

BREAKFAST

Omelet	\$5.49
Whole eggs with choice of meats & veggies	
Egg White Omelet	\$6.49
Egg whites with choice of meats & veggies	
Breakfast Burrito	\$3.99
Whole eggs, turkey sausage or bacon & cheese	
Yogurt Parfait	\$3.49
Plain non-fat yogurt, granola & berries	
Fresh Bagels - Plain	\$1.65
Add Cream Cheese	\$0.39
Add Peanut Butter	\$0.39
Muffins	\$1.00
Blueberry, Chocolate-Chocolate Chip	

COFFEE & TEA

We proudly brew Starbucks® Coffee

Coffee of the Day, Lattés, Cappuccinos
& Tea Available

COMPLETE HOLIDAY DINNERS

Easter | Thanksgiving | Christmas

Complete seasonal holiday meals including entrée,
sides, bread and dessert



SOUP & SALAD

Soup of the Day	\$3.59
Salad Bar (per oz.)	\$0.55
Fresh Fruit Salad (per oz.)	\$0.55
House Made Salads (per oz.)	\$0.55
Choose from quinoa, chicken, tuna, cucumber Caprese, three bean and much more	

SANDWICHES & WRAPS

Wrap of the Day	\$7.49
Served with fresh fruit or chips	
Sandwich of the Day	\$6.49
Served with fresh fruit or chips	
Sandwiches Made to Order	\$6.49
Served with fresh fruit or chips	
Grilled Cheese	\$3.99
PB&J	\$1.99

HEAT-N-SERVE ITEMS

Personal Pizza	\$5.99
Cheese, Pepperoni, Sausage or Veggie	
Burgers – Black Bean or Turkey	\$6.59
Served with fresh fruit, chips fries or salad	
Chicken Tenders and Fries	\$3.29
Corn Dog and Fries	\$3.29
Grilled Turkey & Cheese	\$4.49
Grilled Ham & Cheese	\$4.49

SMOOTHIES

Berry Bliss – Strawberry, blueberry, milk and frozen yogurt

Chocolate Delight – Banana, peanut butter, milk, frozen yogurt and chocolate protein

Orange Julius – Peach, pineapple, milk, orange juice, and frozen yogurt

Green Machine – Spinach, avocado, kiwi, non-fat plain yogurt, apple juice, vanilla protein and ice

Banana Berry – Banana, strawberry, milk and frozen yogurt



Or Create Your Own

Add A Scoop of Protein – Chocolate or Vanilla

Choose Your Fruit – Strawberry, Blueberry, Banana, Pineapple or Peach

Choose Your Liquid – Skim Milk, 2% Milk, Soy milk, Apple Juice, Orange Juice or Water

Choose Your Base – Frozen Yogurt or Ice

12 oz.	16 oz.	24 oz.
\$3.49	\$4.99	\$6.49

PARTY TRAYS

Mini Sandwiches

Choose from ham, turkey, roast beef, chicken salad or tuna salad on white or wheat rolls

Small	24 sandwiches	\$32.99
Large	48 sandwiches	\$59.99

Fruit & Cheese

Variety of seasonal fruits & cheeses

Small	Serves 8-12	\$24.99
Large	Serves 15-20	\$42.99

Fresh Fruit

Variety of seasonal fruits

Small	Serves 8-12	\$31.99
Large	Serves 15-20	\$49.99

Fresh Veggie

Seasonal veggies with Ranch or Italian dressing

Small	Serves 8-12	\$24.99
Large	Serves 15-20	\$34.99

Pinwheel Sandwiches

Lettuce, tomato, cream cheese & choice of ham, turkey or roast beef

Serves 12-16	\$27.99
--------------	---------

Cookies

Chocolate Chip, Sugar and/or Snickerdoodle	
24 cookies	\$29.99

Additional catering options available.

Delivery fee, \$2 per tray.

Catering orders require 48 hours notice.
Call Tracey Demsky at **214.383.1083** or email
tdemsky@coopercraigranch.com

MEETING SPACE & CATERING

Let us host your next business event.
We offer room rental along with
onsite and offsite catering services.

Contact Tracey Demsky at **214.383.1083**
or visit www.coopercraigranch.com
for additional catering options.

Deluxe Continental Breakfast

Breakfast Burritos (Scrambled eggs or Egg whites with cheese, turkey bacon or turkey sausage) Hash browns, Muffins & Bagels, Seasonal Fruit, Butter, Preserves & Cream Cheese, Chilled Juices & Coffee
Per Person **\$16.00**

Professional Lunch Boxes

Choice of one sandwich or wrap on your choice of whole wheat, bread or hoagie, ciabatta or flavored tortilla
Served with fresh fruit & chips

Sandwiches

Tuna Salad Sandwich, Chicken Salad Sandwich, Club Sandwich, Ham & Cheese or Turkey Breast & Cheese

Wraps

Chicken Caesar, Chicken Club, Southwest Chicken or Grilled Veggies
Per Person **\$12.00**

Deluxe Themed Buffets

BBQ | Italian | Mexican

Buffets include 2 entrees, 2 sides, bread & condiments
Per Person **\$19.50**

Prices subject to change.



Cooper Fitness Center™
at Craig Ranch
A COOPER AEROBICS COMPANY

TENLEY'S *Cafe*

Cooper Fitness Center
at Craig Ranch



OPEN TO THE PUBLIC

Monday-Thursday	6 a.m. - 7 p.m.
Friday	6 a.m. - 3 p.m.
Saturday	8 a.m. - 3 p.m.
Sunday	Closed

Call ahead (15 minutes) place your order,
& we'll have it ready for you to pick up!

Free delivery for orders over \$15.00,
\$1.50 fee for orders less than \$15.00
9 a.m. – 5 p.m. (within Craig Ranch)

214.383.1070

7910 Collin McKinney Parkway
McKinney, TX 75070

www.CooperCraigRanch.com