



CAFÉ MENU

Helpings Café is a social enterprise business that provides hand-crafted menu items, job training and HOPE!

BREAKFAST

French Toast	\$4.99
With Maple Pecan Syrup and Candied Pecans	
Breakfast Burrito (choice of one Meat or Veggie)	\$4.99
Sausage, Bacon, Chorizo, Eggs, Cheese & Potato	
Breakfast Sandwich (choice of one Meat or Veggie)	\$4.99
Sausage, Bacon, Chorizo, Eggs, & Cheese	
Avocado Toast	\$4.75
Wheatberry Bread, Avocado Spread, Hardboiled Egg, Olive Oil, Sea Salt & Cracked Black Pepper	
Breakfast Quesadilla (choice of one Meat)	\$4.99
Sausage, Bacon, Chorizo, Eggs, Cheese, Flour Tortilla, Salsa & Sour Cream	

Morning Pastries

Individual Muffin	\$2.25
Bagel w/ Cream Cheese	\$2.50
Cinnamon Roll	\$4.00
Half Dozen Muffin	\$13.00
Dozen Muffins	\$24.00



Helpings Salads

Add Chicken to any Salad for \$2.25

Caesar Salad	\$6.99
Romaine Lettuce, Parmesan, Caesar Dressing & House-made Croutons	
Beet & Goat Cheese Salad	\$7.75
Red Beets, Goat Cheese, Golden Raisins, Sun Flower Seeds, Lettuce Blend & Champagne Vinaigrette	
Cantina Salad	\$7.75
Garbanzo Beans, Cilantro, Cherry Tomatoes, Feta, Avocado, Lettuce Blend & Chipotle Ranch Dressing	
Southwestern Salad	\$7.75
Tomato, Tortilla Strips, Corn & Black Bean Salsa, Lettuce Blend & Chipotle Ranch Dressing	
Spinach Salad	\$7.75
Bacon, Blue Cheese, Candied Pecans, & Apple Cider Vinaigrette	
Greek Salad	\$7.75
Black Olives, Red Onion, Feta, Pistachios, Lettuce Blend with Champagne Vinaigrette	

Salads can be made Family Style (eight of the same salad) for Catering and To-Go for \$4.75 per person.

Sides

Housemade Chips	\$1.50
French Fries	\$2.00
Soup of the Day	\$3.00 / \$5.00
Cup of Fruit	\$1.75
Pasta Salad	\$1.75



Sandwiches

Choice of Bread: Wheatberry, Telera Bun or Gluten-Free White (\$1.00)

Caprese \$7.99

Fresh Mozzarella, Tomato, Basil, Pesto Mayo, & Balsamic Reduction

The Country Club \$8.25

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

Grilled Chicken \$8.25

Swiss Cheese, Dijon Mayo, Lettuce & Tomato

Chicken Salad Sandwich \$7.99

Roasted Chicken, Apples, Grapes, Celery, Cranberries, Dijon, Green Onions & Lettuce

Helpings Burger \$7.99

Beef Pattie, Lettuce, & Tomato Add Cheese for .50

Mediterranean \$8.25

Roasted Red Pepper, Cucumber, Spinach, Red Onion, Hummus, & Artichoke Spread

Roasted Turkey \$7.99

Havarti, Sliced Apple, Cranberry Orange Spread, & Lettuce

Three Cheese Grilled Cheese \$4.50

Swiss, Cheddar & American Cheese Grilled on your choice of bread

½ Cold Sandwich & a Side of Soup \$7.99

Sandwiches can be made on a platter for Catering or To-Go



Additional Catering/ To-Go Items

Contact us to place a catering or to go order & help to end homelessness!

On the Lighter Side \$8.95 per person

Assortment of Pastries and Muffins, Seasonal Fruit Salad, Coffee and Juice. Add assorted bagels w/ Cream Cheese for \$1.00 PP

Breakfast on the GO \$8.95 per person

Breakfast Burrito (Bacon, Sausage, Chorizo or Veggie), Seasonal Fruit Salad, Coffee and Juice. (choice of one Meat or Veggie)

Signature Boxed Lunch \$12.99

Includes your choice of Sandwich or Salad, Side and Cookie

Limited Delivery

Minimum order of \$275.00 with a delivery fee of \$15.00

Beverages

Bottled Water \$1.25

Soda \$1.75

Coffee Tote (96oz) \$13.25

Starbucks Black Tea (96oz) \$13.50



HELPINGS

Monday-Friday 7:00AM - 3:00PM

All proceeds directly support UMOM New Day Centers.

3333 E Van Buren Street, Phoenix

Pick-up/Catering Orders: (602) 275-2539

Email: helpings@umom.org

For details visit helpingscafe.org

