

THE OASIS CAFÉ

STARTERS

- CHICKEN SOUP** 5PTS
HOMEMADE CHICKEN SOUP SERVED WITH NOODLES OR MATZO BALL
- SOUP DU JOUR** 5PTS
CHEF'S SELECTION OF THE DAY
- STARTER CAESAR SALAD** 5PTS
CRISP ROMAINE LETTUCE, CROUTONS, PARMESAN CHEESE WITH CAESAR DRESSING ON SIDE
- STARTER GARDEN CHOPPED SALAD** 5PTS
MIXED GREENS, TOMATO, RED ONIONS, CARROTS AND CUCUMBER SERVED WITH CHOICE OF DRESSING

MONTHLY SPECIALS

STARTING MONDAY JANUARY 6TH

- RAINBOW SALAD** ♥ Gf 17PTS
RED CABBAGE, CARROTS, BELL PEPPERS, LEEKS, CHERRY TOMATOES, CRAISINS, MOZZARELLA CHEESE AND ROMAINE LETTUCE WITH CHOICE OF CHICKEN BREAST OR SALMON. SERVED WITH CHOICE OF DRESSING.
CHICKEN OR SALMON CAN BE SUBSTITUTED WITH 'MEATI' TO MAKE IT VEGETARIAN!
- BRIE AND FIG FLATBREAD** V 15PTS
BACK BY POPULAR DEMAND! SLICED FIGS, CARAMELIZED ONIONS AND BRIE CHEESE. DRIZZLED WITH AN AGED BALSAMIC GLAZE.
CAULIFLOWER CRUST AVAILABLE- GF
- ORANGE GLAZED CHICKEN HOAGIE** 16PTS
ORANGE GLAZED CHICKEN BREAST, GARLIC AIOLI, SLICED TOMATOES, AMERICAN CHEESE AND PICKLES ON A HOAGIE ROLL. SERVED WITH CURLY FRIES
- KOREAN CHICKEN STIR FRY** 19PTS
CUBED CHICKEN BREAST WITH ZUCCHINI, BROCCOLI, YELLOW SQUASH, CAULIFLOWER AND CABBAGE TOSSED IN A HONEY SOY SAUCE. SERVED WITH JASMINE RICE
- MONTHLY DESSERT= SWEET POTATO MAPLE CHEESECAKE** 5PTS

SIGNIFIES GLUTEN FREE, HEART HEALTHY AND VEGETARIAN ITEMS. Gf ♥ V
PLEASE NOTIFY SERVER OF ANY DIETARY RESTRICTIONS/ALLERGIES.

SALADS

ENTRÉE GARDEN CHOPPED SALAD **Gf** **V** **♥** **11PTS**
MIXED GREENS ,TOMATOES, CUCUMBERS, RED ONIONS AND CARROTS. SERVED WITH CHOICE OF DRESSING

ENTRÉE CAESAR SALAD **♥** **11PTS**
ROMAINE LETTUCE, CROUTONS, PECORINO ROMANO PARMESAN CHEESE AND CAESAR DRESSING
GLUTEN FREE WITHOUT CROUTONS

ASIAN SALAD **♥** **V** **15PTS**
MIXED GREENS, TOMATO, CUCUMBER, MANGO, CHOW MEIN NOODLES AND SLICED AVOCADO. SERVED WITH A SESAME VINAIGRETTE

ADD PROTEIN TO ANY ENTRÉE SALAD:
CHICKEN SALAD, TUNA SALAD EGG SALAD, FALAFEL-6PTS.
GRILLED CHICKEN, SALMON, SKIRT STEAK, MEATI "CHICKEN" -9PTS

FROM THE GRILL:

SINAI BURGER **16PTS**
SERVED ON A CHALLAH BUN WITH LETTUCE, TOMATO AND ONION. SERVED WITH ONE SIDE

TURKEY BURGER **16PTS**
SERVED ON A CHALLAH BUN WITH LETTUCE, TOMATO, ONION AND A CRANBERRY AIOLI. SERVED WITH ONE SIDE.

SALMON BURGER **♥** **17PTS**
WITH A REMOULADE, LETTUCE, TOMATO AND ONION. SERVED WITH ONE SIDE

IMPOSSIBLE BURGER **V** **16PTS**
SERVED ON A CHALLAH BUN WITH LETTUCE, TOMATO AND ONION. SERVED WITH ONE SIDE
BURGER IS GLUTEN FREE IF SERVED WITH A GF BUN OR NO BUN!

HEBREW NATIONAL HOT DOG **16PTS**
SAUERKRAUT AND BAKED BEANS AVAILABLE UPON REQUEST. SERVED WITH ONE SIDE

SIGNIFY GLUTEN FREE, HEART HEALTHY AND VEGETARIAN ITEMS. **Gf** **♥** **V**
PLEASE NOTIFY SERVER OF ANY DIETARY RESTRICTIONS/ALLERGIES.

