, dried cherries and red onion served with honey-lime vinaigrette

## Walnut Gorgonzola Salad \$6.99

Baby spinach topped with grilled chicken, walnuts, sweet dried cranberries and gorgonzola cheese, served with raspberry vinaigrette dressing

## Strawberry Spinach Salad \$6.99

Baby spinach tossed in pomegranate blueberry dressing topped with grilled chicken strips, strawberries, mandarin oranges, sweet red onion, pecans and feta cheese



# Side Items

Variety of chips	\$1.00	Cottage Cheese	\$1.25
Homemade Coleslaw	\$1.25	Homemade Pasta Salad	\$2.00
Fresh Fruit Cup	\$2.00	Side Caesar or Garden Salad	\$3.00
Yogurt Parfait	\$2.25	Add a cup of soup to any meal	\$1.50

# Café Sandwiches & Wraps

Served with your Choice of Side

## Veggie Lovers Wrap

Full \$5.00 Half \$3.00

Fresh baby spinach, tomato, sliced mushrooms, diced green peppers, roasted red peppers, onions, cucumber, Pepper Jack cheese and scallion cream cheese in a sun dried tomato wrap

## Egg Salad Sandwich \$3.99

Homemade old fashioned egg salad, made with salad dressing, seasonings and paprika on sourdough

## Club Wrap

Full \$6.75 Half \$4.75

Sliced turkey, ham, American cheese, Swiss cheese, crisp bacon, lettuce, tomato and mayo in a wheat wrap

## Tuna Salad Sandwich \$5.50

Homemade albacore tuna blended with celery, lemon pepper seasoning, dill and salad dressing on artisan 8-grain

## BLT Sandwich \$4.50

Fresh lettuce, juicy ripe tomatoes, crispy bacon and mayo on sourdough bread

## Chicken Salad Sandwich \$6.00

Homemade chicken salad made with all white meat, mayo, almonds, dried cherries, celery, and red onion on sourdough bread

# Café Salads

Served with our Homemade Parmesan Pita Wedges

## Garden Salad \$4.50

Romaine lettuce, red onions, tomatoes, cucumber, and Colby cheese

## Greek Salad \$5.00

Romaine lettuce, diced tomatoes, feta cheese, red onions, diced pepperoni, pepperoncini, and green olives

## Caesar Salad \$4.50

Romaine lettuce tossed in Caesar dressing topped with parmesan cheese, tomato, red onion and croutons

## Fresh Fruit Cup \$2.00

## Homemade Pasta Salad \$2.00

# You Choose Two

Select Two of the Above Items: \$5.50

Beverage Included

Cup of Soup • 1/2 Café Salad • 1/2 Café Sandwich or Wrap

**Substitute One  
Signature Item**

\$6.25

**Substitute Two  
Signature Items**

\$6.99

## Espresso Beverages

	<u>16oz.</u>	<u>20oz.</u>		<u>16oz.</u>	<u>20oz.</u>
<u>Latte</u> Espresso & steamed milk	\$2.80	\$3.40	<u>Shot -in-the-Dark</u> Espresso & brewed coffee	\$2.25	\$2.50
<u>Flavored Latte</u> Espresso, steamed milk & your choice of flavored syrup.	\$3.25	\$3.70	<u>Cappuccino</u> Espresso, steamed milk & “cap of foam”	\$2.80	\$3.40
<u>Café Mocha</u> Espresso, steamed milk, chocolate sauce & whipped cream	\$3.25	\$3.80	<u>Flavored Cappuccino</u> Espresso, steamed milk, flavored syrup & “cap of foam”	\$3.25	\$3.70
<u>Café Caramel</u> Espresso, steamed milk, caramel sauce & whipped cream	\$3.25	\$3.80	<u>Café Aulait</u> Equal parts brewed coffee & steamed milk	\$2.15	\$2.45
			<u>Chai Latte</u> Equal parts of Chai tea and steamed milk	\$2.95	\$3.60

