

Mon-Sat 8 am-9pm

CITY LIGHTS CAFÉ

www.CityLightsCafe.com



Sunday Brunch 9 am-3pm

Eats, Spirits, Espresso Bar

828.587.CAFE (2233)

~ ALL Served with Tortilla Chips & Our House-Made Salsa OR Simple Green Salad ~

SAVORY CREPES

(Gluten-Free - \$.75 extra)

- **Chicken Crepadilla** - \$9.95
hormone-free, antibiotic-free grilled chicken, spinach & cheddar cheese with guacamole & salsa on the side
- **Veggie Crepedilla (Veg)** - \$8.95 - *spinach, black beans & cheddar with guacamole & salsa on the side*
- **Italian Chicken** \$9.95 - *hormone-free, antibiotic-free grilled chicken, spinach, mozzarella & pesto sauce*
- **Big Fat Greek** - \$10.95 - *hormone-free, antibiotic-free grilled chicken, organic spinach, feta, kalamata olives, roasted red peppers and our own greek dressing*
- **Grilled Cheese (Veg)** - \$6.95 (great choice for KIDS!) - *crispy, creamy and hot with your choice of cheese - cheddar, swiss, mozzarella, feta (brie, garlic-dill fromage or plain fromage for \$1 extra)*

GRILLED PANINIS

Pair 1/2 Panini with Cup O' Soup, Spinach Salad or Asian Salad for the price of a whole (GF wrap for \$1 extra, GF flatbread \$2 extra)

- **Downtown Turkey Club** - \$9.95- *All-natural turkey breast, crispy bacon, organic spinach, swiss cheese, fresh guacamole & mayo*
- **Fiesty Ham & Cheese** - \$8.95 - *Roasted all-natural ham and swiss cheese with feisty feta sauce*
- **Creamy Swiss Chicken Salad** - \$9.95 - *Free-range chicken salad with local greens, heirloom tomatoes & mayo (contains almonds)*
- **Zesty Tuna Melt** \$8.95 - *Our house-made lemon-dill tuna salad, fresh local greens & melted swiss*
- **Totally Tempeh (Veg, DF Option)** - \$10.95 - *Marinated organic tempeh, roasted red peppers, organic spinach, swiss & our spicy honey mustard*
- **Grilled Cheese (Veg)** - \$6.95 - *choices: cheddar, swiss, mozzarella, pimiento cheese, or fromage - \$1 extra*

JUST FOR THE KIDDOS (under 12 years old only)

~ served with tortilla chips or fruit ~

- **Bern's Pasta Garden (Veg)** - \$5.95
Garden rotini tossed with roasted red peppers, organic spinach, kalamata olives, pesto, balsamic & parmesan, served hot or cold - add hormone-free, antibiotic-free grilled chicken, -\$2
- **Half Peanut Butter & Jelly OR Honey (Veg)** - *peanut butter, strawberry or raspberry preserves, or honey - \$4.95 - add sliced banana for \$.75*
- **Half Panini (Ham or Turkey & Cheddar or Chicken or Tuna Salad)**, - \$5.95
- **Half Grilled Cheddar Cheese** - \$4.95
- **1 Corn Tortilla Taco** - *1 soft-shell corn tortillas with cheese, salsa, local/organic greens & choice of protein (free-range grilled chicken, baracoa beef, organic tempeh) - \$4.95 (sub seasoned black beans for protein - \$3.95)*

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SALADS & LITE BITES

- **Simple Local Green Salad** (Veg, DF, GF) - \$3.95/\$5.95
The freshest local organic salad greens and shredded carrots served with our house-made lemon vinaigrette
- **Spinach Apple Walnut Salad** (Veg, GF w/DF option) - \$4.95/\$6.95
organic spinach, apples, feta cheese, walnuts, and dried cranberries, served with honey balsamic vinaigrette
- **Asian-Ginger Salad** (Veg, GF, w/DF option) - \$4.95/\$6.95
mixed greens, mandarin oranges, almonds & toasted coconut, served with a sesame-ginger dressing
- **Sri Salad** (Veg, GF, w/DF option) - \$4.95/\$6.95
locally grown kale in season, feta cheese, quinoa, dried cranberries, & carrots, tossed with a lemon dressing
- **Bern's Pasta Garden Salad** (Veg) - \$3.95/\$5.95 - garden spirals, kalamata olives, roasted red peppers, organic spinach & pesto tossed with extra virgin olive oil & shredded parmesan (can be served hot or cold)
***Add Free-Range Chicken, Turkey, Ham, Tuna Salad or Organic Tempeh for \$2 (small) \$3 (large), or Our Free-Range Creamy Swiss Chicken Salad for \$3 (small) \$4 (large)*
- **Hummus Plate** (rotating recipe) (Veg, DF, w/GF option) - \$5.95 - ask about the flavor of the week
our house-made hummus served with warm flatbread and kalamata olives
- **Lemon-Dill Tuna Scoop** (DF, w/GF Option) - \$4.95 - tuna, lemon, garlic, dill & mayo served w/crackers
- **Creamy Chicken Salad Scoop** (GF Option) - \$4.95 - free-range chicken, almonds & swiss with crackers

