

THE OASIS CAFÉ

STARTERS

CHICKEN SOUP 5PTS
HOMEMADE CHICKEN SOUP SERVED WITH NOODLES OR MATZO BALL

SOUP DU JOUR 5PTS
CHEF'S SELECTION OF THE DAY

STARTER CAESAR SALAD 5PTS
CRISP ROMAINE LETTUCE, CROUTONS, PARMESAN CHEESE WITH CAESAR DRESSING ON SIDE

STARTER GARDEN CHOPPED SALAD 5PTS
MIXED GREENS, TOMATO, RED ONIONS, CARROTS AND CUCUMBER SERVED WITH CHOICE OF DRESSING

MONTHLY SPECIALS

STARTING MONDAY APRIL 29TH

VEGGIE CHOPPED SALAD    17PTS
CHICK PEAS, ARTICHOKE HEARTS, GRAPE TOMATOES, KALAMATA OLIVES, PEPPERONCINI PEPPERS, ORANGE BELL PEPPERS AND RED ONION ON ROMAINE LETTUCE. ITALIAN VINAIGRETTE SERVED ON SIDE

SOUTHWEST FLATBREAD 15PTS
GRILLED CHICKEN, BLACK BEANS, CARAMELIZED ONIONS, SMOKED MOZZARELLA CHEESE AND PESTO
THIN CAULIFLOWER CRUST AVAILABLE (GLUTEN FREE)

PATTY MELT 16PTS
ON RYE BREAD WITH AMERICAN CHEESE AND SAUTÉED ONIONS. PLEASE SPECIFY TEMPERATURE. SERVED WITH ONE SIDE

CHICKEN PARMESAN 18PTS
BREADED CHICKEN CUTLET WITH MARINARA SAUCE AND MOZZARELLA CHEESE. SERVED OVER LINGUINI

SIGNIFIES GLUTEN FREE, HEART HEALTHY AND VEGETARIAN ITEMS.   
PLEASE NOTIFY SERVER OF ANY DIETARY RESTRICTIONS/ALLERGIES.

SALADS

ENTRÉE GARDEN CHOPPED SALAD **Gf** **V** **♥** 11PTS

MIXED GREENS ,TOMATOES, CUCUMBERS, RED ONIONS AND CARROTS. SERVED WITH CHOICE OF DRESSING

ENTRÉE CAESAR SALAD **♥** 11PTS

ROMAINE LETTUCE, CROUTONS, PECORINO ROMANO PARMESAN CHEESE AND CAESAR DRESSING

GLUTEN FREE WITHOUT CROUTONS

ASIAN SALAD **♥** **V** 15PTS

MIXED GREENS, TOMATO, CUCUMBER, MANGO, CHOW MEIN NOODLES AND SLICED AVOCADO. SERVED WITH A SESAME VINAIGRETTE

ADD PROTEIN TO ANY ENTRÉE SALAD:

CHICKEN SALAD, TUNA SALAD EGG SALAD, FALAFEL-6PTS.

GRILLED CHICKEN, SALMON, SKIRT STEAK, MEATI "CHICKEN" -9PTS

FROM THE GRILL:

SINAI BURGER 16PTS

SERVED ON A CHALLAH BUN WITH LETTUCE, TOMATO AND ONION. SERVED WITH ONE SIDE

TURKEY BURGER 16PTS

SERVED ON A CHALLAH BUN WITH LETTUCE, TOMATO, ONION AND A CRANBERRY AIOLI. SERVED WITH ONE SIDE.

SALMON BURGER **♥** 17PTS

WITH A REMOULADE, LETTUCE, TOMATO AND ONION. SERVED WITH ONE SIDE

DR.PRAEGER'S VEGGIE BURGER **♥** **V** 16PTS

SERVED ON A CHALLAH BUN WITH LETTUCE, TOMATO AND ONION. SERVED WITH ONE SIDE

HEBREW NATIONAL QUARTER POUND HOT DOG 16PTS

SAUERKRAUT AND BAKED BEANS AVAILABLE UPON REQUEST. SERVED WITH ONE SIDE

PLANT BASED HOT DOG **♥** **V** 16PTS

SAUERKRAUT AND BAKED BEANS AVAILABLE UPON REQUEST. SERVED WITH ONE SIDE

SIGNIFY GLUTEN FREE, HEART HEALTHY AND VEGETARIAN ITEMS. **Gf** **♥** **V**
PLEASE NOTIFY SERVER OF ANY DIETARY RESTRICTIONS/ALLERGIES.

