



CAFÉ MENU

3333 E. VAN BUREN ST.

PHOENIX, AZ 85008

PICK-UP ORDERS: (602) 275-2539

CATERING: (602) 889-0698

MONDAY - FRIDAY 7:00AM - 3:00PM

Helpings is a social enterprise business that provides Artisan-style food, job training and HOPE!

All proceeds directly support UMOM programs to end homelessness.

[Facebook.com/helpingscafe](https://www.facebook.com/helpingscafe)

www.helpingscafe.org



HELPINGS

SANDWICHES



Chicken Salad

\$7.49

Roasted Chicken, Apples, Grapes, Celery, Cranberries, Dijon, Green Onions & Mixed Greens.

The Country Club

\$7.99

Oven Roasted Turkey, Honey Baked Ham, Peppered Bacon, Lettuce, Tomato, Mayo, Swiss & American Cheese.

Mediterranean Veggie

\$7.49

Roasted Peppers, Artichoke, Red Onion, Cucumber, Goat Cheese, Hummus & Spinach

Roasted Turkey

\$7.99

Oven Roasted Turkey, Brie, Fuji Apples, Cranberry Compote & Arugula. *(Pictured Above)*

SIDES

House Chips

\$1.25

BEVERAGES

Coffee Bar & Fountain Drinks Available



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SALADS

Beet & Goat Cheese

\$8.49

Roasted Beets, Goat Cheese, Almonds, Shaved Red Onion, Arugula & Balsamic Vinaigrette.

Grilled Chicken

\$7.49

Marinated Grilled Chicken, Cucumber, Roasted Red Pepper, Roasted Tomatoes, Mozzarella & Basil Pesto Vinaigrette.

Southwestern Salad

\$6.99

Romaine Lettuce, Tomatoes, Onions, Tortilla Strips, Corn & Black Bean Salsa & Chipotle Ranch Dressing.

Caesar Salad

\$6.99

Romaine Lettuce, Roasted Tomatoes, Parmesan Caesar Dressing & House-made Croutons

Add Chicken to Any Salad for \$2.00

MUFFINS



Espresso Mocha Chip: Dark Chocolate, Espresso and White & Dark Chocolate Chips.

Dutch Apple Crumble: Fuji & Granny Smith Apples, Cinnamon & Brown Sugar Crumble.

Funky Monkey: Bananas, Chocolate Chunks, Peanuts & Peanut Butter. *(Pictured Above)*

Morning Glory: Carrots, Raisins, Pineapple, Coconut, Cinnamon & Zucchini.

Very Berry Twist: Blueberries, Raspberries, Strawberries, Orange & Lemon Zest.

Individual Muffin

\$2.25

Half Dozen Muffins

\$13.00

Dozen Muffins

\$24.00