







BREAKFAST

- Classic Breakfast**  **4.99**
Eggs, turkey bacon and diced sweet potatoes.
- Breakfast Sandwich**  **5.50**
Eggs, turkey bacon and Monterey Jack cheese on a whole-wheat English muffin.
- Tex-Mex Wrap** **5.50**
Eggs, turkey bacon, three-cheese spread and pico de gallo in a flatbread.
- Steel-Cut Oatmeal**  **3.75**
Organically grown steel-cut oats topped with toasted almonds, brown sugar and golden raisins.
- Greek Yogurt Bowl**   **3.99**
Greek yogurt, fresh berries and granola.
- Breakfast Tacos**  **5.50**
Two corn tortillas filled with your choice of whole eggs or egg whites and spinach, cotija cheese, pico de gallo and house-made fire-roasted salsa and served with seasonal fruit.

SIDES

- Fresh Fruit** **1.75**
Grapes, strawberries and pineapple.
- Bacon** **1.99**
Applewood smoked bacon.
- Turkey Bacon** **1.99**
Smoked turkey bacon.
- Whole Grain Toast** **1.00**
Thick sliced whole-grain bread made with whole wheat, sunflower seeds, flax seed, wheat bran, cracked wheat, oatmeal, rye, honey and buckwheat.



As a part of living a healthy, Cooper Quest life, Cooper Clinic Registered Dietitian Nutritionists have designated the entrees with ≤ 750 calories, ≤ 8 grams of saturated fat and ≤ 25 grams of total fat as Cooper Fit Foods.



These items are recommended for gluten-sensitive diets. Cedars is not a gluten-free kitchen but we take every precaution to ensure our gluten-free and low-gluten items are safe for your diet. Be sure to order your meal with no bread and substitute GF croutons for regular croutons. Please advise our cashier of any allergies.

SMALL BITTES

House-made Pita and Hummus 3.99

Pita wedges and house-made hummus.

Side House Salad 3.25

Romaine and iceberg lettuce with cucumbers, tomatoes, carrots, red onion, Monterey Jack cheese and croutons and served with your choice of dressing.

Side Caesar Salad 3.25

Traditional Caesar salad served with shredded Parmesan cheese and seasoned croutons.

Variety of Chips 1.75

Choose from Stacy's® Pita Chips, Terra® Chips or SunChips®.

Black Bean Steak Soup 5.99

Ranch-style black bean soup with grilled Certified Angus Beef® and applewood smoked bacon topped with green onion and Monterey Jack cheese.

Chicken Tortilla Soup 4.99

All-natural grilled chicken in our unique pureed vegetable base with a jalapeño kick and topped with fresh avocado, pico de gallo, tortilla strips and cilantro.

BOWLS



CHICKEN
\$9.99



BEEF
\$10.99



PORTABELLA
\$9.99



SALMON
\$11.99

Teriyaki

Broccoli, grilled red peppers, crispy noodles and teriyaki sauce served over seasoned brown and wild rice.

Asian Sweet & Spicy

Broccoli, grilled red peppers, crispy noodles and sweet and spicy sauce served over seasoned brown and wild rice.

California

Fresh grilled seasonal vegetables, bruschetta tomatoes, Parmesan cheese and balsamic glaze served over seasoned brown and wild rice.

Power

Garbanzo beans, sweet potatoes, broccoli and tzatziki sauce served over quinoa and brown rice blend.

Baja

Corn salad, black beans, red onion rings, cilantro and house-made salsa served over seasoned brown and wild rice.

WRAPS



CHICKEN
\$9.49



BEEF
\$10.49



PORTABELLA
\$9.49



SALMON
\$11.49

INCLUDES CHOICE OF ONE SIDE.

Southwest Torta

Three-cheese spread, lettuce, grilled red onion, avocado and pico de gallo.

Thai

Asian cucumber salad, shredded carrots, grilled red onion, lettuce, cilantro and sweet and spicy Thai sauce.

Bacon Ranch

Applewood smoked bacon, lettuce, Roma tomato, cheddar cheese and ranch sauce.

Signature BBQ

Applewood smoked bacon, cheddar cheese, lettuce, Roma tomato, grilled red onion and tangy BBQ sauce.

Mediterranean

Romaine lettuce, artichokes, black olives, roasted red peppers and Parmesan cheese tossed with balsamic vinaigrette dressing and topped with house-made hummus.

Three Cheese Griller

Cheddar, pepper jack and feta cheeses on sourdough bread.



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SALADS



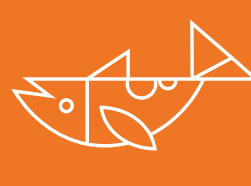
CHICKEN
\$9.99



BEEF
\$10.99



PORTABELLA
\$9.99



SALMON
\$11.99

Tex-Mex Chipotle

Romaine and iceberg lettuce, grape tomatoes, cucumbers, red onion and Monterey Jack cheese tossed with chipotle ranch dressing. Topped with grilled corn salad, tortilla strips, avocado, cheddar cheese, cilantro and cotija cheese.

