SERVING WEEK

Oct 12th - 16th | Nov 9th - 13th | Dec 7th - 11th | Jan 4th - 8th

MONDAY

Eastern European Special	$5.50	Swedish Meatballs
	$1.50	Egg Noodles
	$1.50	Peas
		Lingonberry Jam
Kielbasa Sausage Action Station	$8.00	Kielbasa Sandwich, Peppers, Onions, and Sauerkraut
	$1.50	Potato Salad
Healthy Meal	$5.50	Orange Chicken, Brown Rice, and Stir-Fried Vegetables

TUESDAY

Intercontinental Special	$5.50	Senagalese Chicken Yassa
	$1.50	Jollof Rice
	$1.50	Roast Sweet Potatoes
	$1.50	Garlic Green Beans with Lemon Zest
Taco Tuesday Action Station	$8.00	Avocado Shrimp Tostada
	$1.50	Mexican Rice
	$1.50	Black Beans
Healthy Meal	$5.50	Sweet Potato Taco Bowl

WEDNESDAY

Taste of Asia	$5.50	Char Siu Pork
	$1.50	Egg Roll
	$1.50	Fried Rice
	$1.50	Sesame Broccoli
Greek Street Burger Action Station	$8.00	Greek Burger
		Red Onion, Lettuce, Tzatziki, and Tomato
	$1.50	Crispy Lemon Potatoes
Healthy Meal	$5.50	Turkey Marsala, Brown Rice, and Fresh Slice of Tomato

THURSDAY

South American Sizzle	$5.50	Argentine Beef Milanesa
	$1.50	Potato Wedges
	$1.50	Grilled Vegetables
		Chimichurri Sauce
Coastal Burrito Action Station	$8.00	Shrimp Mango Burrito
	$1.50	Refried Beans
	$1.50	Tortilla Chips
Healthy Meal	$5.50	Broiled Fruited Pork Chop

FRIDAY

Family Classic Special	$5.50	Pulled Pork BBQ Sandwich
	$1.50	Mac and Cheese
	$1.50	Carolina Coleslaw
Sesame Delight Action Station	$8.00	Sesame Chicken
	$1.50	Steamed Rice
	$1.50	Stir Fred Vegetables
Healthy Meal	$5.50	Saffron Shrimp and Tomato Spinach Salad

Sandwich of the Week :
Chicken Salad Wrap with Sun-Dried Tomatoes and Artichokes: $7.00

Salad of the Week:
Turkey, Cranberries, Sunflower Kernels, Red Onions, Mozzarella, and Poppy Seed Dressing : $7.50

DAILY GRINDZ MENU

Available Monday through Friday

GRILLED BURGERS & SANDWICHES

$5.00	Hamburger
$5.50	Turkey Burger
$5.50	Black Bean Burger
$5.50	Grilled Chicken Burger
$4.50	Grilled Cheese

Build it your way! All our grill items are available with your choice of an extra patty, with or without a bun, or a gluten-free bun. Top it off with lettuce, onion, tomato, pickle, bacon, avocado, and a variety of cheeses for the perfect bite every time. Please note: certain modifications or premium add-ons may increase the standard price.

SALADS

Small	*Large*	
$4.50	$6.50	Garden Salad
$4.50	$6.50	Vegetarian Salad
$4.50	$6.50	Asian Salad
$4.50	$6.50	Caesar Salad
$4.50	$6.50	Chef Salad
$5.00	$7.00	Cobb Salad

Fresh, crisp, and made daily! Our assorted salads are prepared with the finest ingredients for great taste and quality. Some are conveniently packaged for grab-and-go, while others are made to order just the way you like. Whether you need a quick bite or a hearty meal, our salads deliver freshness in every bite!

SANDWICHES

$3.00	PB& J Sandwich
$5.00	Ham Sandwich
$5.00	Turkey Sandwich
$5.00	Roast Beef Sandwich
$5.50	Vegetarian Sandwich

Our sandwiches are pre-made on a variety of breads, including white, seeded, and sourdough. Each sandwich is crafted with fresh lettuce and a selection of cheeses, such as cheddar, American, provolone, Swiss, and pepper jack, ensuring a delicious and satisfying option for every preference.

