

# Mary Jane Cafe

Located at the base of Mary Jane @ Winter Park Resort | 970.726.1441

Lunch is served 10:30am - close

## At the Grill

**\* Mary Jane Bistro Burger** 11.95  
Three house-seasoned burger patties, American cheese, lettuce & tomato on brioche bun

**Beyond Burger** 15.95  
6oz beyond burger with lettuce, tomato, and pickle

**Southern Chicken Sandwich** 12.95  
Lightly breaded chicken breast, melted cheddar, lettuce, tomato & dill mayo on brioche bun

**BBQ Pulled Pork** 10.95  
Tender & juicy BBQ pulled pork stacked high on a brioche bun

**Chicken Tenders & Fries** 12.95  
Four crispy chicken tenders served with fries

**Fries** 5.95

**Chili Cheese Fries** 9.95

## The Island Classics

**Mac & Cheese** 10.95

**Super Pretzel** 9.95  
Add Cheese 2

**100% Beef Hot Dog** 12.95  
On a poppy seed bun served with Frito Lay Chips & a pickle

**Power Bowl** 15.95  
Choose Protein (1) Chicken or Pork  
Choose Grain (1) Quinoa or Rice  
Choose Toppings (unlimited)  
-Veggie Blend, Broccoli, Hard Boiled Egg, Sweet Potato Medley, Roasted Chickpeas, Hummus, Tzatziki, Peanut Satay Sauce, Fajita Seasoning, Sweet Chili Sauce

## Soups

**Hearty Beef Stew** 12.95  
Seasoned ground beef, carrots, potatoes, mushrooms & onions

**Fire Roasted Vegetable Soup** 10.95  
Delicious blend of carrots, green beans, zucchini, yellow squash, onions, red bell peppers & corn  
Vegan, Gluten Free, Dairy Free

**Chicken Noodle Soup** 10.95  
Mommas classic! Warm up with a bowl of hearty chicken noodle soup

**Mary Jane Beef Chili** 12.95  
Ground beef, garlic, onions & a 3-bean blend

## Cold Grab & Go

**Tuscan Turkey** 11.95  
Smoked turkey breast, applewood smoked bacon, pesto sauce, freshly ground peppercorns, tomato, mayo & baby spinach on multi-grain roll

**Mediterranean Vegetable Wrap** 11.95  
Fresh red peppers, cucumber, shredded carrot, sun-dried tomatoes, garbanzo beans, feta cheese, romaine lettuce, & tzatziki sauce

**Chicken Caesar Crunch Wrap** 11.95  
Juicy grilled chicken, crunchy romaine lettuce, sunflower seeds, plum tomatoes, cucumber, parmesan cheese, bacon, on a spinach & herb tortilla with Caesar dressing on the side

**Garden Grove** 12.95  
Grilled chicken breast, baby spinach, spring mix, roasted beets, roasted sweet potatoes, toasted almonds, roasted chickpeas, crispy rice, avocado & green goddess ranch

**Chicken Caesar Salad** 12.95  
Grilled chicken, romaine lettuce, shaved parmesan, toasted croutons, anchovies & Caesar dressing

**Keto Broccoli Salad** 14.95  
Creamy & healthy loaded with broccoli, bacon, onion, raisins, roasted chickpeas, chives, & cheddar jack cheese mixed together with our house dressing

**Run It Thru The Garden** 10.95  
Loaded with vegetables including sun-dried tomato, broccoli, cucumber, red peppers, rainbow carrots, feta, & ranch dressing

**Thai Bowl** 12.95  
Sliced chicken, roasted chickpeas, sweet potato medley, island blend vegetables, Thai seasoning blend on rice with peanut satay sauce

## Burrito Station

**Pork Carnitas** 10.95  
Seasoned, shredded pork, onion & diced tomato in flour tortilla

**Black Bean** 10.95  
Seasoned black beans, grilled onion, bell pepper, corn, tomato, cilantro, jalapeño & pepper jack cheese in flour tortilla

**Drunken Chicken** 10.95  
Beer braised chicken, sautéed onion, tomato, green chili & pepper jack cheese in a flour tortilla

\*These items may be served raw or undercooked based on your specification, or contain raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish, sesame, or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.

