

SIDES

all condiments	.49
hard boiled egg	.49
granola bar	.99
oatmeal	1.99

COFFEES & TEAS

flavored coffees	2.99
hot chocolate	1.99
hot tea	1.49
regular & decaf coffee	1.59

COLD BEVERAGES & SMOOTHIES

fresh fruit smoothie	3.99
fountain drinks	1.49
milk	.79
spring water	1.29
fruit juice	.89
tropicana	1.29



Hours
Monday thru Friday 8:00 am—2:00 pm
Saturday: Closed for Shabbat
Sunday: Open Seasonally

*Are you holding an event or meeting at
the Sandler Family Campus?
Ask about our on-site catering service!*

We accept cash only. ATM is
available in the Cardo, adjacent to
the elevator.

UJFT Community Campus, L.L.C.
5000 Corporate Woods Drive,
Suite 200,
Virginia Beach, VA 23462

Menu

The Sandler Family
Campus of The Tidewater
Jewish Community

CARDO SPECIAL

Half sandwich deal & your choice:

cup of any soup or side salad 6.99
(served with chips & pickle spear)

SPECIALTY ITEMS

house made hummus with fresh 6.49
veggies and pita points

tuna pasta or veggie pasta 4.99

scone or bagel with cream cheese 1.49
additional cream cheese .49

french fries 2.49

BREAKFAST-ALL DAY

egg & cheese 3.99
on bagel, toast or wrap

three eggs, cheese & potato 3.99
burrito

three eggs, home fries & toast 4.99

SANDWICHES & WRAPS

Served with chips & pickle spear

Albacore Tuna 6.59
solid white tuna with red onions, apples, carrots & celery, chopped fine & blended with a mayo dressing on ciabatta or whole wheat wrap

Egg Salad 6.49
hard boiled eggs, chives, dill & black pepper mixed with a creamy mayo blend on ciabatta or whole wheat wrap

Grilled Portabella Mushroom 6.49
with roasted red peppers, yellow squash & mozzarella cheese on whole wheat wrap

Hummus 6.49
fresh hummus, tomato, cucumber, red peppers, fresh greens & carrots on ciabatta or whole wheat wrap

Vegetarian 6.49
shredded cucumbers, carrots, lettuce, red onion, black olives & cheese

Grilled Cheese Sandwich 3.99
whole wheat bread with yellow american

Veggie Burger 5.99
lettuce & tomato with basil dressing on a grilled bun

Grilled Raisin Challah **NEW** 6.49
with cinnamon apples & sautéed pecans & mozzarella cheese

SOUPS

made fresh daily, served with warm 3.99
bread

SALADS

Served with warm bread

Cardo Café Salad 5.99
fresh lettuce, tomatoes, almond slivers, cranberries, topped with a freshly made sesame & poppy seed vinaigrette dressing

Greek Salad 6.49
feta, tomatoes, olives, red onion, cucumbers, topped with freshly made vinaigrette dressing

Maple Salad **NEW** 6.49
fresh greens, poached butternut squash, toasted pecans & sautéed yellow peppers with maple dressing

Garden Salad 4.99
fresh greens, tomatoes, cucumbers, black olives, carrots & choice of house dressings

ADD cheese & hard boiled egg 1.49