SOUP

$2.00	Cup Of Soup
$3.00	Bowl Of Soup
$8.00	Quart Of Soup

Enjoy our delicious soups, made from scratch most days! Warm, hearty, and full of flavor – there's always something comforting in every bowl.

Scan or visit bit.ly/cafe-at-summit to order online. For pickup only.

Items subject to change based on availability.

We are closed on major holidays. Before visiting, please check our online menu for the **most up-to-date holiday schedule.**

SUMMIT PACIFIC
• WELLNESS CENTER •

610 East Main Street | Elma, WA 98541

Coffee: 7:00 am – 2:00 pm
Breakfast: 8:30 am – 9:30 am
Lunch: 11:15 am – 1:30 pm

Cafe'@ Summit

BREAKFAST | LUNCH | COFFEE

September, 2026 through January, 2027

Park behind the Summit Wellness Center for easy access on 2nd floor!

COFFEE: 7:00 AM – 2:00 PM | BREAKFAST: 8:30 AM – 9:30 AM
LUNCH: 11:15 AM – 1:30 PM

SERVING WEEK

Sept 21st - 25th | Oct 19th - 23rd | Nov 16th - 20th | Dec 14th - 18th

MONDAY	**Eastern European Special**	$5.50	Hungarian Chicken Paprikash
		$1.50	Egg Noodles
		$1.50	Langos Flatbread
		$1.50	Steamed Green Beans
	From the East Action Station	$8.00	Chicken Stir-Fry
		$1.50	Steamed White Rice
	Healthy Meal	$5.50	Mediterranean Turkey Bowl
TUESDAY	**Intercontinental**	$5.50	Cypriot Afelia Braised Red Wine Pork
		$1.50	Pourgouri Bulgar Pilaf
		$1.50	Cucumber Tomato Salad
		$1.50	Pita Tzatziki
	Taco Tuesday Action Station	$8.00	Taco Salad
		$1.50	Cheese Dip
		$1.50	Cilantro Rice
	Healthy Meal	$5.50	Autumn Kale and Sweet Potato Salad
WEDNESDAY	**Taste of Asia**	$5.50	Japanese Hamburg Steak (Hambāgu)
		$1.50	White Rice
		$1.50	Napa Cabbage Slaw
	Sea Breeze Seafood Action Station	$8.00	Surf and Turf Loaded Fries
		$1.50	Mac and Cheese
	Healthy Meal	$5.50	Salsa Chicken Bowl I
THURSDAY	**Taste of India**	$5.50	Tandoori Chicken
		$1.50	Basmati Rice
		$1.50	Palak Paneer
		$1.50	Naan
	Korean Quick Stop Action Station	$8.00	Beef Bulgogi
		$1.50	Steamed Vegetables
		$1.50	Korean Corn Cheese Dip
	Healthy Meal	$5.50	Roasted Vegetables Couscous with Chickpeas
FRIDAY	**Family Classic**	$5.50	Chicken Fried Steak
		$1.50	Roast Potatoes
		$1.50	Collard Greens
	Fresh Off the Grill Action Station	$8.00	Buffalo Chicken Wings
		$1.50	Carrots, Celery, Blue Cheese, Ranch
	Healthy Meal	$5.50	Apple Spice Pork Chop

Sandwich of the Week:
Hawaiian Sliders with Char Sui Pork, Pineapple, Provolone, Sweet Chili Sauce, on a Slider Roll: $7.00

Salad of the Week:
Classic Wedge Salad with Iceberg Lettuce, Bacon, Cherry Tomatoes, Red Onions, Blue Cheese : $7.50