• **Salad Sampler Plate** - \$11.95- **GREAT VALUE** - choice of 3 of the above with flatbread/crackers

- **Soft Pretzel w/Tangy Dipping Mustard** (Veg, DF) - \$3.95
- **Tortilla Chips & House-Made Salsa** - \$3.95, **Guacamole** - \$4.95 (**Combo** - \$7.95) - Veg, DF, GF
- **Local Fromage Blanc & Crackers** (Veg, w/GF Option) - \$6.95 - original or garlic-dill by Looking Glass Farm
- **Fromage Blanc Garden Flats** - \$7.95 - Grilled flat bread with fresh tomatoes, local goat cheese, bacon, home-made guacamole and a drizzle of balsamic reduction (w/Veg option, w/GF for \$2 more)
- **Bread Basket with Seasoned Dippin' Oil** (Veg, DF) - \$3.95, (GF for \$2 extra)
- **Half Panini Sandwich w/No Side** - \$4.45-\$6.45 (a-la-carte only)

SOUPS of the Day

Soups - \$3.95/cup, \$5.95/bowl - with crackers (GF crackers available, check board for GF, DF, Veg options)

EXTRAS

Garlic Bread - \$1, **Pita Points** - \$.75, **GF Pita Points** - \$2.75 **Artisan Toast** - \$2.50

Other ingredient costs vary - just ask your lovely counter server - we can add almost anything!

~ Veg = Vegetarian, DF = Dairy-Free, GF = Gluten-Free - Please let us know if you have other allergies ~

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TAQUERIA MENU

(Gluten-Free Option - \$.75 extra)

- **Big Fat Burrito** (DF, GF Option) – \$9.95 - spinach or whole wheat flour tortilla with seasoned black beans, brown rice, cheddar, house-made salsa & local/organic greens with choice of protein (free-range grilled chicken, barbacoa beef, organic tempeh) (vegetarian version - \$7.95)
- **2 Corn Tortilla Tacos** - (GF, w/DF Option) \$7.95 – 2 soft-shell corn tortillas with cheese, salsa, organic greens & choice of protein (free-range grilled chicken, barbacoa beef, organic tempeh) (sub seasoned black beans for protein - \$6.95)
- **2 Fish Tacos** - \$8.95 – 2 soft-shell corn tortillas with crispy whitefish, seasoned slaw & spicy awesome sauce *make it vegetarian and gluten-free by subbing organic tempeh*
- **Barbacoa Fajita Burrito** (DF, GF Option) – \$9.95 – spinach or whole wheat flour tortilla with barbacoa beef, cheddar, sautéed peppers & onions, brown rice, house-made salsa & local/organic greens
- **Fajita Quesadilla** (DF, w/GF Option) – \$9.95 - spinach or whole wheat flour tortilla, melted cheese & peppers & onions with choice of protein (free-range grilled chicken, barbacoa beef, organic tempeh) (vegetarian- \$7.95)
- **Cheese Quesadilla** (GF Option) – \$6.95 - spinach or whole wheat flour tortilla with melted cheese
- **Taco Salad** (GF, DF Option) – \$7.95 - seasoned black beans & shredded cheddar over a bed of organic greens, surrounded by tortilla chips, a side of salsa and lemon vinaigrette - add free-range chicken, barbacoa beef or organic tempeh for \$2
- **Veggie Monster** - \$8.95 (**Meaty Monster** \$10.95 - choices: chicken, barbacoa beef, tempeh, ham or turkey) Crispy spinach or wheat tortilla, melted cheese, raw veggies, organic greens & house-made salsa (GF: \$1 extra)

RICE BOWLS (GF) - *your choice of Mexican, Italian or Greek or Asian-Ginger*

- **Veggie Rice Bowl** (DF option) - \$8.95 - brown rice with melted cheese, crunchy veggies & organic greens
- **Meaty Rice Bowl** - \$10.95 - veggie bowl with your choice of chicken, barbacoa beef, tempeh, ham or turkey

• **Extras:** sour cream .50, guac .75, jalapenos – no charge

COLD WRAPS - (Gluten-Free - \$1 extra)

