

SMOOTHIES

2 cups fruit recommended per smoothie
~ We do not add ice or extra water to our smoothies ~

SUMMER SMOOTHIES 6.00

strawberry-banana
peach-mango
spinach-pineapple

LIQUID

soy milk
almond milk
orange juice

MAKE IT SWEET

honey
sugar
equal
splenda
sweet'n low
stevia

ADD FLAVOR

ginger
cinnamon
vanilla
cocoa powder

ENERGY BOOST (optional)

protein powder (vanilla) 0.90 | peanut butter 0.60 | yogurt 0.60

DRINKS

Regular & Decaf Coffee 1.95

16oz

Iced Coffee 2.25

20oz

Hot Tea 1.75

Fountain Drinks 2.00

20oz

Bottled Water 1.35

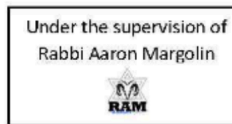
Order Online by scanning QR Code

(Enter your name when asked for table number)



All major credit cards accepted

Cardo Cafe gift cards available for purchase



The
CARDO
CAFÉ

UJFT Community Campus, LLC
5000 Corporate Woods Dr | Suite 200
Virginia Beach, VA 23462

Print menu subject to change without notice

The
CARDO
CAFÉ

MENU

MONDAY - FRIDAY 9AM-2PM

SATURDAY & SUNDAY
CLOSED

ON THE REBA & SAM SANDLER FAMILY CAMPUS
OF THE TIDEWATER JEWISH COMMUNITY

BREAKFAST - UNTIL 11AM

Rise & Shine 5.60

2 eggs scrambled, your choice of cheese, served with your choice of bread, as a sandwich or on the side

Breakfast Wrap 6.10

2 eggs scrambled with crispy hash browns and your choice of cheese. Served on your choice of wrap. salsa & sour cream on request

Pancake 3.80

1 pancake cooked on the grill until golden brown, served with 2 butters & 1 syrup

Hash Brown 1.50

Bagels 3.25

plain, cinnamon raisin or everything, toasted & served with butter or cream cheese
extra creams cheese 0.35

Yogurt Parfait 4.85

fresh fruit on the bottom with low fat plain yogurt, topped with golden honey, served with granola made with honey, raisins & almonds

Muffins 3.15

assorted varieties

Cheese Options

shredded cheddar, shredded mozzarella, sliced american

Bread Options

rye, wheat, sour dough, challah, challah roll

Wrap Options

wheat, spinach, cheddar jalapeno

LUNCH - 10:30AM-2PM

MAKE IT A COMBO 3.60

<i>small sweet potato fries, french fries, onion rings, curly fries or chips & fountain drink, or cup of soup & a fountain drink, or side salad</i>

<i>gluten free, add</i> 1.00

Cardo Original Tuna Salad 9.60

albacore tuna mixed with diced red apples, shredded carrots, diced red onion & mayonnaise, served on your choice of bread or wrap with fresh green leaf lettuce & sliced tomatoes

Cardo Original Egg Salad 9.70

chopped hard boiled eggs mixed with dill, garlic & herbs, chives & mayonnaise, served on your choice of bread or wrap with fresh green leaf lettuce & sliced tomatoes

Falafel Wrap 9.25

4 fried falafel balls served on a wrap with homemade hummus by the Humusiyi, fresh green leaf lettuce, diced tomatoes & diced cucumber

Greek Wrap 9.45

fresh green leaf lettuce, diced tomatoes, diced cucumbers, diced red onion, crumbled feta, chopped kalamata olives with a homemade vinaigrette on your choice of wrap

Veggie Burger 6.60

grilled Morning Star™ burger made with green leaf lettuce & sliced tomato, served on a toasted challah bun

Late Riser 6.15

2 scrambled eggs & your choice of cheese with fresh green leaf lettuce & sliced tomatoes, served on your choice of bread

Tuna Melt 9.60

original cardo tuna salad with american cheese served on wheat bread, toasted on the grill until golden brown & melted

PB&J 3.25

your choice of strawberry or grape jelly & peanut butter served on wheat bread

Kids Grilled Cheese 3.70

sliced american cheese served on wheat bread, toasted on the grill until olden brown & melted

Grown Up Grilled Cheese 6.80

sliced american, shredded mozzarella & shredded cheddar cheese with homemade pesto served on your choice of bread, toasted on the grill until golden brown & melted

Vegetarian Chicken Sandwich 6.60

fried vegan chicken cutlet, with lettuce & tomato, served on a toasted challah roll. add cheese 1.10

Vegetarian Chicken Caesar Wrap 8.65

fried vegan chicken cutlet, fresh green leaf lettuce, diced tomatoes, homemade caesar dressing, grated parmesan cheese & French's™ crispy onions, served on your choice of wrap

Vegetarian Buffalo Wrap 6.10

fried vegan chicken cutlet, fresh green leaf lettuce, diced tomatoes drizzled with a spicy buffalo sauce, served on your choice of wrap ranch on request

Vegan Schnitzel Sandwich 6.60

fried vegan chicken cutlet, with hummus, sumac onions, pickles, lettuce, tomato, served on a bun

Quesadilla 6.00

cheese only - mix of shredded cheddar & shredded mozzarella cheese served on your choice of wrap, with salsa & sour cream

Personal Pizza 6.00

cheese only - pocketless pita with marinara sauce & shredded mozzarella

Make any wrap a salad!

SOUP, SIDES & MORE

Homemade Soup of the Day

cup 3.35 | bowl 4.90

Crinkle Cut Fries

small 2.65 | large 3.60
cinnamon & sugar 0.55
garlic parmesan 1.10
spicy 0.55

Sweet Potato or Curly Fries

small 2.85 | large 3.80
cinnamon & sugar 0.55
garlic parmesan 1.10

Mozzarella Sticks 6.50

Chips 1.12

Scoop Tuna Salad (2oz) 3.95

Scoop Egg Salad (2oz) 3.95

Hard Boiled Egg 1.10

Fried Pita Chips 5.50

fried pita chips served with your choice of lebneh or hummus

Israeli Salad 4.00

diced cucumbers, tomatoes, red peppers & onions, seasoned with salt, pepper & parsley, dressed with vinegar & oil

Tuna Pasta Salad 6.25

Pesto Pasta Salad 4.95

Side Salad 4.00

with your choice of dressing

Add

vegan chicken cutlet 3.40

falafel (4 balls) 2.30

any dipping sauce or dressing 0.60
extra cream cheese 0.35

Challah 5.85

Consumption of undercooked meat, poultry, eggs, or seafood may increase the risk of food-borne illnesses.