

Smoothies & Shakes

Tropical Breezer

A tropical blend of Peach, Strawberry, Pineapple, and Mango plus a scoop of Raspberry Sherbert

Small: \$4.35

Large: \$5.35

Grove Mixers

Our special blends of fruit flavors in a cool smoothie. Choose from: Strawberry-Lemonade, Raspberry-Lemonade or Pina Colada

Small: \$3.60

Large: \$4.60

Very Berry Mixer

A refreshing mix of Strawberry, Blueberry and Raspberry

Small: \$4.35

Large: \$5.35

Fresh Fruit Smoothie

Your choice of fresh fruits blended with honey, fruit juice, flavor boosters and ice. Choose from: Strawberry, Banana, Blueberry, Mango, Peach and Pineapple. (2 fruits for Small, 3 fruits for Large)

Small: \$3.60

Large: \$4.60

Protein Shake

Add whey protein to any fresh fruit smoothie

Small: \$4.35

Large: \$5.35

Muscle Up Smoothie

Low fat milk, chocolate ice cream, banana and peanut butter

Small: \$4.35

Large: \$5.35

Immunity Booster Smoothie

Nonfat vanilla yogurt, frozen blueberries, and wheat germ

Small: \$4.35

Large: \$5.35

Weight Watchers

Strawberry, Peach blended w/ non-fat frozen yogurt, honey and OJ for a great taste and a small waist

Small: \$4.35

Large: \$5.35

Sweet Dreams

Orange sherbert with a scoop of vanilla ice cream and a splash of OJ

Small: \$3.85

Large: \$4.85

Ice Cream Milkshake

Your choice of ice cream blended with milk and flavor boosters

Small: \$4.35

Large: \$5.35

Soylicious Fruit Smoothie

Orange juice, frozen strawberries, and vanilla soy milk (Loaded with vitamin C and fiber)

Small: \$4.35

Large: \$5.35

Sweet Treats

Ice Cream

Vanilla, Strawberry, Chocolate, Butter Pecan, Black Walnut, Cookies and Cream, Vanilla Yogurt, Orange Sherbert, and Raspberry Sherbert

1 Scoop: \$2.10

2 Scoops: \$4.20

Brownies

\$2.50

Cake Slice (Caramel & German Chocolate)

\$3.50

Pound Cake Slice (Lemon & Rum)

\$2.75

Sweet Potato Pie Slice

\$2.75

Cheese Cake (Sweet Potato)

\$2.99

Peach Cobbler (Seasonal)

\$3.50

Specials

Daily Lunch Special

\$6.00

1/2 Sandwich and Soup or 1/2 Sandwich and Side Salad (Signature sandwiches and paninis not included)

Teacher and Senior Citizen Appreciation Mondays

\$2 off

All Teachers get \$2.00 off all sandwiches on Mondays! (Valid with school ID only)

Two for Tuesday

\$2 off

All Police Officers, Firefighters, and County Sheriffs get \$2.00 off all sandwiches on Tuesdays! (Just show your ID)

CTA and Parcel Worker Wednesdays

\$2 off

All UPS, FedEx, USPS and CTA workers get \$2.00 off all sandwiches on Wednesdays! (Just show your Company ID)

Healthcare and Military Personnel

\$2 off

All Healthcare workers and military personnel get \$2.00 off all sandwiches on Thursdays! (Just show your company or military ID)



526 E. 43rd Street
Chicago, IL 60653

(773) 373 - 3530

Hours / Monday - Friday: 10am - 6pm
Saturday: 11am - 6pm
Sunday: Closed

Website / www.aintshesweetcafe.com

Email : contact@aintshesweetcafe.com

Facebook / [aintshesweetcafe](https://www.facebook.com/aintshesweetcafe)

We accept Cash, Visa, Mastercard and Discover.
Catering is available! Visit our website for more info!

Signature Sandwiches & Wraps

Substitute chips for apple slices (\$1.40) or a 6oz soup (\$1.75)

CG Club

Turkey, turkey bacon, lettuce, tomato, onion, mayo, mustard with your choice of cheese and bread

\$8.30

Da Steve

Smoked and oven-roasted turkey, turkey ham, turkey bacon w/melted cheddar and pepper jack cheeses, lettuce, tomato, onion, mayo, mustard, giardiniera peppers on a toasted croissant

\$7.60

Grilled Chicken Cheddar

Grilled chicken breast w/ turkey ham and turkey bacon, melted cheddar, lettuce, tomato, onion, mayo, mustard, giardiniera peppers on a toasted croissant

\$7.60

Caribbean Jerk Chicken Wrap

Marinated jerk chicken breast, lettuce, tomato, onions and shredded cheddar jack cheese smothered in our zesty jerk sauce

\$7.49

Caribbean Jerk Chicken Salad

Jerk chicken salad, cheddar jack cheese, lettuce, tomato, onions, jerk sauce on your choice of bread or wrap

