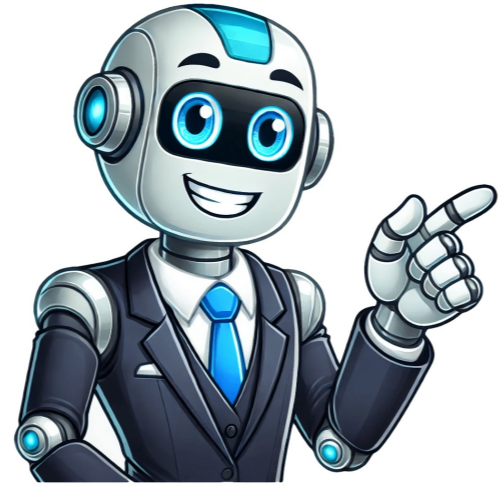


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## Cafe zupas menu

Cafe Zupas is a fast-casual eatery that serves up delicious dishes made from scratch using fresh and local ingredients. Their menu features a variety of signature salads, each one a masterpiece of flavors and textures. For example, the Vermont Maple Blueberry salad combines fresh blueberries, apples, and cinnamon almonds with crumbled blue cheese and a drizzle of maple vinaigrette dressing. The Nuts About Berries salad is another popular choice, featuring a medley of fresh raspberries, blueberries, strawberries, blackberries, and crunchy cinnamon almonds. If you're in the mood for something a little more substantial, Cafe Zupas also offers a range of creative salads with protein options like grilled chicken, ham, or all-natural roasted chicken. The Pina Colada Chicken salad is a tropical twist on traditional fare, featuring pineapple, mandarin oranges, coconut, and macadamia nuts in a creamy pina colada dressing. Meanwhile, the BBQ Chicken salad brings a tangy kick to classic barbecue flavors with the addition of black beans, corn, and red onions. For customers who like to get creative, Cafe Zupas offers a "Create Your Own Salad" option that lets you pick your greens, protein, and toppings from a variety of choices. With over 20 ingredients to choose from, including veggies, fruits, nuts, and cheeses, the possibilities are endless. To make it even more interesting, you can swap out two ingredients for free instead of adding extra meat or protein. No matter which salad you choose, each meal comes with fresh bread and a chocolate-dipped strawberry on the side - a sweet and satisfying bonus that's sure to leave you feeling full and content. Prices are reasonable too, ranging from \$4.99 to \$6.99 for most salads. \$6.99 - \$4.99 Fruits: d, \$4.99 Home-Made Soups All Soups include fresh bread & a chocolate-dipped strawberry Tomato Basil with Orzo Pasta Forget the tomato soup from a can one taste of this & you'll be a true tomato soup aficionado. With or without pasta \$5.99 - \$3.99 Chicken Enchilada Chili Made with red & green enchilada sauces\$5.99 - \$3.99 New England Clam Chowder\$ 5.99 - \$3.99 Wild Mushroom Bisque Mix of shiitake, crimini, & button mushrooms\$5.99 - \$3.99 Wisconsin Cauliflower Cheddar & pepperjack cheeses give this soup its deliciously tangy flavor & velvety smooth texture\$5.99 - \$3.99 Lobster Bisque\$ 5.99 - \$3.99 Yucatan Chicken Tortilla Loaded with chicken, avocado, tomato, corn, & topped with tortilla strips Great with a squeeze of fresh lime\$5.99 - \$3.99 Shrimp & Sausage Gumbo\$ 5.99 - \$3.99 Thai Lobster Curry A unique combination of real lobster meat, thai spices, & coconut milk give this soup its deliciously exotic taste\$5.99 - \$3.99 Tuscan White Bean & Vegetable A light, vegetarian soup loaded with lots of vegetables & delicious white beans\$5.99 - \$3.99 Gourmet Sandwiches All sandwiches served on Italian ciabatta bread & come with a chocolate-dipped strawberry BBQ Pulled Pork Slow-roasted pork, red cabbage slaw, bbq sauce, & honey mustard 4.99 Italian Club Ham, genoa salami, turkey, sweet roasted peppers, muenster cheese, mixed greens, tomatoes, & balsamic spread 4.99 Vegetarian Roasted sweet red peppers, cucumbers, sprouts, mixed greens, tomatoes, muenster cheese, & pesto spread 4.99 Turkey Cranberry Turkey, cranberry sauce, sprouts, cucumbers, mixed greens, muenster cheese, & honey mustard 4.99 California Turkey Turkey, avocado, tomatoes, sprouts, cucumbers, mixed greens, muenster cheese, & ranch dressing 4.99 Grilled Panini Sandwiches All sandwiches served on Italian ciabatta bread & come with a chocolate-dipped strawberry Pesto Chicken chicken, pesto, almonds, roasted sweet red peppers, muenster cheese, sprouts, & tomatoes 4.99 Honey Bacon Club Turkey, bacon, ham, tomatoes, muenster cheese, & honey mustard 4.99 Turkey Bacon Avocado Turkey, bacon, avocado, tomatoes, muenster cheese, & honey mustard 4.99 Milano Ham, tomatoes, muenster cheese, & pesto spread 4.99 Turkey Spinach Artichoke Turkey, spinach, artichoke spread, muenster