DELI SANDWICHES:



DELI SANDWICH

18PTS

CHOICE OF CARNEGIE BRAND CORNED BEEF OR PASTRAMI ON HOUSE BAKED SEEDED RYE OR UN-SEEDED RYE. SERVED WARM. SERVED WITH A RAMEKIN OF POTATO SALAD AND CHOICE OF ONE SIDE



DELI HALF & HALF COMBO

15PTS

HALF CARNEGIE DELI SANDWICH SERVED WITH A RAMEKIN OF POTATO SALAD AND CHOICE OF SOUP, SIDE CHOPPED SALAD, SIDE CAESAR SALAD

BUILD YOUR OWN DELI SANDWICH

14PTS

PROTEIN TURKEY, EGG SALAD, TUNA SALAD OR CHICKEN SALAD
CHEESE: PROVOLONE, SWISS, AMERICAN, CHEDDAR
BREAD: WHITE, WHEAT OR HOUSE BAKED SEEDED RYE BREAD OR HOUSE BAKED UN-SEEDED RYE BREAD

HALF & HALF COMBO

12PTS

HALF SANDWICH SERVED WITH CHOICE OF SOUP, SIDE CHOPPED SALAD, SIDE CAESAR SALAD

ENTRÉES:

CHICKEN WINGS

16PTS

AVAILABLE IN: MILD, MEDIUM, HOT OR SWEET CHILI SAUCE, SERVED WITH ONE SIDE

FISH AND CHIPS

18PTS

BATTERED COD SERVED WITH HOMEMADE KETTLE CHIPS AND TARTAR SAUCE. MALT VINEGAR AVAILABLE.



STUFFED CABBAGE

22PTS

2 CARNEGIE DELI STUFFED CABBAGE ROLLS. SERVED WITH CHOICE OF ONE SIDE

MARGHERITA FLATBREAD

15PTS

TOMATO SAUCE, FRESH MOZZARELLA, SLICED TOMATOES AND BASIL
CAULIFLOWER CRUST AVAILABLE - GF

VEGETABLE LO MEIN

16PTS

WITH GREEN SCALLIONS, CARROTS, ONIONS AND CABBAGE
ADD PROTEIN FOR 9PTS= CHICKEN BREAST, SKIRT STEAK, SALMON OR MEATI BRAND "CHICKEN"

TROUT OREGANATA

23PTS

BAKED TROUT WITH SEASONED BREADCRUMBS AND DRIZZLED WITH A ROASTED RED PEPPER SAUCE. SERVED WITH ONE SIDE.
ALSO AVAILABLE PLAIN

SIGNIFY GLUTEN FREE, HEART HEALTHY AND VEGETARIAN ITEMS.   
PLEASE NOTIFY SERVER OF ANY DIETARY RESTRICTIONS/ALLERGIES.

ENTRÉES (CONT).

SKIRT STEAK FRITES

22PTS

GRILLED MARINATED SKIRT MEAT WITH SAUTÉED ONIONS AND FRESH HERB BUTTER.
SERVED WITH CURLY FRITES

ANTARCTIC SALMON

18PTS

WITH TARTAR SAUCE AND LEMON WEDGE. SERVED WITH CHOICE OF ONE SIDE

BARBECUED CHICKEN

23PTS

OVEN ROASTED HALF CHICKEN BRUSHED WITH A BARBECUE SAUCE, SERVED WITH TWO SIDES. *REQUESTS FOR ALL WHITE OR ALL DARK MEAT CAN NOT BE ACCOMODATED*

SIDES 4PTS:

GREEN BEANS

POTATO SALAD

CORN ON THE COB

COLESLAW

BAKED POTATO

QUINOA BLEND 

SERVED CHILLED

BAKED SWEET
POTATO

CUCUMBER SALAD

CURLY FRITES

THREE BEAN SALAD 

SWEET POTATO
FRITES

HOMEMADE KETTLE
CHIPS

SERVED CHILLED

DESSERTS 4PTS, UNLESS STATED OTHERWISE

ICE CREAM, SORBET OR SHERBET

ASK YOUR SERVER FOR OUR DAILY
FLAVOR

NO SUGAR ADDED N.Y.

CHEESECAKE

FRESH FRUIT

SUGAR FREE JELLO

FRESH BAKED COOKIES

NO SUGAR ADDED COOKIES AVAILABLE



BLACK & WHITE COOKIE 6PTS



NEW YORK CHEESECAKE 8PTS

MENU GUIDE:

HEART HEALTHY

ITEM IS LOW IN
SODIUM, LITTLE TO NO
SATURATED FATS AND
HIGH IN FIBER.

GLUTEN FREE

ITEM DOES NOT
CONTAIN AND HAS NOT
BEEN EXPOSED TO
GLUTEN/WHEAT.

VEGETARIAN

DOES NOT CONTAIN
MEAT.