



CHANGEMAKER CAFE

Hours of Operation

Monday

3pm-6pm

Tuesday-Friday

9am-2pm & 3pm-6pm

Saturday

8am-2pm

Breakfast

Available until 10am

Egg & Cheese on WG English Muffin 4

Scrambled egg and melted cheese on a toasted whole-grain english muffin

Breakfast Burrito Bowl 6

Scrambled egg, turkey sausage, cheese and homefries

Morning Snack Pack 5

Fresh cut fruit, yogurt, granola and a hardboiled egg

Overnight Oats 4

Old-fashioned oats, chia seeds, yogurt and milk.

Rotating flavors each day.

Check with our team for today's choice!



Smoothies

Chunky Monkey 6

Banana, milk of choice, sunbutter & chocolate protein powder

Berry Good 5

Mixed berries, banana, carrot, yogurt & coconut water

Green Machine 6

Kale, spinach, Granny Smith apple, cucumber, pineapple, ginger, lemon & coconut water

Add Ins: 2

Chia Seeds & Protein Powder



Snacks

Fresh Cut Fruit Salad 4

Yogurt Parfait 5

Vegetable Crudit  4

Served w/ Ranch or Hummus

Mozzarella Cheese Stick 1

Assorted Chips 1

Chef's Special "Snack Pack" 4

Check with our team for today's pick!

Energy Bites (2 each) 1



Beverages

Small Hot Coffee 2

Large Hot Coffee 3

Iced Coffee 3

Hot Tea 2

Assorted Seltzer Water 1

Bottled Water 1

All Day Options

Sandwiches

Sunbutter & Jelly on WG Bread 4

Chicken Salad on WG Bulkie 5

House made chicken salad with lettuce on a whole-grain bulkie roll

Ham & Cheese on WG Bun 4

Vegetable Wrap 5

House-made hummus, mushroom, onion, shredded carrots, cucumber, roasted red pepper, lettuce & tomato on a whole-grain wrap

Turkey Club Wrap 5

Turkey, turkey bacon, lettuce & tomato on a whole-grain wrap

Chicken Caesar Wrap 5

Grilled chicken, romaine lettuce, parmesan cheese and croutons on a whole-grain wrap

Salads

Garden Salad 5

Lettuce, tomato, onion, shredded carrot & cucumber

Caesar Salad 5

Romaine lettuce, shredded parmesan cheese, croutons

Greek Salad 5

Mixed greens, cucumber, roasted red pepper, red onion, feta & olives

Protein Additions:

Grilled Chicken 1

Tuna Salad 1

Chickpeas 1

Assorted Dressings:

Golden Italian, Balsamic Vinaigrette, Greek & Caesar

* Located on our main level next to the gym *

MetroWest YMCA | 280 Old Connecticut Path, Framingham, MA 01701 | (508) 879-4420