

408 W. Bethalto
Bethalto, IL 62010
HOURS: Mon. - Sat. 11-6



Phone: 618-377-9500
www.localcafebethalto.com
Join LoCal Cafe on Facebook

Salads

- Lo-Cal Salad** (c 250, f 4) \$5.95
Baby spinach, blueberries, strawberries, red onion, eggs, turkey bacon crumbles and sunflower seeds.
- Sesame Chicken Salad** (c 400, f 6) \$6.95
Sesame chicken, carrots, cashews, green peppers, and pineapple.
- Cranberry Chicken Salad** (c 400, f 7). \$6.95
Low fat chicken salad served over greens topped with cranberries and toasted pecans.
- Taco Salad** (c 410, f 8) \$6.95
Ground turkey, black beans, tomatoes, onion, cilantro, fat free cheese and avocados, served in a whole grain shell.

All Dressings Low Cal

Raspberry Vinaigrette, Spicy Ranch,
Balsamic Vinaigrette, Fat Free French,
Fat Free Ranch, Fat Free Italian

Soups

Ask your server.

- Soup of the Day** Cup \$2.49

Appetizers

- Veggie Platter** (c 90, f 3) \$4.00
With Greek yogurt dip.
- Lo-Cal Sampler** (c 280, f 5) \$4.50
With hummus and homemade pitas.
- Pita Chips & Tomato Salsa** (c 130, f 2.5) \$4.00
- Cinnamon Chips & Fruit Salsa** (c 150, f 3.5) \$4.00

Sandwiches

Served with your choice of side.

(Veggie cup, fruit parfait, lo-cal daily side, tossed salad)

- Grilled Goat Cheese Sandwich** (c 325, f 6) \$6.49
Goat cheese, squash, tomato, and homemade spinach and garlic remoulade on toasted whole grain bread.
- Grilled Eggplant & Portobello** (c 240, f 4). \$6.49
Eggplant, portobello, mozzarella cheese, tomato, red onion, and lettuce.
- Tilapia Taco** (c 330, f 8) \$7.49
Grilled tilapia, avocado, red onions, tomato, and lettuce.
- Honey Mustard Chicken Panini** (c 480, f 9) \$6.49
Whole grain bread, chicken, turkey bacon, tomato, onion, spinach, and honey mustard.
- Tuna Melt** (c 470, f 7) \$6.49
Low fat tuna salad and cheddar cheese on toasted whole grain bread.

Desserts

Variety of Desserts each week.

Smoothies

- Daily Smoothies** \$3.25
- Pre-Workout/Post-Workout** \$3.50

Build Your Own...

- Build Your Own Lo-Cal Bowl** \$7.49

Choose your Protein: (Extra Protein add \$1.50 ea.)

Salmon, Pork Tenderloin, Chicken, Tofu, Shrimp

Choose up to 3 Veggies: (Extra Veggie add \$.75 ea.)

Carrots	Mushrooms	Broccoli
Peppers	Cabbage	Spinach
Onions	Snow Peas	Asparagus

Choose your Carb:

Whole Wheat Spaghetti, Brown Rice, Couscous

Choose your Sauce:

Sweet-n-Sour, Spicy, Teriyaki, Italian & Herb

Wraps

Served with your choice of side.

(Veggie cup, fruit parfait, lo-cal daily side, tossed salad)

- Veggie Wrap** (c 285, f 5) \$6.49

Spinach wrap, zucchini, squash, asparagus, mushrooms, onions and red pepper hummus.

- Watch Your Waist Wrap** (c 400, f 9) \$6.49

Tomato wrap, grilled chicken, avocado, red onions, spinach, cheese, and tzatziki sauce.

- Hot Wing "Wrapped Up"** (c 350, f 6.5) \$6.49

Chicken, lettuce, onion, celery, bleu cheese dressing and buffalo sauce all wrapped up.

Burgers

Served with your choice of side.

(Veggie cup, fruit parfait, lo-cal daily side, tossed salad)

~ Add cheese .50 extra ~

- Teriyaki Turkey Burger** (c 390, f 7) \$6.49

Pineapple, green peppers, served on top of a grilled turkey patty with a teriyaki sauce.

- Garden Burger** (c 290, f 6). \$5.49

Loaded vegetarian burger, served on whole wheat bun.

- Skinny Burger** (c 320, f 4.5) \$7.49

Bison patty served on whole wheat bun with lettuce, tomato and onion. (Extra Patty add \$2.50)

- Tofu Burger** (c 240, f 2.5) \$5.49

Tofu with veggies, topped with sprouts, served on a bun.

Pizza

- Cheese Pizza** (c 295, f 6). \$5.95

- West Coast Pizza** (c 460, f 10) \$7.95

Pesto sauce, sun dried tomatoes, artichoke hearts, and seasoned chicken breast.

- Veggie Pizza - Lo-Cal Favorite** (c 290, f 5) \$7.95

Spinach, basil, red onions, fresh garlic, mushrooms, tomatoes, and bell peppers.

- BBQ Chicken Pizza** (c 360, f 6) \$7.95

Chicken, red onions, bell peppers, with a tangy BBQ sauce.

- Grecian Pizza** (c 420, f 10) \$7.95

Fresh Garlic, onions, mushrooms, black olives, pepperoncini, and feta cheese.

~ Grab-n-Go Meals Available ~

*With today's demands,
what is the main reason why your nutritional needs
are hard to obtain?*

TIME ~ AVAILABILITY ~ TEMPTATIONS

Are you ready to make a lifestyle change?



Meals by Lo-Cal Cafe is what you need to get the proper nutrition, ideal weight loss and a start to a new beginning. The nutrition plan is designed to be your new beginning in less than 30 days.

5 Meals - \$35.00 10 Meals - \$65.00 15 Meals - \$95.00 21 Meals - \$125.00



Top Ten reasons why you might need meals by Lo-Cal Cafe?

10. The pizza delivery guy refers to you as "Double Sausage, No Peppers."
9. You can't figure out which wine goes best with Chef Boy-ar-Dee.
8. Your best knife is also a screwdriver, letter opener and pry bar for the stuck kitchen drawer.
7. A local restaurant has named a special after you.
6. Turning on the oven requires the relocation of your pots and pans – and a bag of pretzels.
5. The kids no longer fall for the "pancakes are a perfectly good dinner" speech.
4. Chips, salsa and a half pint of ice cream account for only 3 food groups.
3. The vegetable crisper smells like a swamp.
2. The silverware is buried under mounds of chopsticks, soy sauce and duck sauce packets.

And the number one reason why you might need meals by Lo-Cal Cafe...

1. The kids have nicknamed The Food Network "The Magic Channel."



Who would benefit from meals by Lo-Cal Cafe?

- ~ BUSY SINGLES
- ~ NEW MOMS
- ~ COUPLES ON THE GO
- ~ SENIORS
- ~ FAMILY LIFESTYLE

Stop putting your health off til Monday and start today!