



# ME NU



## BREAKFAST

### Mama B's Platter \$10.00

Scrambled eggs, your choice of meat, and breakfast potatoes

### Mama B's B&G \$12.00

Two biscuits smothered in homemade gravy with your choice of turkey or pork sausage

### Brooklyn's Breakfast Sandwich-Biscuit \$8.00

Scrambled eggs, American cheese and your choice of meat served on a biscuit



### Serenity Sandwich \$11.00

Vegan breakfast sandwich with Beyond sausage, tofu egg, and vegan cheddar served on Texas toast

### Tofu Symphony \*V \$12.00

Scrambled tofu, Beyond sausage, and breakfast potatoes

### Avacado Toast \*GF & V available \$8.00

Creamy avacado and tart lime atop two slices of crispy bread  
+egg \$2



### Pancake or Waffle Platter \$12.00

Your choice of two pancakes or waffles and toppings, served with scrambled eggs and choice of meat



Strawberry Shortcake



Blueberry Dream



Banana Pudding



Fruity Vegan



Banana Walnut \*GF



Cafe Reflections is staffed by our Culinary Institute students. **We're training the future of food in KC!**

## SMOOTHIES \$10.00

### The Hulk

Spinach, green apple, cucumber, avocado, lime juice

### Nanna Nanna

Banana, walnuts, cinnamon, ice, plant protein, almond milk

### Berry Blast

Strawberry, blueberry, banana, almond milk or coconut water

### Berry Berry Reeses

Peanut butter, blueberries, banana, greens, chocolate almond milk

### Reflections

Mango, pineapple, coconut milk or coconut water, spinach, banana

+protein \$2



## JUICES \$10.00



### Reflections

Orange, grapefruit, apples, lemon

### Green Dream

Cucumber, apple, celery, lemon, ginger

### Beet it!

Beetroot, carrot, apple, lemon

## COFFEE \$4.00

16oz of gourmet coffee from Stewart Town, Jamaica

**Tres Oros** Medium, nutty **Pedro Jackson** Dark & complex

**KC Monarchs Sunday Best** Rich, Dark and Bold

**Monte Crisol** Mellow & mild



## BAKERY

Rotating selection

**Cookies \$1.00**

**Cakes \$3.00**

**Danish/Fritters \$3.00**

**Muffins \$3.00**

## Sides

Bacon	\$4	Fried potatoes	\$4
Turkey sausage	\$4	Fruit cup	\$4
Pork sausage	\$4	Toast	\$3
Vegan beyond sausage	\$4	Buscuit or roll	\$3
Vegan buscuit	\$3		



# LUNCH

## Sandwiches +Side & Drink \$5

**Jim's New York Deli Rueben \$12.00**  
Tender Corned Beef, Swiss, Sauerkraut, 1000 Island, Rye Bread



**Philly Cheese Steak \*V available \$12.00**  
Grilled steak, chicken, or mushrooms with onions and green peppers smothered in provolone cheese or vegan provolone on a hoagie bun.



**KC Culinary Culture Grilled Cheese \*V available +\$2 \$12.00**  
Havarti, Boursin, Fig Jam, Peppadew Peppers, Sourdough Bread +chicken or steak \$4  
VEGAN CHEESES: Vegan Provolone, Vegan Cheddar, Vegan Boursin

**Fried Fish Sandwich \$12.00**  
Basa fried fish, Lettuce, tomato, tartar sauce, and chesse on a hoagie



**Burgers**  
**Reflections \$10.00**  
Fresh Angus Beef, American Cheese, Caramelized Onions, Lettuce, Tomato, Special Sauce, Brioche Bun

**Mushroom \$10.00**  
Portobello mushroom, Vegan mayo, lettuce, tomato, brioche bun

## Salads +Chicken or Steak \$4



**Skyles Classic Cobb Salad \$14.00**  
Romaine, grilled chicken, tomato, cucumber, bacon, avocado, egg, red onion, served with your choice of dressing.

**Oceans Ceasar Salad \$10.00**  
Romaine lettuce, shaved Parmesan, with Caesar dressing.

**Mama B's Chicken Salad \$12.00**  
Chicken, celery, onion, mayo, served with crackers or bread

## Loaded potato or fries \$12.00 \*V available

Your choice of two baked potatoes or a plate of fries loaded up your favorite way!



**Reflections** Butter, cheese, sour cream, chives, bacon bits  
**Alfredo** Broccoli, Chicken, or Shrimp with alfredo sauce  
**Broccoli Cheddar** Broccoli and cheddar cheese sauce  
**Philly Style** Mushrooms, chicken, or beef and bell peppers

**Pan Pizza \$8.99**  
Cheese, veggie, pepperoni, combo

**Calzone \$9.99**  
Cheese, veggie, pepperoni, combo

**Firecracker \$12.00**  
Fresh Angus Beef Avocados, pickled veggies, American cheese, chipolte mayo, Brioche Bun

**Trailblazer \$12.00**  
Fresh Angus Beef, over easy eggs, American cheese, lettuce, tomato, mayo

**Dressings**  
Ranch Vinagrette  
Caeser French  
Blue Cheese

\*GF - Gluten Free K - Keto V - Vegan



## DRINKS

**Coke products, juice, milk \$3.00**  
**Fruit Refreshers \$6.00**  
**Fruit water Free**  
**LH Blends Tea \$3.00**  
**Brown Sugar Latte \$5.00**  
**Japanese Lemonade \$3.00**



## CATERING AVAILABLE!



(816) 321-1945

Info@cafereflectionskc.org



@CAFEREFLECTIONS



# HEALTHY HAPPY HOUR

WEDNESDAYS  
1P-5P

## SMOOTHIES \$7

### The Hulk

Spinach, green apple, cucumber, avocado, lime juice

### Berry Berry Reeses

Peanut butter, blueberries, banana, greens, chocolate almond milk

### Nanna Nanna

Banana, walnuts, cinnamon, ice, plant protein, almond milk

### Reflections

Mango, pineapple, coconut milk or coconut water, spinach, banana

### Berry Blast

Strawberry, blueberry, banana, almond milk or coconut water



## JUICE \$7

### Reflections

Orange, grapefruit, apples, lemon

### Green Dream

Cucumber, apple, celery, lemon, ginger



### Beet it!

Beetroot, carrot, apple, lemon

## PAY IT FORWARD SANDWICHES \$5.00

Add this to your order and we will give a free sandwich to someone experiencing hunger.



# SPECIALS MENU

## TUESDAY

### Baked Chicken Plate \$12.00

Baked chicken, mashed potatoes or rice, and two sides of vegetables

## WEDNESDAY

### Salsbury Steak Plate \$12.00

Salsbury steak, mashed potatoes or rice, and two sides of vegetables

## THURSDAY

### Fried Chicken Plate \$12.00

Fried Chicken, mashed potatoes or Mac n cheese, and two sides of vegetables

## FRIDAY

### Fried Fish Plate \$12.00

Fried Fish, spaghetti, green beans, bread, and broccoli or cold slaw.

## PAY IT FORWARD SANDWICHES \$5.00

Add this to your order and we will give a free sandwich to someone experiencing hunger.

