



TABLE TALK CAFÉ

M E N U

SALADS



- Grilled Chicken Garden Salad**..... **\$6.83**
Fresh romaine lettuce, tomatoes, cucumbers, sliced eggs, grilled chicken and cheese
- Grilled Chicken Caesar Salad**..... **\$6.83**
Fresh romaine lettuce, cranraisins, almonds, bacon bits, croutons, grilled chicken and Parmesan cheese
- Mandarin Grilled Chicken Salad**..... **\$7.29**
Fresh romaine lettuce, black olives, Mandarin orange slices, diced apples, cucumbers, tomatoes, almonds, cheddar cheese and grilled chicken
- Fresh Spinach Salad with Grilled Chicken**..... **\$6.83**
Fresh spinach leaves, cranraisins, almond slivers, purple onion, egg, Parmesan cheese, bacon bits and grilled chicken
- Side Salad** lettuce, tomato and cucumbers..... **\$3.64**
- Garden Salad** fresh romaine lettuce, tomatoes and cucumbers..... **\$5.47**

CREATE YOUR OWN SALAD

- Fresh romaine and/or spinach**..... **\$4.00**
- ADD: grilled chicken or canned tuna*..... *\$3.00*
- ADD: tomato, cucumber, black olives, purple onions, cranraisins, diced almonds, walnuts or croutons*..... *no extra charge*
- ADD: apple slices, Mandarin oranges, cheddar cheese, egg, guacamole or bacon bits*..... *\$.50 each add*

1 package of salad dressing included with each salad
Each additional package add \$.50

SANDWICHES, BURGERS, PANINIS AND QUESADILLAS

- Grilled Chicken Sandwich**..... **\$5.00**
Grilled chicken breast on your choice of white or wheat sliced bread, or white or wheat bun, with lettuce, sliced tomato, onions, pickles, mayonnaise, mustard and ketchup





Grilled Chicken Quesadilla	Small \$3.50 Large \$5.00
Cheese Quesadilla (white or wheat).....	Small \$3.00 Large \$5.00
Hamburger	\$4.50
1/4 lb. of lean ground beef on your choice of white or wheat sliced bread, or white or wheat bun, with lettuce, sliced tomato, onions, pickles, mayonnaise, mustard and ketchup	
Cheeseburger	\$4.75
Grilled Chicken Wrap (white or wheat).....	\$5.00
Grilled chicken, romaine lettuce, diced tomatoes, shredded cheese and light ranch dressing	
Grilled Chicken Caesar Wrap	\$5.00
Romaine lettuce, spinach, grilled chicken, fresh shredded Parmesan cheese, light Caesar dressing	
Tuna Salad Wrap	\$5.00
Tuna Salad Sandwich (white or wheat).....	\$3.50
Grilled Cheese Sandwich (white or wheat).....	\$1.50
Peanut Butter and Jelly Sandwich (white or wheat).....	\$1.50
Hot Pocket	\$2.50

OTHER ITEMS

Yogurt	\$.75
Chips	\$.68
Muffins	\$1.50
Protein Bars	\$2.73

DRINKS

Protein Smoothies - all-natural protein shakes	\$4.56
(many flavors to choose from, including sugar-free)	
Energy drinks (Monster)	\$2.28
Muscle Milk	\$3.64
Speed Stack	\$3.64
Small bottled water	\$1.14
Large bottled water	\$1.82
Bottled juice	\$1.59
apple, orange and grape	
Gatorade	\$1.82
Canned Diet Coke, Coke, Dr. Pepper, Sprite	\$1.14
Large cup of ice	\$.46

all prices plus tax



TABLETALK CAFÉ

Louisiana Family Fitness Center
 336 Heather Drive, Opelousas
 Call ahead! 942.1326



Available all day every day. Dine in or carry out.