cheese, tomatoes, & pesto spread 4.99 Boston Crab Melt Crab salad, celery, red onions, & muenster cheese 4.99 Ultimate Grilled Cheese Cheddar cheese, muenster cheese, tomatoes, & pesto spread 2.99 Combo Choose two of the following: whole sandwich, half soup, half salad Soup & Salad \$7.99 Salad & Sandwich \$7.99 Sandwich & Soup \$7.99 Kid's Meal Combo 10 Years & under. Comes with bread or a chocolate-dipped strawberry, & small drink. Choose 2: grilled cheese, fruit cup, small cup of soup, chicken strip \$3.99 Drink Bar Sodas \$1.69 Crystal Light \$1.69 Italian Sodas \$1.69 Bottled Water \$1.49 Bottled Drinks \$1.79 Cafe Zupas has expanded to over 20 locations across seven states and continues to thrive with its unique dining experience. Each restaurant boasts bright and open spaces, allowing customers to feel welcome and at ease. The cafe prides itself on using locally sourced ingredients, which are then crafted into delicious meals daily. The menu offers a wide variety of options, including soups, salads, sandwiches, and desserts. For those with dietary restrictions, Cafe Zupas provides a comprehensive allergen menu that outlines the presence of common allergens such as gluten, dairy, nuts, and soy in each dish. Customers can sample soups before making a purchase to get a taste of what's available. The cafe also offers customizable sandwiches and salads, which can be tailored to meet specific dietary needs. Gluten-free options are clearly identified, allowing customers with sensitivities to make informed choices. Some notable menu items include the Chickpea & Vegetable Soup, which is vegan and gluten-free, and the Nuts About Berries salad, which can be made dairy-free by removing cinnamon almonds. The Vegetarian Sandwich offers a variety of ingredients, including tofu, avocado, and arugula blend, making it a great option for those looking for a meatless meal. For those with specific dietary needs, Cafe Zupas provides a range of gluten-free options, including soups, salads, and protein bowls. The menu is designed to be safe and enjoyable for customers with gluten sensitivities, dairy allergies, or other dietary restrictions. Cafe Zupas Allergen Menu Offers Customization and Clear Guidance for Managing Dietary Restrictions Cafe Zupas provides a variety of gluten-free protein bowls and salads to cater to customers with dietary restrictions. The menu includes items such as the Harvest Quinoa Bowl (without chicken and cheese) and the Asian Steak & Quinoa Bowl (without steak), making it easier for customers to make informed choices. To ensure meal safety, Cafe Zupas recommends verifying ingredients with staff, especially for those with severe allergies. Customization is possible on many menu items, allowing customers to request modifications to avoid allergens. Is cafe Zupas accommodating for people with specific dietary needs? Yes, they have many options that do not contain nuts or can be customized to exclude them upon review of their allergen menu and communication with staff. To view the nutritional information of their menu items, you can download the nutrition guide on their website, which provides detailed information about calories, fat, protein, carbohydrates, etc. Additionally, cafe Zupas allows online ordering where you can specify your dietary restrictions and customize your meal according to your needs. They also have several sugar-free beverage options such as diet sodas, unsweetened iced tea, and water. If you have a severe allergy, it's recommended that you inform the staff at cafe Zupas about your condition, they will take extra precautions to ensure your meal is prepared safely, always double-check ingredient lists and allergen information to prevent accidental exposure.

Cafe zupas menu calories. Cafe zupas menu gluten free. Café zupas menu pdf. Cafe zupas menu pdf free. Cafe zupas menu change. Cafe zupas menu las vegas. Café zupas menu with prices pdf. Cafe zupas menu kids. Cafe zupas menu printable. Cafe zupas menu with prices near me. Cafe zupas menu boise. Cafe zupas menu menomonee falls. Cafe zupas menu prices. Cafe zupas menu maple grove. Cafe zupas menu near me.