DELI SANDWICHES:



DELI SANDWICH *New!*

18PTS

CHOICE OF CARNEGIE BRAND CORNED BEEF OR PASTRAMI ON HOUSE BAKED SEEDED RYE OR UN-SEEDED RYE. SERVED WARM. SERVED WITH ONE SIDE



DELI HALF & HALF COMBO

15PTS

HALF CARNEGIE DELI SANDWICH SERVED WITH CHOICE OF SOUP, SIDE CHOPPED SALAD, SIDE CAESAR SALAD

BUILD YOUR OWN DELI SANDWICH

14PTS

PROTEIN TURKEY, EGG SALAD, TUNA SALAD OR CHICKEN SALAD
CHEESE: PROVOLONE, SWISS, AMERICAN, CHEDDAR
BREAD: WHITE, WHEAT OR HOUSE BAKED SEEDED RYE BREAD OR HOUSE BAKED UN-SEEDED RYE BREAD

HALF & HALF COMBO

12PTS

HALF SANDWICH SERVED WITH CHOICE OF SOUP, SIDE CHOPPED SALAD, SIDE CAESAR SALAD

ENTRÉES:

CHICKEN WINGS

16PTS

AVAILABLE IN: MILD, MEDIUM, HOT OR SWEET & SMOKEY RUB. SERVED WITH ONE SIDE

FISH AND CHIPS *New!*

18PTS

BATTERED COD SERVED WITH HOMEMADE KETTLE CHIPS AND TARTAR SAUCE. MALT VINEGAR AVAILABLE.



STUFFED CABBAGE *New!*

22PTS

2 CARNEGIE DELI STUFFED CABBAGE ROLLS. SERVED WITH CHOICE OF ONE SIDE

MARGHERITA FLATBREAD **V**

15PTS

TOMATO SAUCE, FRESH MOZZARELLA, SLICED TOMATOES AND BASIL
CAULIFLOWER CRUST AVAILABLE- GF VEGAN MOZZARELLA "CHEESE" AVAILABLE- DAIRY FREE

VEGETABLE LO MEIN **V** *New!*

16PTS

WITH PEAPODS, CARROTS, ONIONS AND CABBAGE
ADD PROTEIN FOR 9PTS= CHICKEN BREAST, SKIRT STEAK, SALMON OR MEATI BRAND "CHICKEN"

TROUT OREGANATA **♥** *New!*

23PTS

BAKED TROUT WITH SEASONED BREADCRUMBS AND DRIZZLED WITH A ROASTED RED PEPPER SAUCE. SERVED WITH ONE SIDE.
ALSO AVAILABLE PLAIN

SIGNIFY GLUTEN FREE, HEART HEALTHY AND VEGETARIAN ITEMS. **Gf** **♥** **V**
PLEASE NOTIFY SERVER OF ANY DIETARY RESTRICTIONS/ALLERGIES.

ENTRÉES (CONT).

SKIRT STEAK FRITES

22PTS

GRILLED MARINATED SKIRT MEAT WITH SAUTÉED ONIONS AND FRESH HERB BUTTER.
SERVED WITH CURLY FRITES

ANTARCTIC SALMON

18PTS

WITH TARTAR SAUCE AND LEMON WEDGE. SERVED WITH CHOICE OF ONE SIDE

BARBECUED CHICKEN

23PTS

OVEN ROASTED HALF CHICKEN BRUSHED WITH A BARBECUE SAUCE, SERVED WITH TWO SIDES. *REQUESTS FOR ALL WHITE OR ALL DARK MEAT CAN NOT BE ACCOMODATED*

SIDES 4PTS:

GREEN BEANS *New!*

COLESLAW

CORN ON THE COB *New!*

QUINOA BLEND 

SERVED CHILLED

BAKED POTATO

CUCUMBER SALAD

BAKED SWEET POTATO

THREE BEAN SALAD 

SERVED CHILLED

CURLY FRITES

SWEET POTATO FRITES

HOMEMADE KETTLE CHIPS

DESSERTS 4PTS:

ICE CREAM, SORBET OR SHERBET

ASK YOUR SERVER FOR OUR DAILY
FLAVOR

NO SUGAR ADDED N.Y.

CHEESECAKE

FRESH FRUIT

SUGAR FREE JELLO *New!*

FRESH BAKED COOKIES

NO SUGAR ADDED COOKIES AVAILABLE

MENU GUIDE:

HEART HEALTHY 

ITEM IS LOW IN
SODIUM, LITTLE TO NO
SATURATED FATS AND
HIGH IN FIBER.

GLUTEN FREE 

ITEM DOES NOT
CONTAIN AND HAS NOT
BEEN EXPOSED TO
GLUTEN/WHEAT.

VEGETARIAN 

DOES NOT CONTAIN
MEAT.