- **Club Wrap** - \$9.95 - Turkey, ham, smoked bacon, cheddar, local greens, heirloom tomatoes & mayo
- **Chicken Spinach Wrap** - \$9.95 - hormone-free, antibiotic-free grilled chicken, organic spinach, apples, walnuts, cranberries, feta cheese and our house-made honey-balsamic dressing
- **Healthy Hummus Wrap** (Veg, DF Option, GF Option)- \$8.95 - hummus, swiss cheese, loads of greens, heirloom tomatoes & our house-made lemon vinaigrette

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SWEET CREPES *(Gluten-Free - \$.75 extra)*

- **Berry Dark Chocolate** - \$5.95 - fresh strawberries, dark chocolate & whipped cream
- **Banana Nutella** - \$5.95 (*great for KIDS!*) - sliced bananas, Nutella, & whipped cream
- **Apple Pie** - \$5.95 - cinnamon sugar apples laced with caramel & whipped cream
- **Raspberry Brie** - \$6.95 - Brie cheese with raspberry preserves, topped with pecans & whipped cream
- **Raspberry Chocolate Cheesecake** - \$5.95 - cream cheese, chocolate, raspberry, & whipped cream
- **Strawberry Cheesecake** - \$5.95 - sweetened cream cheese, fresh strawberries, preserves & whipped cream

COFFEE & ESPRESSO roasted by **Beanwerks in Asheville**

- Black Silk (Dark Roast) or Bali Blue Moon (Medium Roast) or Decaf (Dark Roast) - \$1.75/\$2.25/\$2.75 - \$1 in City Lights Cup & \$1.25 in Your Own Cup
- COLD Brew Coffee - \$2.75/\$3.75
- Café Americano - \$1.95/\$2.95/\$3.45
- Espresso - \$1.50/\$2.50/\$3.25
- Latte (see our seasonal flavor board) - \$2.95/\$3.95/\$4.95 ~ *Sugar-Free Options Available*
- Mocha Latte (Ghiradelli Dark or White Chocolate) - \$2.95/\$3.95/\$4.95
- Chai Latte - \$2.95/\$3.95/4.95
- Extras - Shot o' Espresso - \$1.00, xtra flavor Shot - \$.50, sub Organic Soy or Almond Milk - \$.75
Scoop o' Protein Powder - Vanilla or Chocolate - \$.75, Add Irish Cream for \$2
- Cappuccino - \$2.45
- Café Au Lait - \$2.45/\$2.95/\$3.45

MEAL REPLACEMENT SMOOTHIES

- Coffee Protein Power Smoothie (20 oz.) - \$5.95 - (chocolate or vanilla protein with espresso & milk)
- Juicy Fruit Smoothie - \$5.95 (20 oz.) - (fresh bananas, strawberries, apples & orange juice)
- Strawberry-Banana Smoothie with milk - \$5.95 (20 oz.) - (fresh bananas, strawberries, & choice of milk)

OTHER BEVERAGES

- Hot Teas - *See Selection by the Register* - \$1.95
- Hot Cocoa - \$2.00/\$2.50/3.00
- Mexican Coke - \$2.25
- Canned Soft Drinks - \$1.25
- Organic Soft Drinks - \$2.25
- Other Drinks - See Grab-n-Go Case
- Fresh Brewed Iced Teas - \$1.95 - (sweet, unsweet & herbal)
- Fresh Limeaid - \$1.95 ~ 1 free refill dine-in only ~
- Orange or Apple Juice - \$1.75
- Milks - Cow - \$2, Soy or Almond - \$3
- Yup Double Chocolate or Vanilla Milk - \$3 (lactose-free)
- Locally Made Kombucha - \$4.00

WINE & BEER

- **House Wines by the glass** (\$6-8) or bottle (\$16.95-19.95) - see choices of wine by the register
- **Bottled Wines** - for dine-in or take home at 15% discount
- **Local Draft Beers on Tap** - \$5, \$14.95 for Pitcher, \$6.95 for Flight of 5, 6-oz. pours
- **Bottled Beers** - (Gluten-Free Avail.) - Local, Organic & other popular selections displayed by the taps
- **Mimosas & Bellinis** - \$6.50
- **Wake-n-Bake** - \$6
- **Growler Fills** - Small - \$8, Large - \$12, (*We fill ALL Growlers*) - City Lights New Growler - \$6

THIRSTY THURSDAYS \$1 OFF All local tap beer, flights, or wine by-the-glass

**~Ask About Our Take-Away Catering & Family Gourmet To-Go Menus~
Private Party Bookings Available**