

Tyler's Café Menu

Dine in or take out. For take-out orders, call 972-560-3259.

Breakfast

Breakfast Special	\$5.31
2 eggs any style, choice of meat, potatoes, and choice of 1 pancake, wheat toast, or wheat English muffin	
One Egg – Any Style	\$1.50
Egg Whites Only	\$2.75
Breakfast Mac	\$3
Egg, ham, and cheese on a wheat English muffin or wheat bun	
Breakfast Burrito	\$4.38
Cinnamon or Plain Oatmeal	\$2 Cup \$2.75 Bowl
Whole Wheat Pancake	\$1.50
Bagel and Cream Cheese	\$1.75
Low-Fat Yogurt	\$1.45
Muffin	\$1.50
Turkey Bacon or Sausage	\$1.75
Country Potatoes	\$1.75

Pizza

Cheese	\$4.75
pizza sauce and part-skim mozzarella cheese	
Veggie	\$5.50
pizza sauce, red onion, mushrooms, olives, bell peppers, herbs, and part-skim mozzarella cheese	
Meat	\$ 6.25
pizza sauce, grilled chicken, ham, pepperoni, and part-skim mozzarella cheese	
Combo	\$6.25
pizza sauce, grilled chicken, ham, pepperoni, veggies, and part-skim mozzarella cheese	

Sandwiches

Tyler's Basic	\$5.25
choice of tuna, chicken salad, ham, or turkey on wheat bread served with lettuce, tomato, and low-fat cheese; baked chips or fruit	
Vegetarian Delight	\$5.50
fresh basil, alfalfa sprouts, cucumbers, tomatoes, avocado, lettuce, and low-fat cheese on your choice of bread with baked chips or fruit	
Wrap It Up	\$5.99
sliced turkey or ham, grilled chicken, or chicken caesar on a spinach tortilla with lettuce, tomato, and low-fat cheese; baked chips or fruit	

From the Grill

Burgers and Chicken Sandwich served with lettuce, tomatoes, low-fat cheese, dill pickle slice, and fruit or baked chips

Burger – All-White Turkey or Veggie	\$6.32
Grilled Chicken Sandwich	\$6.32
Hot Mediterranean Sandwich	\$5.75
grilled eggplant, peppers, humus, feta cheese, and basil on a wheat ciabatta roll served with baked chips or fruit	
With Chicken	\$6.32

Hot Meal of the Day

Cooper Plate	\$ 8.59
6 oz. protein, 8 oz. vegetables, 8 oz. starch, and wheat roll	
Mini-Cooper Plate	\$ 6.87
3 oz. protein, 8 oz. vegetables, 4 oz. starch, and wheat roll	

Salad, Soup, and Fruit Bar

Small Salad	\$3.99
With Chicken or Salmon	\$6.87
Large Salad	\$5.99
With Chicken or Salmon	\$8.52
Soup Cup/Bowl	\$2.99/\$3.99
Fruit Cup/Bowl	\$2.75/\$4.95
Whole Fruit	\$.95

Smoothies

16 oz. small	\$3
24 oz. medium	\$3.92
32 oz. large	\$4.85
choice of soy milk or fat-free milk; 1-3 fruits (upon availability) – peach, mango, blueberries, pineapple, strawberries, and sliced strawberries in syrup	
Add Whey 23 g Protein Powder	\$0.80 per scoop

Beverages

Fountain Drinks – 16 oz.	\$1.35	24 oz.	\$1.65	32 oz.	\$1.99
Bottle Water	\$1.75				
Gatorade or Bottled Soda	\$1.99				
Juice	\$2.20				
Milk (2%, Fat-Free, or 1% Chocolate)	\$1				

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