

# BREAKFAST

*Meat Options: Bacon, Chicken Bacon,  
Pork Sausage, or Turkey Sausage*

## ☛BACON & EGGS

The "full breakfast" traditionally comprises several fried foods (usually including bacon and eggs, although there are numerous alternatives) and is popular throughout the British Isles and other parts of the English-speaking world. The name "bacon and eggs" was popularized by Edward Baines in the 1920s. To promote sales of bacon, he conducted a survey of physicians and reported their recommendations that people eat heavy breakfasts. He sent the results of the survey to 1,000 physicians, along with publicity touting



## Egg White Scramble

*Your choice of three add-ins*  
\$3.75

## Side of Bacon

*Pork or Chicken (2)*  
\$1

## Side of Sausage

*Pork or Turkey (1)*  
\$1

## Biscuit (1) — 75¢

## Toast (1) — 50¢

## Multigrain Pancake

\$2.75

## French Toast

\$2.75

## Fresh Muffin

\$1.50

## Fruit Bowl

\$3.75

## ☉Oatmeal

*With Brown Sugar, Dried Cherries,  
and Pecans*  
\$4

## Cereal & Milk

\$2.25

## Assorted Yogurts

\$1.50 — \$2.50

## Bagel & Cream Cheese

\$1.75

## Hash Brown

\$1

## Greek Yogurt Parfait

\$4

*Vanilla Greek Yogurt,  
Granola, Almonds, Dried Cherries,  
Blueberries, and Strawberries*

## Traditional Breakfast Plate

*Eggs, Hash Brown, Toast, and choice of Meat*  
\$4.75

## ☛☉Breakfast Taco

*Eggs and Cheese served in a warm Tortilla  
with choice of Meat or Potatoes*  
\$2

## Biscuit

*Eggs and Cheese with choice of Meat*  
\$2.50

## ☛☉Breakfast Sandwich

*Eggs and Cheese on Toasted Bread  
with choice of Meat*  
\$4

## Croissant Sandwich

*Eggs and Cheese with choice of Meat*  
\$2.50

## Omelette

*Your Choice of 3 Fillings and Cheese*  
\$4.25



## ☛OMELETTE

The omelette is commonly thought to have originated in the ancient Near East. Broken eggs were mixed with chopped herbs, fried until firm then sliced into wedges. This dish then traveled to Western Europe via the Middle East and North Africa, with each country adapting the original recipe to produce the Italian frittata, the Spanish tortilla and the French omelette.

According to the founding legend of the annual giant Easter omelette of Bessieres, Haute-Garonne, when Napoleon Bonaparte and his army were traveling through southern France, they decided to rest for the night near the town of Bessieres. Napoleon feasted on an omelette prepared by a local innkeeper that was such a culinary delight that he ordered the townspeople to gather all the eggs in the village and to prepare a huge omelette for his army the next day.

*Nutritional analysis available at*  
**HOUSTONSFIRST.ORG/CULINARYSERVICES**

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# SALADS

*"To remember a successful salad is generally to remember a successful dinner;  
at all events, the perfect dinner necessarily includes the perfect salad."*

GEORGE ELLWANGER (1848–1906)

## Greek Salad

*Feta Cheese, Olives, Cucumbers, Pepperoncini Peppers,  
Tomatoes, Red Onion, and Oregano*

Large – \$4.50

Small – \$2.75

## Grilled Chicken Caesar Salad

*Parmesan Cheese, Grilled Chicken, and Croutons*

Large – \$5

Small – \$3

## Taco Salad

*Beef or Chicken*

*Shredded Cheese, Tomatoes, and Onions  
served in a Crispy Tortilla Bowl*

\$5

## Southwest Chicken Taco Salad

*Shredded Cheese, Black Bean and Corn Pico de Gallo,  
Chicken, and Cilantro Ranch served in a crispy Tortilla Bowl*

\$5.75

## Garden Salad

*Tomatoes, Carrots, Cucumber, Red Onion, Red & Yellow Peppers,  
and Sprouts*

Large – \$4.25

Small – \$2.50

## Chef Salad

*Turkey, Ham, Shredded Cheese, Hardboiled Egg, and Tomato*

Large – \$5.50

Small – \$3.50



## COBB SALAD

In 1937, Bacon Ranch owner Robert H. Cobb went into the restaurant's kitchen to fix a late-night snack for his German, operator of Cavanaugh's Chinese Theater. He brewed the refrigerator for ingredients, and chopped them up finely; thus, the Cobb salad was born. From then on, Gramman often requested that a Cobb salad be prepared for him. Word soon spread about this creation throughout Hollywood, quickly increasing in popularity. It became such a hit that film stars started requesting "Cobb's salad," and it was eventually added to the menu of the Drake Hotel.