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## Breakfast Served til 10am

### Breakfast Burritos 9.95

Choose from sausage, bacon, or veggie, all with crisp potatoes, scrambled eggs, cheddar jack & green chili

### Breakfast Sandwich 12.95

Choose from Sausage, Bacon, or Egg & Cheese. All Sandwiches are made with two fried eggs, American cheese, & potato pancakes on a kaiser roll

### Egg Bites 6.00

Bacon, cheddar & roasted tomato in a bite size egg muffin (two per order)

### Biscuits & Gravy 7.95

Hearty sausage gravy and flaky southern biscuits

### Parsenn Bowl Skillet 12.95

Scrambled egg skillet loaded with bacon, sausage, sautéed green peppers, plum tomatoes, & pepper jack cheese

### Pancakes 7.95

3 monster sized fluffy buttermilk pancakes, served with butter & syrup

## Special Request Breakfast Served till 10am

### Ovo Breakfast Burritos 9.95

Plant based sausage with crisp potatoes, scrambled eggs, vegan mozzarella & green chili ovo-vegetarian

### Ovo Breakfast Sandwich 15.95

Plant based sausage, two fried eggs, American cheese, & potato pancakes on a kaiser roll ovo-vegetarian

### Ovo Parsenn Bowl Skillet 14.95

Scrambled eggs, plant based sausage, green peppers, tomatoes (vegan mozzarella or cheddar jack) ovo-vegetarian, dairy free

### Plant Based Sausage & Biscuit Sandwich 10.95

Flaky and buttery biscuit with plant based sausage, you will not even be able to tell vegetarian

## Lunch Dietary Menu Served at 10:30am

### Fries 5.95

### Pretzel & Cheese 9.95

### Mac & Cheese 10.95

vegetarian

### Vegetable Soup 10.95

vegan, dairy free, gluten free

### Black Bean Burrito 8.95

Seasoned black beans, grilled onion, bell pepper, corn, tomato, cilantro, jalapeño & pepper jack cheese in flour tortilla vegetarian

### Beyond Burger 15.95

With or without cheese served on a brioche bun with lettuce, tomato, onion, & pickle vegan, gluten free bun available

### Vegetarian Buffalo Chicken Sandwich 15.95

Plant based fried chicken patty tossed in buffalo and served with tomato, lettuce, pickle, & onion on a brioche bun vegetarian

### Vegan Crispy Chicken Salad 15.95

Crispy & fresh romaine lettuce, plant based fried chicken, cucumber, red pepper, rainbow carrots, vegan mozzarella, croutons, & ranch dressing vegan

### Mediterranean Veggie Wrap 12.95

Fresh red peppers, cucumber, shredded carrot, sun-dried tomatoes, garbanzo beans, feta cheese, romaine lettuce, & tzatziki sauce

### Run It Thru The Garden 12.95

Loaded with vegetables including sun dried tomato, broccolini, cucumber, red peppers, rainbow carrots, feta, & ranch dressing

## Drinks

### Coca-Cola Fountain Soda 4.25

Coke, Diet, Sprite, Root Beer, Pibb Xtra, Powerade, Vitamin Water

### Dasani Water 4.95

### 12oz Coca-Cola Products 2.95

### Starbucks Hot Coffee 4.25

Regular & Decaffeinated

### Hot Chocolate 4.75

### Hot Tea 4

### 16oz Peace Tea 4.95

### Juice 4.95

Orange, Apple, Cranberry

### Red Bull 4.95

### Milk 2.25

## Draft Beer, Craft Beer, Wine, & Canned Cocktails

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