Smoothies & Shakes

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

- Small: $4.99
- Large: $5.99

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

- Small: $4.25
- Large: $5.25

**Very Berry Mixer**
A refreshing mix of Strawberry, Blueberry and Raspberry

- Small: $4.99
- Large: $5.99

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

- Small: $4.25
- Large: $5.25

**Protein Shake**
Add whey protein to any fresh fruit smoothie

- Small: $4.99
- Large: $5.99

**Muscle Up Smoothie**
Low fat milk, chocolate ice cream, banana and peanut butter

- Small: $4.99
- Large: $5.99

**Immunity Booster Smoothie**
Nonfat vanilla yogurt, frozen blueberries, and wheat germ

- Small: $4.99
- Large: $5.99

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

- Small: $4.99
- Large: $5.99

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

- Small: $4.25
- Large: $5.25

**Ice Cream Milkshake**
Your choice of ice cream blended with milk and flavor boosters

- Small: $4.99
- Large: $5.99

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**
$6.50

1/2 Sandwich (any “Make Your Own” Sandwich) and Soup or 1/2 Sandwich and Side Salad
(Signature sandwiches, wraps and paninis not included. Available Monday - Friday from 10am - 3pm)

526 E. 43rd Street
Chicago, IL 60653
(773) 373-3530
Bronzeville

9920 S. Western Ave
Chicago, IL 60643
(773) 840 - 3309
Beverly

Website / www.aintshesweetcafe.com
Email: contact@aintshesweetcafe.com
Facebook / 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 ($0.40) or a 6oz soup ($1.75)

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
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<tbody>
<tr>
<td>CG Club</td>
<td>$9.49</td>
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<tr>
<td>Turkey, turkey bacon, lettuce, tomato, onion, mayo, mustard with your choice of cheese and bread</td>
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<tr>
<td>Da Steve</td>
<td>$8.99</td>
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<tr>
<td>Smoked and oven-roasted turkey, turkey ham, turkey bacon w/melted cheddar and pepper jack cheese, lettuce, tomato, onion, mayo, mustard, giardinera peppers on a toasted croissant</td>
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<tr>
<td>Grilled Chicken Cheddar</td>
<td>$8.99</td>
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<tr>
<td>Grilled chicken breast w/turkey ham and turkey bacon, melted cheddar, lettuce, tomato, onion, mayo, mustard, giardinera peppers on a toasted croissant</td>
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<tr>
<td>Caribbean Jerk Chicken Wrap</td>
<td>$8.49</td>
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<tr>
<td>Marinated jerk chicken breast, lettuce, tomato, onions and shredded cheddar jack cheese smothered in our zesty jerk sauce</td>
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<tr>
<td>Caribbean Jerk Chicken Salad</td>
<td>$8.49</td>
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<tr>
<td>Jerk chicken salad, cheddar jack cheese, lettuce, tomato, onions, jerk sause on your choice of bread or wrap</td>
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<tr>
<td>Grilled Chicken Wrap</td>
<td>$8.49</td>
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<tr>
<td>Grilled chicken breast, cheddar jack cheese, lettuce, tomato, onion and Ranch dressing</td>
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<tr>
<td>Jerk Salmon Wrap</td>
<td>$11.50</td>
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<td>Grilled jerk salmon, lettuce, tomato, red onion, homemade jerk sauce, cheddar jack cheese</td>
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<tr>
<td>Blackened Salmon Wrap</td>
<td>$11.50</td>
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<tr>
<td>Grilled blackened salmon, lettuce, red onion, caesar dressing, parmesan cheese</td>
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<tr>
<td>Chipotle Chicken Wrap</td>
<td>$8.49</td>
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<tr>
<td>Grilled chipotle chicken, spanish rice and beans, tortilla strips, pico de gallo, chipotle ranch, cheddar jack</td>
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<tr>
<td>Buffalo Chicken Wrap</td>
<td>$8.49</td>
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<tr>
<td>Grilled chicken, lettuce, tomato, red onion, homemade buffalo sauce, cheddar jack cheese</td>
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<tr>
<td>Chicken Caesar Wrap</td>
<td>$8.49</td>
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<tr>
<td>Grilled chicken breast, parmesan cheese, lettuce, onion and Caesar dressing</td>
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<tr>
<td>Veggie Delight</td>
<td>$6.49</td>
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<tr>
<td>Romaine lettuce, carrots, cucumber, tomato, red onion, onion vinaigrette and avocado spread (add cheese if you wish)</td>
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</tbody>
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Make Your Own

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

**Breads/Wraps:**
- Wheat, Marble Rye, Multigrain, Croissant (add $1.25)
- Flour, Spinach, Wheat or Tomato Basil Tortilla

**Fixin’s:**
- Romaine lettuce, Tomato, Sun-dried Tomato, Red Onion, Cucumber, Yellow or Honey Mustard, Grey Pepper, Miracle Whip, Mayo, (Jalapeno, Banana or Giardinera Peppers add $0.40)

**Meat (Choose One):**
- Turkey, Turkey Ham, Turkey Bacon, Tuna Salad, Chicken Salad, Tando (Turkey and Turkey Ham), or Turkey Pastrami

**Cheese (Choose One):**
- American, Cheddar, Swiss, Pepper Jack, Provolone, or Mozzarella

Paninis

**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 poppy 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

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

**Cup:** $3.99
**Bowl:** $4.99

**Jerk Chicken Salad**
Grilled jerk chicken, cheddar jack cheese, lettuce, tomato, cucumber, shredded carrots, and egg. (substitute jerk salmon $4.00)

**Chicken Caesar**
Romaine lettuce, parmesan cheese, diced onions and grilled chicken breast (substitute blackened salmon $4.00)

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

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

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

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

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

**Madge’s Garden**
Side salad w/ romaine lettuce, cucumber, carrot, tomato and red onion

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

Jerk Chicken Bowl
Grilled jerk chicken, coconut rice, black beans, lettuce, homemade mango salsa, homemade habanero sauce, and cheddar jack cheese

(Additional charges: guacamole $0.50, sour cream $0.30, substitute salmon $4.00)

Price: $8.25