\$7.49

Grilled Chicken Wrap

Grilled chicken breast, cheddar jack cheese, lettuce, tomato, onion and Ranch dressing

\$7.49

Jerk Salmon Wrap

Grilled jerk salmon, lettuce, tomato, red onion, homemade jerk sauce, cheddar jack cheese

\$10.50

Blackened Salmon Wrap

Grilled blackened salmon, lettuce, red onion, caesar dressing, parmesan cheese

\$10.50

Chipotle Chicken Wrap

Grilled chipotle chicken, spanish rice and beans, tortilla strips, pico de gallo, chipotle ranch, cheddar jack

\$7.49

Buffalo Chicken Wrap

Grilled chicken, lettuce, tomato, red onion, homemade buffalo sauce, cheddar jack cheese

\$7.49

Chicken Caesar Wrap

Grilled chicken breast, parmesan cheese, lettuce, onion and Caesar dressing

\$7.49

Veggie Delight

Romaine lettuce, carrots, cucumber, tomato, red onion, onion vinaigrette and avocado spread (add cheese if you wish)

\$5.60

Grilled Cheese Sandwich

\$5.00

Egg Salad

\$6.00



Make Your Own

\$6.15

Create your own delicious sandwich or wrap from our fresh ingredients below

Breads/Wraps:

Wheat, Marble Rye, Multigrain, Croissant (add \$.80), Flour, Spinach, Wheat or Tomato Basil Tortilla

Meat

Turkey, Turkey Ham, Turkey Bacon, Tuna Salad, Chicken Salad, Tango (Turkey and Turkey Ham), or Turkey Pastrami

Fixin's:

Romaine lettuce, Tomato, Sun-dried Tomato, Red Onion, Cucumber, Yellow or Honey Mustard, Grey Poupon, Miracle Whip, Mayo, (Jalapeño, Banana or Giardiniera Peppers add \$.40)

Cheese (Choose One):

American, Cheddar, Swiss, Pepper Jack, Provolone, or Mozzarella

Paninis

\$7.05

The Sweets Panini

Grilled chicken, turkey ham, sun-dried tomato, provolone cheese and honey mustard

The Reuben Panini

Turkey pastrami, Swiss cheese, sauerkraut, thousand island dressing and mustard

The Tuscany Panini

Turkey ham, turkey pastrami, provolone cheese, lettuce, red onion, tomato and pesto sauce

Simply Panini

Oven roasted turkey, tomato, spinach, Swiss cheese, grey poupon or yellow mustard

The Spartan Panini

Grilled chicken, sun-dried tomatoes, spinach, Mozzarella cheese and pesto sauce

Garden Veggie Panini

Zucchini, broccoli, mushrooms, bell peppers, mozzarella cheese, sun-dried tomatoes and pesto sauce

OUR CHEF RECOMMENDED DISH

Jerk Chicken Bowl

Grilled jerk chicken, coconut rice, black beans, lettuce, homemade mango salsa, homemade habanero sauce, and cheddar jack cheese
(Additional charges: guacamole \$.50, sour cream \$.30, substitute salmon \$3.00)



\$7.95

Soups & Salads

Soup of the Day

Please call for the soup of the day as our options vary.

Cup: \$3.49

Bowl: \$4.49

Jerk Chicken Salad

Grilled jerk chicken, cheddar jack cheese, lettuce, tomato, cucumber, shredded carrots, and egg, (substitute jerk salmon \$2.70)

\$7.85

Chicken Caesar

Romaine lettuce, parmesan cheese, diced onions and grilled chicken breast

\$6.85

Chicken Fiesta

Crisp romaine lettuce, tender grilled chicken, walnuts, mandarin oranges, blueberries, pineapples, strawberries, and poppy-seed dressing

\$7.85

Garbage Salad

Lettuce, tomato, cucumber, red onions, carrots, eggs, croutons, turkey bacon bits, turkey and turkey ham with shredded cheddar Jack cheese

\$7.85

Bronzeville

Romaine lettuce, tomato, cucumber, shredded cheddar Jack cheese w/ your choice of turkey or turkey ham

\$6.45

Big Easy

Romaine lettuce, tomato, cucumber, red onion, egg, cheddar Jack cheese and tango meat

\$6.45

Chicago

Romaine lettuce, cucumbers, shredded carrots, tomato and egg topped with your choice of tuna or chicken salad

\$6.45

Caesar Romano

Romaine lettuce, turkey bacon bits, and parmesan cheese.
(Add blackened salmon for an additional \$4.95)

\$5.60

Maya

Romaine lettuce, cucumber, tomato, shredded carrots, raisins and topped with sunflower seeds

\$5.99

Madge's Garden

Side salad w/ romaine lettuce, cucumber, carrot, tomato and red onion

\$3.85

Salad Dressings

Ranch	Caesar	Onion Vinaigrette
French	Honey Mustard	Balsamic Vinaigrette
Italian	Blue Cheese	Poppy Seed
Thousand Island	Raspberry Vinaigrette	Greek Vinaigrette