SERVING WEEK

Sept 28th - Oct 2nd | Oct 26th - 30th | Nov 23rd - 27th | Dec 21st - 25th

MONDAY	**Eastern European Special**	$5.50	Georgian Shkmeruli Garlic Chicken
		$3.00	Khachapuri Cheesy Egg Bread
		$1.50	Roasted Eggplant and Tomato
	From the East Action Station	$8.00	Pancit
		$1.50	Steamed Rice Cake
	Healthy Meal	$5.50	Chile Garlic Tofu Bowl
TUESDAY	**It's Greek to Me**	$5.50	Greek Beef Moussaka
		$1.50	Roasted Lemon Potatoes
		$1.50	Arakas Latheros Peas and Carrots
	Taco Tuesday Action Station	$8.00	Chipotle Salmon Tacos
		$1.50	Mexican Rice Avocado Sauce
	Healthy Meal	$5.50	Ranch Chicken Meal
WEDNESDAY	**Taste of Asia**	$5.50	General Tso's Chicken
		$1.50	Scallion Rice
		$1.50	Grilled Bok Choy
	Country Comfort Action Station	$8.00	Honey Glazed Ham
		$1.50	Baked Beans
		$1.50	Roasted Potatoes
	Healthy Meal	$5.50	Brandy Pepper Steak, Boiled Potato, Broccoli
THURSDAY	**Pasta by the Sea**	$5.50	Sauteed Shrimp
		$1.50	Fettuccini Noodles
		$1.50	Steamed Broccoli
		$1.50	Garlic Bread Alfredo Sauce
	Grilled & Zesty Action Station	$8.00	Chimichurri Grilled Chicken
		$1.50	Thick Cut Fries
	Healthy Meal	$5.50	Turkey Burrito Bowl
FRIDAY	**Family Classic**	$5.50	Chicken Cordon Bleu and Supreme Sauce
		$1.50	Mashed Potatoes
		$1.50	Broccoli Salad
	Noodle House Action Station	$8.00	Chicken Yakisoba
		$1.50	Steamed Rice
		$1.50	Broccoli
	Healthy Meal	$5.50	Herb Butter Chicken

Sandwich of the Week:
Chicken Bacon Ranch, Lettuce, Tomato, on Focaccia : $7.00

Salad of the Week:
Classic Broccoli and Bacon Salad Over Field Greens : $7.50

SERVING WEEK

Oct 5th - 9th | Nov 2nd - 6th | Nov 30th - Dec 4th | Dec 28th - Jan 1st

MONDAY	**Eastern European Special**	$5.50	Czech Vepro Knedlo Zelo Roast Pork
		$1.50	Czech Dumplings
		$1.50	Braised Sauerkraut
	Tuscan Love Action Station	$8.00	Marry Me Chicken Pasta
		$1.50	Garlic Bread
	Healthy Meal	$5.50	Shrimp and Vege Stir-Fry with Brown Rice
TUESDAY	**Armenian Home-Style Special**	$5.50	Armenian Losh Kebabs
		$1.50	Easter Bread (Choereg)
		$1.50	Ganach Lupia Tomato Braised Green Beans
	Taco Tuesday Action Station	$8.00	Cheesy Kidney Bean Quesadilla
		$1.50	Purple Tortilla chips and Salsa
	Healthy Meal	$5.50	Roasted Cauliflower Taco Bowl
WEDNESDAY	**Taste of Asia**	$5.50	Chicken Pad Thai
		$1.50	Coconut Rice
		$1.50	Thai Cucumber Peanut Salad
	Greek Home-Style Action Station	$8.00	Roasted Chicken
		$1.50	Greek Potato Salad
	Healthy Meal	$5.50	Orzo Salad
THURSDAY	**Southern Kitchen Special**	$5.50	Cajun Chicken and Sausage Pasta
		$1.50	Maque Choux Corn and Peppers
		$1.50	Garlic Bread
	Steak and Potato Action Station	$8.00	Grilled Sirloin Tenders
		$3.00	Baked Potato
	Healthy Meal	$5.50	Ground Turkey Stir-Fry with Brown Rice
FRIDAY	**Family Classic**	$5.50	Honey Dijon Pork Cutlet
		$1.50	Apple Herb Stuffing
		$1.50	Roasted Carrots
	Teriyaki Delight Action Station	$8.00	Teriyaki Chicken
		$1.50	Steamed Rice
		$1.50	Broccoli
	Healthy Meal	$5.50	Glazed Chicken, String Beans, and Potatoes

Sandwich of the Week:
Napa Chicken Salad on a Croissant: $7.00

Salad of the Week:
Black and Blue Salad with Roast Beef, Corn, Avocado, Cherry Tomatoes, Red Onions, Blue Cheese: $7.50