Bacon Cobb's widow told a different story. Cobb came to work after a difficult dinner appointment and asked his head chef to prepare something he could eat. The chef made up a salad of ingredients he knew Cobb would like and chopped it up finely. Cobb liked it and added it to his menu.

## GRILLED CHICKEN CAESAR SALAD

The creation of the Caesar Salad is generally attributed to San Diego restaurateur, Caesar Cardini. As his daughter Rita (1918–1993) reported, her father invented the dish when a Fourth of July 1929 rush depleted the kitchen's supplies. Cardini made do with what he had, adding the dramatic flair of the table-side tossing "by the chef." A few people among Cardini's personnel claimed the authorship, but without success. The earliest contemporary documentation of Caesar Salad is a 1936 Los Angeles restaurant menu, 50 years after the 1929 origin asserted by the Cardinis.



## Trio Salad

*Chicken Salad, Tuna Salad, and Diced Fruit over Lettuce*

Large – \$5.50

Small – \$3.50

## Cobb Salad

*Grilled Chicken, Bacon, Hardboiled Egg, Guacamole,  
Tomatoes, and Blue Cheese*

Large – \$5.75

Small – \$4

## Spinach Salad

*Red Onion, Feta Cheese, Almonds, Mandarin Oranges, and Fresh Strawberry Vinaigrette*

Large – \$4.75

Small – \$3

## Salmon Spinach Salad

*Steak of Salmon, Feta Cheese, Red Onion, Mandarin Oranges,  
Almonds, and Fresh Strawberry Vinaigrette*

\$7.75

## Sirloin Salad

*Sirloin, Granny Smith Apple, Toasted Pecans, and Chipotle Dressing*

\$6

## Build Your Own Salad

*See Order Form*

\$6.50

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# SANDWICHES

Add 16oz. Drink and Fries, Fresh Chips, Tots or Sweet Potato Tots, or Fruit Cup to any Sandwich – \$2.50

Add 16oz. Drink and Chips to any Sandwich – \$1.50

Gluten-free Bun upon request – add 50¢

## Club Sandwich

Turkey, Ham, Bacon, Provolone Cheese, American Cheese,  
Lettuce, and Tomato served on Wheat Bread

\$4.75

## Cold Cut Sandwich

Your choice of Meat and Cheese with Lettuce and Tomato  
served on Wheat Bread

\$3.75

## Grilled Cheese Sandwich

Served on Wheat Bread  
American and Cheddar Cheese

\$2.75

## Ham & Cheese Melt

Served on Wheat Bread

\$3.75

## Tuna Melt

Tuna Salad and Melted Provolone Cheese served on  
Toasted Wheat Bread

\$4.25

## ☞Tuna or Chicken Salad Sandwich

With Lettuce and Tomato served on Wheat Bread

\$3.75

## ☞Grilled Chicken Breast Sandwich

With Lettuce, Tomato, Pickles, and Onion served on Wheat Bun

\$4.50

## ☞Southwest Grilled Chicken Breast Sandwich

With Provolone Cheese, Black Bean and Corn Pico,  
and Chipotle Sauce served on a Wheat Bun

\$5

## ☞Philly Cheesesteak

Sliced Sirloin, Peppers, Onions, and Monterey Jack cheese  
served on Wheat Hoagie

\$5

## BLTA Wrap

Bacon, Lettuce, Tomato, and Guacamole wrapped in a warm Tortilla

\$4

## ☞Grilled Veggie Panini

With Provolone Cheese served on Panini Bread

\$4.50

## HAMBURGER

The Texas historian Frank N. Talbert attributes the  
hamburger's invention to Fletcher Davis of Athens, Texas.  
Davis is believed to have sold hamburgers at his cafe in the  
late 1880s, then brought them to the 1904 St. Louis World's Fair.  
An article about Louis' Lunch in The New York Times on  
January 15, 1979, stated that the McDonald's hamburger chain  
claims the inventor was an unknown food vendor at the fair.  
Talbert's research documented that this vendor was in fact Fletcher Davis.  
Davis' Queen spokesman Bob Phillips made a similar claim for Davis' Queen  
in a commercial filmed in Athens in the 1950s calling the town  
the birthplace of the hamburger.



