

Flying Cow Café



Gourmet Sandwiches

Change your bread: Ciabatta and Pretzel Rolls available.

California Turkey \$5.50

Shaved turkey breast, bacon, baby spinach, ripe tomatoes, Swiss cheese & guacamole on a butter croissant.

Calories 689

Tuna Salad \$5.00

Albacore tuna, lettuce, tomatoes, pickles & onions on sliced whole wheat bread.

Calories 600

Chicken Salad \$5.00

Creamy chicken salad, lettuce, tomatoes & toasted almonds on a Bavarian pretzel roll.

Calories 702

Edamame Hummus Wrap \$5.00

Spinach, edamame hummus, tomatoes, pickles, red sliced onions, onions, black olives & mushrooms in a tortilla

Calories 327, Fat 13 g, Sodium 1,514 mg

Hot Italian \$5.50

Ham, pepperoni, roasted red peppers, banana peppers, melted provolone & basil pesto aioli on a hoagie roll.

Calories 787

Flying Cow Club \$5.50

Turkey, ham bacon, lettuce, tomatoes, onions, cheese, mayo & the kitchen sink on three slices of toasted bread.

Calories 823

Better Turkey Sandwich \$4.75

Sliced turkey, lettuce, tomatoes & red onions on a ciabatta roll.

Calories 334, Fat 9 g, Sodium 1,614 mg

Panini Sandwiches

Change your dressing on any panini - 1000 Island Dressing, Wasabi Aioli, Basil Pesto Aioli & Citrus Aioli available.

Delray Chicken \$5.50

Grilled chicken breast, baby spinach, ripe tomatoes, citrus aioli & goat cheese on pressed ciabatta.

Calories 602

Fit Delray Chicken Panini \$5.00

Grilled chicken breast, baby spinach, tomatoes & goat cheese on a ciabatta roll.

Calories 425, Fat 11 g, Sodium 691 mg

Spicy Roast Beef \$5.50

Lean roast beef, spinach, sliced tomatoes, red onions, cheddar cheese & wasabi mayo on a pressed ciabatta roll.

Calories 550

Fit Roast Beef Panini \$5.00

Lean roast beef, spinach, tomatoes, red onions & cheddar cheese on a ciabatta roll.

Calories 396, Fat 13 g, Sodium 1,331 mg

Turkey \$5.00

Sliced turkey, cheddar cheese, bacon, avocado ranch dressing, tomatoes & sliced onions on a ciabatta roll.

Calories 732

Fit Turkey Panini \$5.50

Sliced turkey, cheddar cheese, tomatoes, onions & guacamole on a ciabatta roll.

Calories 403, Fat 12 g, Sodium 1,495 mg

Ham Panini \$5.00

Ham, tomatoes, banana peppers & Swiss cheese on a ciabatta roll.

Calories 387, Fat 14 g, Sodium 1,725 mg

Combo: Add a drink & chips, apple or cookie to any sandwich or panini for \$2.00

Personal Pizza

7" serving prepared in a traditional brick oven.

Mexican \$6.00

Taco meat, diced tomatoes, red onions, cheddar jack cheese, taco sauce & chipotle sour cream.

Calories 925

New World \$6.00

Spinach, roasted red peppers, onions, goat cheese & mozzarella.

Calories 628

Cheese \$3.25

Calories 584

Each additional topping \$0.75

Pepperoni, Sausage, Ham, Bacon, Hamburger, Mushrooms, Black Olives, Bell Peppers, Jalapenos, Tomatoes, Onions, and Banana Peppers

Smokehouse \$6.00

Rotisserie chicken, red onion, cheddar jack cheese & BBQ sauce.

Calories 871

White Pizza \$6.00

Chicken, broccoli, roasted red peppers, alfredo sauce & mozzarella cheese.

Calories 729

Supreme \$6.00

Pepperoni, sausage, peppers, onions & mushrooms.

Calories 758

Pasta

Chicken & Broccoli

Alfredo \$6.00

Sliced chicken breast, broccoli & creamy alfredo sauce topped with ziti.

Calories 627

Salads

Chef Salad \$5.50

Salad mix, tomatoes, broccoli, cheddar cheese, hard boiled egg ham slices & turkey slices with fat free raspberry vinaigrette.

Calories 273, Fat 11 g, Sodium 1,580 mg

Chicken Caesar \$5.50

Calories 588

Tossed Garden Salad \$2.50

Salad mix, tomatoes & cheddar cheese with fat free raspberry vinaigrette.