## Frappes & Smoothies

	<u>16oz.</u>		<u>16oz.</u>
<u>Mocha Frappe</u> Blended espresso & chocolate sauce with milk and ice topped with whipped cream and chocolate drizzle	\$3.70	<u>Strawberry Smoothie</u> Blended low-fat milk and Strawberry Mania fruit mix	\$3.70
<u>Caramel Frappe</u> Blended espresso & caramel sauce with milk and ice topped with whipped cream	\$3.70	<u>Strawberry Banana</u> Blended low-fat milk, Strawberry Mania fruit mix and banana	\$3.85
<u>Café Frappe</u> Blended espresso, chocolate and caramel sauce, vanilla syrup with milk and ice topped with whipped cream	\$3.70	<u>Extreme Peach Smoothie</u> Blended low-fat milk, Extreme Peach fruit mix	\$3.70
		<u>Fruit Delight</u> Low-fat milk blended with Strawberry Mania fruit mix, Extreme Peach and real banana	\$3.85

## Beverages

Vitamin Water (Variety)	\$1.59	V8 Juice & V8 Fusions	\$1.59
Bottle Water	\$1.25	Orange Juice	\$1.31
Assorted Bottled Pop	\$1.59	Fountain Pop	\$1.31



# Sizzling Burgers

1/4 lb. burgers served with lettuce, tomato, pickles and onions and choice of side

Mushroom Swiss Burger \$6.25  
Melted Swiss cheese and sautéed mushrooms.

Olive Burger \$6.25  
Green olives, onions and Swiss Cheese

Cheese Burger \$5.00  
Your choice of American cheese, Swiss cheese, Sharp White Cheddar or Pepper Jack cheese.  
Add Bacon \$.75

Barbeque Burger \$6.50  
Barbeque sauce, sharp white cheddar, crispy bacon, and French's fried onions

Cajun Bleu Burger \$6.25  
Cajun Seasoning and melted bleu cheese

Tanglewood Burger \$6.50  
Bavarian ham, crispy bacon, and American cheese

Char-Grilled Hot dog \$2.25  
An All-Beef Hotdog char-grilled for that outdoor flavor



Olive Burger



Tanglewood Burger



Cajun Bleu Burger



Mushroom Swiss Burger

*Consuming undercooked meats or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.*

## Chef Inspired Soups

**Served with our Homemade Parmesan  
Pita Wedges**

Cup \$ 3.00      Bowl \$4.00

# Signature Sandwiches & Wraps

Served with your Choice of Side

## Southwest Chicken Wrap

Full \$5.25 Half \$3.25

Chicken drizzled in chipotle ranch, topped with fire roasted black beans and corn, shredded lettuce, Colby cheese and tri-colored tortilla strips in a cheddar and jalapeno wrap

## Turkey Bacon Club \$6.00

Oven roasted turkey on sourdough bread with chipotle mayo, sharp white cheddar, crisp bacon, shredded lettuce and tomato



Turkey Bacon Club

## Buffalo Chicken Wrap

Full \$6.25 Half \$4.25

Chicken strips smothered in hot sauce, topped with Colby cheese, lettuce, tomato, tortilla strips and ranch dressing in a cheddar and jalapeno wrap

## Three Cheese Turkey Wrap

Full \$6.25 Half \$4.25

Oven roasted turkey, scallion cream cheese, white sharp cheddar, tomatoes, shredded lettuce and tri-colored tortilla strips in a cheddar and jalapeno wrap

## Tanglewood Tomato Twist

Full \$6.25 Half \$4.25

Tender chicken strips, bacon, apples, walnuts, shredded lettuce, and gorgonzola cheese smothered in ranch dressing in a tomato wrap



Tanglewood Tomato Twist

# Signature Hot Sandwiches

Served with your choice of side

## California Turkey Melt

\$6.25

Oven roasted turkey, Swiss cheese, and sliced tomato topped with avocado mayo served on sour dough bread

## Vegetarian Perfection

\$5.25

Sun-dried tomato cream cheese, Swiss cheese, tomatoes, sautéed sweet red onions, fresh basil and parmesan cheese on a artisan 8-grain bread

## Southern Style Pork Barbeque

\$5.00

Homemade pulled pork smothered in a tangy barbeque sauce covered in coleslaw and served on a toasted bun

## Chicken Sandwich

\$4.75

Char grilled chicken breasts served with mayo, shredded lettuce, tomato, pickles and onion  
Add American cheese, Swiss cheese, or Sharp White Cheddar: \$.25

## Hawaiian Ham Panini

\$6.25

Bavarian ham, Swiss cheese, tomatoes with Pineapple, cream cheese and Dijon mustard on toasted sourdough bread

## Cuban Sandwich

\$6.50

Bavarian ham, tender chunks of pulled pork, topped with Swiss cheese, mustard, and sliced pickles on toasted sourdough



Cuban Sandwich



Hawaiian Ham Panini