

SMOOTHIES & DRINKS

SERVED ALL DAY

\$3.00

All our smoothies are made with
real fruit & skim milk

BLUEBERRY BREEZE

STRAWBERRY FIELDS

MIXED BERRY BLAST

a blend of blueberries and strawberries

BANANABERRY

choose from banana and strawberries,
or bananas and blueberries

BANANA SPLIT

banana, chocolate, strawberry and pineapple
Peach Pineapple

FUNKY MONKEY

a yummy blend of banana, chocolate & peanut butter

PUMP UP YOUR SMOOTHIE WITH PROTEIN add 50¢

We offer fresh-brewed coffee as well as a large
variety of bottled waters, juices and energy drinks.

WANT DELIVERY?

For free delivery with \$10 minimum, jut call

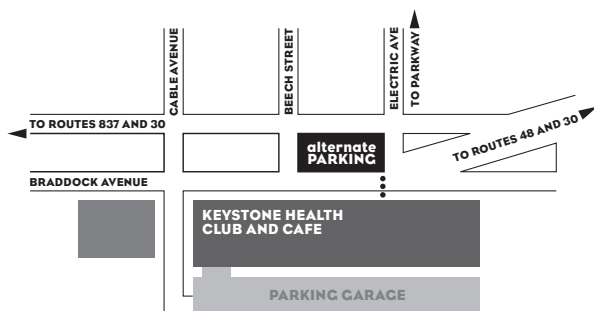
412.349.0744

WANT TO HANG OUT?

Keystone Cafe is proud to offer free wireless internet
as well as satellite television, so join us to escape work
or relax after work.

KEYSTONE CATERS

Call for our exclusive catering menu.



KEYSTONE CAFE

Located on the 2nd floor of the West
Shops inside Keystone Commons

Direct Line
412-349-0744

Cafe Hours

Monday-Friday 8am-3pm

Closed Saturday and Sunday

Drinks and snacks are always
available during club hours



sign up for fax delivery of our
weekly "specials" menu or visit
www.keystonehealthclub.com

BREAKFAST SERVED ANYTIME

ALL OUR YUMMY EYE-OPENING BREAKFAST SANDWICHES ARE SERVED ON BAGEL OR CROISSANT WITH YOUR CHOICE OF CHEESE [cheddar, pepperjack, swiss, provolone, and smoked gouda]

EGG & CHEESE SANDWICH \$2.50

EGG, CHEESE & SAUSAGE SANDWICH \$3.50

EGG, CHEESE & BACON SANDWICH \$3.50

EGG, CHEESE & HAM SANDWICH \$3.50

CROISSANT OR BAGEL \$1.50

FRESH BAKED ITEMS AND PASTRIES OFFERED DAILY

SALADS

ALL LOVINGLY TOSSED WITH THE FRESHEST INGREDIENTS. SERVED WITH A REGULAR SOFT DRINK.

CAESAR SALAD \$5.75

Fresh romaine with garlic croutons, and pecorino Romano cheese, tossed with our creamy Tuscan Caesar dressing.

KEYSTONE SALAD \$5.75

Our basic salad featuring anything-but-basic romaine, tomato, cucumber, peperoncini, carrots, onions & croutons.

CHEF SALAD \$6.95

Generous slices of smoked turkey breast & ham, topped with cheddar & provolone cheeses, served over our Keystone Salad.

SPINACH SALAD \$6.50

Fresh spinach with sliced tomatoes, red onion, mushrooms and crispy bacon served with our lemon vinaigrette.

BUFFALO CHICKEN SALAD \$7.75

Grilled chicken breast tossed in tangy buffalo sauce, topped with pepper jack cheese served over our Keystone Salad.

options to add to any salad:

marinated grilled portabellas \$2.00

grilled chicken breast \$2.75

bacon \$1.25

tuna salad \$2.00

cheese \$.50

dressings: balsamic vinaigrette, caesar, ranch, or bleu cheese

LUNCH DYNAMIC DUO

Choose two 1/2 salad, 1/2 sandwich or cup of soup.
Includes fountain drink \$6.50

LUNCH SOUPS

CUP \$2.50

BOWL \$4.00

served with a roll.

SANDWICHES

SERVED ON WHEAT OR CIABATTA BREAD WITH SIDE, PICKLE AND A REGULAR SOFT DRINK.

ROAST BEEF & SWISS \$6.85

Strips of slow-roasted beef with Swiss cheese, lettuce, tomato & onion, slathered with our spicy mustard.

TURKEY PEPPERJACK \$6.85

Smoked turkey breast with spicy pepper jack cheese, mayo, lettuce, tomato & onion.

TUNA \$6.35

Freshly seasoned tuna salad with swiss cheese & lettuce.

ITALIANO \$7.25

Salami and spicy capicola, topped with provolone cheese, mayo, lettuce, tomato, onion & balsamic vinaigrette.

PORTABELLA \$6.85

Marinated grilled portabella mushrooms with fresh mozzarella cheese & roasted red peppers. A vegetarian delight.

GRILLED CHICKEN \$6.85

Whole chicken breast grilled with our balsamic vinaigrette, provolone cheese, mayo, lettuce, tomato & onion.

LEMON PESTO CHICKEN \$6.85

Grilled chicken breast with our fresh lemon pesto spread & tomato.

MUSHROOM CHICKEN \$7.25

Grilled chicken breast with mushrooms, smoked Couda cheese & our secret spicy Caribbean sauce.

TURKEY BACON SWISS \$7.25

Smoked turkey breast, aged swiss, crispy bacon, lettuce, tomato, onion and mayo.

HAM AND CHEDDAR \$6.85

Strips of juicy ham, mild cheddar, lettuce, tomato, onion and mayo.

WRAPS

SERVED ON GARLIC HERB WRAPS WITH ROMAINE LETTUCE, SIDE, PICKLE AND A REGULAR SOFT DRINK.

BUFFALO CHICKEN WRAP \$6.85

Grilled chicken breast in tangy buffalo sauce with pepperjack cheese and bleu cheese dressing.

CAESAR CHICKEN WRAP \$6.85

Grilled chicken breast with creamy Tuscan dressing, romano cheese, and tomato.

CHICKEN BACON CHEDDAR RANCH WRAP \$6.85

Grilled chicken breast with crispy bacon, mild cheddar cheese, and creamy ranch dressing.

LUNCH SPECIALS

Ask about our daily specials.