Calories 164, Fat 8 g, Sodium 570 mg

Combo: Add a side salad and drink to any pizza or pasta for \$2.50



Fitter Foods' Items with less than or equal to 500 calories, 15 grams of fat and lower sodium.

Flying Cow Cafe

grill



BREAKFAST

BREAKFAST SANDWICHES

Egg, cheese & your choice of sausage, bacon or ham.

English Muffin \$2.75

Calories w/Sausage 480, w/Bacon 468, w/Ham 380

Better Breakfast Sandwich with Ham \$2.50 🍏

Ham, American cheese & egg white on an English muffin.

Calories 306, Fat 10 g, Sodium 1,555 mg

Croissant \$3.50

Calories w/Sausage 640, w/Bacon 628, w/Ham 530

Bagel \$3.75

Calories w/Sausage 670, w/Bacon 658, w/Ham 560

CLASSICS

All-American Plate \$4.00

2 eggs, choice of breakfast meat & toast.

Calories w/Sausage 576, w/Bacon 623, w/Ham 476

Biscuits & Gravy Plate \$3.75

2 biscuits with gravy & 2 eggs any style.

Calories 654

Pancake Plate \$5.90

3 pancakes, 2 eggs any style, and choice of ham, bacon or sausage.

Calories 867

Stack of 3 \$3.45

Calories 727

Chicken Biscuit \$3.50

Biscuit, breaded chicken & American cheese.

Calories 573

1 Biscuit and Gravy 1.75

Calories 256

2 Biscuits and Gravy 2.50

Calories 513

SIDES

Breakfast Meat \$1.30

Calories - Sausage 190, Bacon 178, Ham 90

Home Fries \$1.30

Calories 419

2 Eggs \$2.00

Calories 286

Our burgers are hand formed from 1/3 lb of fresh 100% ground beef. Served on a soft, corn dusted bun with lettuce, tomato & onion. Add fries & a drink for \$2.00.

Hamburger \$4.00

Calories 671

Cheeseburger \$4.50

Calories 751

Bacon Cheeseburger \$5.50

Hardwood smoked bacon & aged cheddar cheese.

Calories 929

The Juicy Lucy \$5.50

The inside out cheeseburger.

1/2 lb of fresh ground beef surrounds a molten core of American & cheddar cheese.

Calories 1,025

Twins \$7.00

Double the patties & double the cheese.

Calories 1,238

Delray Veggie Burger \$5.50

A black bean burger topped with goat cheese & served with a citrus garlic aioli.

Calories 610

Veggie Burger \$5.00 🍏

Black bean patty with tomatoes, onions & lettuce.

Calories 373, Fat 6 g, Sodium 1,302 mg

Brunch Burger \$6.00

Bacon, egg & cheese...burger. A fried egg atop one of our soon to be famous burgers.

Calories 874

CHICKEN

Chicken Strip Basket \$6.50

Crispy chicken tenders served with fries & gravy or dipping sauce.

Calories 1,154

Buffalo Chicken \$6.00

Breaded chicken with buffalo sauce & bleu cheese dressing.

Calories 747

Sonoma Chicken \$5.50

Grilled chicken breast with lettuce & tomatoes on a wheat ciabatta roll with sundried tomato aioli.

Calories 543

Fit Chicken Sandwich \$5.00 🍏

Chicken breast, tomatoes, onions & lettuce on ciabatta bread.

Calories 424, Fat 7 g, Sodium 533 mg

FRIES & DRINKS

OMELETS

Sooner \$4.25

Peppers, mushrooms, onions, sausage & cheddar cheese.

Calories 694

Better Boomer \$4.25 🍏

Egg white, mushrooms, onions, tomatoes, bell peppers & cheddar jack cheese.

Calories 188, Fat 8 g, Sodium 533 mg

Boomer \$4.25

Mushrooms, onions, bacon & cheddar cheese.

Calories 722

Southwest \$4.25

Jalapenos, salsa, onions, bell peppers, sausage & cheddar cheese.

Calories 702

SERVED ALL DAY

Breakfast Burrito \$3.00

Your choice of ham, bacon or sausage with scrambled eggs, bell peppers, onions & cheddar cheese in a flour tortilla.

Calories w/Sausage 775, w/Bacon 810, w/Ham 720

EF 5 Breakfast Burrito \$9.50

A dozen scrambled eggs, onions, bell peppers, ham, bacon & sausage, home fries & cheddar cheese, wrapped in 3 flour tortillas and topped with more cheddar cheese.

Calories 3,390

Finish it in one hour and get a free t-shirt!

BURGERS