## ☒Chicken Cordon Bleu Panini

Chicken Breast, Ham, Provolone Cheese, and Chipotle Sauce  
served on Panini Bread

\$5.75

## ☞Hamburger

Add cheese – 75¢

With Lettuce, Tomato, Pickles, and Onion served on Wheat Bun

\$3.75

## California Burger

With Provolone Cheese, Avocado, Red Onion, Sprouts, Tomato,  
and Avocado Aioli served on Wheat Bun

\$5.75

## Bacon Cheddar Burger

With Bacon, Cheddar Cheese, Lettuce, Tomato,  
Pickles, and Onion served on Wheat Bun

\$5.25

## Salmon Burger

Grilled Salmon Steak, Spinach, Red Onion, Sliced Tomatoes,  
and Avocado Aioli served on Wheat Bun

\$6

## ☞Veggie Burger

Original or Black Bean Chipotle

With Lettuce, Tomato, Pickles, and Onion served on Wheat Bun

\$4.25

## Patty Melt

Hamburger Patty and American Cheese served on Wheat Bread

\$4



Our sandwiches use  
only 100% all natural  
angus and chicken.

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# A LA CARTE

Add Grilled Beef, Chicken, or Shrimp Skewer to any item — \$2.25

Add Salmon to any item — \$4

## QUESADILLA

The history of the quesadilla is somewhat ambiguous, and the exact origins are unknown. This is a food that evolved over the years as people experimented with various ingredients. Tostitos, one of the main components of quesadillas, is an ancient Mesoamerican staple. It has been made for thousands of years by grinding maize and then forming a dough, which is then pressed and grilled. Queso (cheese) is an Old World food that was introduced to Mexico by the Spaniards.



Chicken Tenders (3) with Fries  
\$4.50

## Quesadillas

Beef, Chicken, or Veggie served with Guacamole

\$4.75

1/2 — \$3

## SIDE DISHES

Tater Tots

Regular or Sweet

\$2

Seasoned Fries

\$2

Side Salad

Lettuce & Tomatoes

\$1.75

Fruit Cup

\$2

Steamed Vegetables

\$2

Soup of the Day

\$3.75/\$4.50

Fresh Chips

\$2

Assorted Chip Bags

75¢

## Grilled Chicken Burrito

Black Bean and Corn Pico de Gallo, Lettuce, Mozzarella Cheese, and Chicken served in a warm, wrapped Tortilla

\$4

## Tacos

Crispy or Soft

Beef or Chicken

Served with Lettuce, Tomato, and Cheese

\$4.75

1/2 — \$3

## Pasta

Beef, Chicken, or Shrimp

With Alfredo, Pesto, or Puttanesca

\$5.50

## Baked Potato

Served with Cheese, Bacon, Butter, and Sour Cream

\$3.50

Salmon & Vegetable Plate

\$7

Build Your Own Burrito Bowl

See Order Form

\$6.50

## PASTA

The Chinese were eating noodles made of millet as long ago as 3,000 B.C. However, durum wheat was not known in China until later times. The familiar legend of Marco Polo importing pasta from China originated with the *Manuscript Journal*, published by an association of food industries with the goal of promoting the use of pasta in the United States. Marco Polo describes a food similar to "lagana" in his *Travels*, but he uses a term with which he was already familiar.



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# KIDS

*Includes Milk or Drink & Fruit or Cookie*

Grilled Cheese Sandwich with Chips  
\$4.50

Peanut Butter & Jelly Sandwich with Chips  
\$4.50

Chicken Tenders (2) with Fries  
\$4.50



## PEANUT BUTTER & JELLY SANDWICH

Both peanut butter and jelly were on the U.S. Military ration menu in World War II (1941-1945). It is said that the American soldiers added jelly to their peanut butter to make it more palatable. Peanut butter provided an inexpensive and high protein alternative to meat for soldiers. It was an instant hit and increasing aversion made peanut butter and jelly sales soar in the United States. Food historians haven't found any ads or other mentions of peanut butter and jelly sandwiches before the 1950s.

# DESSERTS

Fresh Baked Cookies  
50¢

Ice Cream Novelties  
\$1 - \$1.75



# BEVERAGES

## DRINKS

Fresh Brewed Coffee  
12 oz. - \$1.25  
16 oz. - \$1.50

Fountain Drinks & Iced Tea  
16 oz. - \$1.25  
32 oz. - \$1.75

Milk  
1/2 pt. - 75¢

Assorted Bottled Beverages  
75¢ - \$4

## SMOOTHIES

*Add Protein - \$1*

*Add Spinach, Peanut Butter, or Greek Yogurt - 50¢*

Wild Berry  
Blueberry, Strawberry,  
Banana, and Yogurt  
\$3.50

Strawberry Banana  
Strawberry, Banana, and Yogurt  
\$3.50

Mango  
Mango, Strawberry, Banana,  
and Yogurt  
\$3.50

Peach Strawberry  
Strawberry, Peach, Banana,  
and Yogurt  
\$3.50

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