

~ CAFÉ ~ PANINIS

Cheddar & Roasted Turkey - 8.5

Roasted Turkey Breast,
Cheddar Cheese with
Parmesan Herb Aioli, Spinach,
Tomatoes Pressed on
Multi-Grain Bread

Cubano - 9

Ham, Pulled Pork, Swiss
Cheese, Sliced Pickles and
Whole Grain Mustard Pressed
on a Hoagie Roll

Tuna Melt Panini – 6.5

Tuna Salad, Tomato and Swiss
Cheese on Multi-Grain Bread



FRESH 
CHOICES
A CRAFTED CAFÉ

NSA
BETHESDA
Building 62



SCAN QR CODE
FOR MORE INFO VISIT
US AT NAVY MWR

MONDAY-FRIDAY
1030-1330
CLOSED
SATURDAY-SUNDAY
& FEDERAL HOLIDAYS

SIGNATURE SALADS

HANDTOSSED

Protein Power - 15

over 50 grams of protein

'Quinoa, Garbanzo Beans, Kale, Spinach, & Edamame Blend' | Double Grilled Chicken
Chopped Egg | Avocado | Black Beans | Almonds

Fresh Choices Cobb - 12.5

Mixed Greens | Grilled Chicken | Bacon
Tomatoes | Chopped Egg | Bleu Cheese | Avocado

Greek Crunch - 11.5

Romaine | Grilled Chicken | Tomatoes | Onions
Cucumbers | Olives | Feta Cheese | Chickpeas
Pita Chips

CBR Salad - 11.5

Romaine | Grilled Chicken | Bacon | Cheese Blend
Tomatoes | Cucumbers | Carrots | Ranch

Apple Orchard - 11.5

Grilled Chicken | Apples | Walnuts | Cranberries
Blue Cheese | Romaine

Powerhouse Bowl - 11.5

'Quinoa, Garbanzo Beans, Kale, Spinach, & Edamame Blend' | Beets | Carrots | Almonds
Avocado | Red Pepper Hummus

Southwest Cilantro Lime Chicken - 11.5

Mixed Greens | Grilled Chicken | Corn | Tomatoes
Black Beans | Cheese Blend | Avocado | Tortilla
Strips | Cilantro Lime Vinaigrette

No Protein Substitutions

BUILD YOUR OWN

1 Choose your style

Lettuce | Bowl | Wrap

2 Pick your Ingredients

Over 30 Fresh Toppings

First 7 Toppings Included

3 Enjoy your Fresh Choices



Base

Lettuce - 8

Romaine Hearts
Spinach
Mixed Greens

Fresh Choices

Bowl Blend - 9

Quinoa, Garbanzo
Bean, Kale, Spinach,
& Edamame Blend

Wrap - 6

Whole Wheat
Spinach



Vegetables

Carrots
Broccoli
Red Onion
Corn
Olives
Banana Peppers
Black Beans
Artichoke Hearts
Cucumbers
Tomatoes
Bell Peppers
Mushrooms
Chickpeas
Jalapeños
Cilantro
Beets



Cheese & Nuts

Cheese Blend
Parmesan
Feta
Blue Cheese
Walnuts
Almonds



Fruits

Apples
Strawberries
Grapes
Dried
Cranberries



Protein

Grilled Chicken - 4.5

Crispy Chicken - 4.5

Plain or Roasted Red Pepper

Hummus - 3

Tuna Salad - 3.5



Extras

Croutons
Tortilla Strips
Baked Pita Chips
Chopped Eggs - .50
Chopped Bacon - 1.5
Avocado - 2

ADD MORE PROTEIN TO ANY MEAL

EXTRA: MEAT - 3 | CHEESE - .75 | TOPPING - .50

ADD MORE PROTEIN TO ANY MEAL

EXTRA: MEAT - 3 | CHEESE - .75 | TOPPING - .50

ADD MORE PROTEIN TO ANY MEAL

EXTRA: MEAT - 3 | CHEESE - .75 | TOPPING - .50