Chophouse

Romaine and iceberg lettuce, grape tomatoes, cucumbers, green onion, grilled corn salad and cheddar cheese tossed with blue cheese dressing. Topped with BBQ sauce, applewood smoked bacon, grilled red onion and blue cheese crumbles.

Caesar

Crisp romaine lettuce tossed with Parmesan cheese, grilled sourdough croutons and our house-made Caesar dressing.

Sesame Ginger

Romaine and iceberg lettuce, crispy noodles, water chestnuts, red peppers, carrots and red onion. Topped with Asian sesame ginger dressing, mandarin oranges and wasabi peas.

Spinach Kale

Fresh spinach and kale with blueberries, toasted almonds and feta cheese. Topped with a blueberry vinaigrette dressing.

Mediterranean

Romaine lettuce, artichokes, black olives, cucumbers, grape tomatoes and Parmesan cheese tossed with balsamic vinaigrette dressing and topped with house-made hummus and pita chips.

DRESSING OPTIONS

Caesar

Ranch

Chipotle Ranch

Blue Cheese

Balsamic Vinaigrette

Blueberry Vinaigrette

Sesame Ginger

Vinaigrette

Lemon Poppyseed

SIDES

Cucumber Salad

Diced cucumbers with rice wine vinegar, red onions, chili paste, red peppers and green onions.

1.79

Fresh Steamed Broccoli

Brown Rice & Quinoa Blend

Seasonal Fresh Fruit

1.79

2.39

2.39

Grilled Corn Salad

Roasted corn with red pepper, red onion, green onion, balsamic vinaigrette, herbs and spices.

1.79

Seasoned Brown & Wild Rice

Medium grain brown rice and wild rice blend with red onion, garlic seasonings and spices.

1.79

KIDS



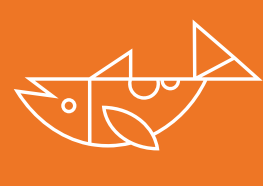
CHICKEN
\$6.50



BEEF
\$6.50



PORTABELLA
\$6.50



SALMON
\$6.50

INCLUDES CHOICE OF ONE DRINK.

Rice Bowl

Broccoli and choice of sauce served over seasoned brown and wild rice.

Half Bacon Ranch Wrap

Applewood smoked bacon, lettuce, Roma tomato, cheddar cheese and ranch sauce served with a choice of one side.

Grilled Cheese

Cheddar cheese on sourdough bread served with a choice of one side.

Salad and Side

Choice of House or Caesar salad served with a choice of one side.

SMOOTHIES

PROTEIN POWERED 5.95

Vanilla Espresso

Skim milk, espresso, banana and vanilla protein.

Mixed Berry

Strawberries, blueberries and vanilla protein.

Peanut Butter Banana

House-made peanut butter and banana made with your choice of protein.

Almond Coconut ⊕NEW

Almond milk, almond butter, coconut and chocolate protein.

FRUIT SENSATION 4.95

Strawberry Banana

Strawberries and banana.

Tropical

Mango, pineapple and strawberries.

Strawberry Colada ⊕NEW

Strawberries, coconut, coconut cream and pineapple.

SUPERFOOD 6.95

Green Apple Kale

Kale, spinach, apple, pineapple, banana and vanilla yogurt.

Pomegranate Punch ⊕NEW

POM Wonderful® juice, strawberries, blueberries and vanilla yogurt.

Blueberry Breeze ⊕NEW

Blueberries, almond milk, banana and Greek yogurt.

Matcha Green Tea ⊕NEW

Matcha green tea, chia seeds, almond milk, avocado and Greek yogurt.

Orange Mango ⊕NEW

Orange juice, mango, banana and Greek yogurt.

Peanut Butter and Jelly ⊕NEW

House-made peanut butter, strawberries and raspberries.

DRINKS

Specialty Teas 1.95

Numi® variety of flavored teas

Infused Teas ⊕NEW 1.95

La Crème flavor-infused, all-natural brewed teas

Skim Milk 1.95

Almond Milk ⊕NEW 3.25

Orange Juice 2.95

Cold Press Juices ⊕NEW 3.99 | 6.50

Bottled Water 1.95

LaCroix® Sparkling Water ⊕NEW 1.95

Hot Chocolate 2.25

Starbucks® Frappuccino ⊕NEW 3.29

COFFEE 12 OZ.

Fresh Ground Coffee 2.25

Starbucks® Breakfast Blend

Cappuccino 3.25

Starbucks® Breakfast Blend and non-fat milk

Latte 3.25

Starbucks® Breakfast Blend and non-fat milk

Vanilla Latte 3.25

Starbucks® Breakfast Blend and vanilla flavoring

Mocha Latte 3.25

Starbucks® Breakfast Blend and mocha blend

Espresso 1.75

Segafredo® imported whole bean from Italy