

Herky's J Café

Staenberg Family Complex
All Day Menu



Smoothies

All Natural Fruit Smoothies \$4.00
Strawberry, Banana or Peach

Smoothie Supplement \$.50ea
Protein



Beverages

Juices: Orange, Apple \$1.50
Milk / Chocolate Milk \$2.50

Pepsi Products 12oz \$1.29 20oz \$1.69
Freshly Brewed 12oz \$1.29 16oz \$1.69

Coffee and Tea, Iced Tea
Cappuccino/Espresso drinks \$2.50 - \$4.00



Morning Snacks

Egg & Cheese Sandwich on Bagel \$3.50
Muffins, Danishes \$2.00
Bagels & Spread \$2.00
Yogurt Parfait \$3.75
Fruit Cup \$2.50
Protein Plate \$4.95
Herky's Fitness Bar \$2.95



Salads

Dressings: Balsamic Vinaigrette, Italian, Ranch, Oil & Vinegar, Raspberry Vinaigrette

Salmon Cobb Salad \$9.95
Marinated Flank Salmon, Hard Boiled Egg, Tomato, Red Onion, Cucumber Dressing

Mediterranean Salad \$7.50
Romaine Lettuce, Sliced Cucumbers, Sundried Tomatoes, Olives, Feta Cheese, Chick Peas, Roasted Red Pepper Vinaigrette Dressing

Dinner Side Salad \$2.95
Chef Veggie Salad \$7.95
Tomato, Cucumber, Pepper, Onions, Olives, Cheese, Egg

Cobb Salad \$7.95
Diced Tomato, Diced Egg, Carrots, Seasoned Tofu, Green Onions



Soup

Soup of the Day \$3.00

Menu subject to change – check back often for new offerings.
The jCafé is Vaad Approved Just for You!
www.jccstl.com



Paninis & 'Wiches

Served with chips

Herky Burger (Veggie) \$5.95
Choice of pepper cheese, cheddar cheese, mozzarella cheese, grilled mushrooms or grilled onions add .50 cents each

Grilled Vegetables & Cheese \$5.95
Tuna Melt \$6.95
Grilled Three Cheese \$4.95
Grab 'N Go Deli Sandwiches \$5.99
Falafel Wrap \$6.95
Wrap of the Day priced daily



7" Pizza

Cheese \$5.95
Mediterranean \$7.95
Eggplant, Sundried Tomato, Feta Cheese, Black Olives

Grilled Veggie \$6.95
Pepperoni (soy) \$8.95
additional .50 for each ingredient: onions, mushrooms, peppers



Sweets

Brownies \$2.00
Cookies \$1.25



Shtick (Special) of the Day

Shtick (Special) of the Day \$6.95 - \$7.95

SMOOTHIE HOUR!

Monday through Friday

Get \$1.00 off a smoothie

1:00 to 2:00 p.m.

Hours of Operation

Monday through Thursday

10:00 p.m. to 7:00 p.m.

Friday

10:00 a.m. to 3:00 p.m.

Sunday

10:00 a.m. to 3:00 p.m.

Monday - Friday

Carry out available

Call in advance to place your order

314-442-3274

Herky's Café is certified Kosher