

Daily Lunch Menu

Weekly specialty sandwiches and salads are listed on the counter.

Catalyst Sandwiches:

Catalyst Melt	\$4.50
Havarti cheese, roasted red peppers and sautéed portabella mushrooms on grilled sourdough bread	
Chicken Salad Croissant	\$4.50
All white meat chicken in a creamy dill sauce with red grape halves	
Double Helix Hoagie	\$4.75
Ham, turkey, Provolone and Swiss cheese with red pepper, onion rings, tomato, lettuce and Honey BBQ Aioli sauce, sourdough hoagie roll	
Ham and Cheese Croissant	\$3.95
Ham and your choice of American, Swiss or Provolone cheese with lettuce and tomato on a croissant	
Three Cheese Melt	\$3.50
Creamy Havarti, Provolone and Swiss cheese grilled on sourdough bread	
Turkey and Cheese Croissant	\$3.95
Smoked turkey with your choice of American, Swiss, Provolone cheese with lettuce and tomato on a croissant	
Catalyst Club	\$4.50
Turkey, ham, roast beef, Swiss cheese, red onion, lettuce and tomato with Dijon mustard on a hoagie roll	

Roast Beef and Cheese Croissant	\$3.95
Roast beef and your choice of American, Swiss, or Provolone cheese with lettuce and tomato on a croissant	
Smoked Gouda Tuna Melt	\$4.75
Creamy smoked Gouda cheese, bacon strips and Albacore tuna on grilled sourdough bread	
Turkey Fiesta	\$4.25
Smoked turkey with corn salsa and chipotle mayo grilled on sourdough bread	
Herb Turkey Wrap	\$4.25
Smoked Turkey, spinach, red and green bell peppers, onion, Swiss cheese, Sun dried Tomato and Basil spread wrapped in a whole wheat tortilla	

Catalyst Salads:

Chef's Salad Italiano	\$4.50
Chopped romaine lettuce, fresh mushrooms, smoked turkey, red onions, grape tomatoes and Provolone cheese with a lite creamy Italian dressing	
Caesar Salad	\$3.75
Chopped romaine lettuce, Parmesan cheese, seasoned croutons and dressing	
Greek Salad	\$4.75
Spring mix greens with Feta cheese, marinated Mediterranean vegetable and black olives, served with toasted pita bread	
Chicken Caesar Salad	\$4.75
Chopped romaine lettuce, grilled chicken breast and Parmesan cheese with seasoned croutons and dressing	
Spinach Pine Nut Salad	\$3.95
Spinach greens tossed in a Sun-dried tomato and Oregano Dressing topped with toasted pine nuts and mandarin oranges	
Campbell's Soups of the Day	\$1.55
Catalyst Sides:	
Chips	\$.89
Fresh Fruit	\$.89
Italian Pasta Salad	\$.99
Prairie Farms© Yogurt	\$1.39
Red Royale Potato Salad	\$.99

Choose Two

Soup + 1/2 sandwich or
 Soup + 1/2 Salad or
 1/2 Sandwich + 1/2 Salad

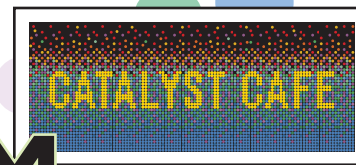
\$5.50

Beverages

Breakfast

Catalyst Breakfast Sandwiches	\$2.50
Sandwich with egg, meat and cheese	
Choose: English muffin, plain or wheat bagel	
Choose: ham, sausage or bacon	
Choose: Swiss, American, Havarti or Provolone cheese	
Bagels	\$.89
Plain, Wheat, Blueberry	
Cream Cheeses	\$.55
Plain, Strawberry, Low-Fat	
Muffins	\$.90
Banana Walnut, Blueberry, Bran/Raisin/Honey	
Pastries	\$1.50
Apple Turnover	
Scones	\$1.60
White Chocolate Raspberry, Blueberry, Apple Spice	
Cookies	\$.75 each or 3/\$2.15
Chocolate Chunk, Hope's Royale, Oatmeal Raisin, Triple Chocolate, Lemon Cooler, Peanut Butter	

Antiox Acai Pomegranate	\$3.75	
A blend of fresh strawberries, yogurt, blueberry and the juice of the Brazilian Acai berry		
Mango Banana	\$3.75	
Fresh yellow banana blended with mango nectar and organic soy milk		
Pineapple Banana Coconut	\$3.75	
Fresh bananas and yogurt blended with pineapple and coconut juices		
Strawberries and Cream	\$3.75	
Fresh strawberries combined with strawberry puree and fresh active-culture yogurt		
Green Apple Banana	\$3.75	
Tart puree of Granny Smith apples and sweet bananas with fresh yogurt and organic soy milk		
Mocha Granita Frappe	\$3.75	
African Foresterio cocoa blended with aromatic Colombian coffee, ice and milk to create a rich, smooth, chocolate frozen mocha		
Tahitian Vanilla Frappe	\$3.75	
Intensely aromatic Tahitian vanilla and mellow Colombian coffee combined with ice and milk		
Spiced Chai Frappe	\$3.75	
East Indian black tea sweetened with honey, ginger, cardamom, cinnamon and star anise—frozen and blended thick and rich		
Kaldi's© Coffee	\$1.60	\$1.85
Kaldi's© Hot Chocolate	\$1.60	
Fresh Squeezed Orange Juice	\$1.45	
Pepsi© Products	\$1.34	
Prairie Farms© Milk	\$1.09	
Numi© Teas	\$1.00	
Silk Chocolate	\$1.39	
Vanilla Soy milk	\$1.39	



Menu

Hours

Monday-Friday
8 am - 3:30 pm