

Pick Me Up Cafe

3408 N Clark St 60657-1606 · +17732486613 · Updated: Jan 14, 2026

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SOUPS 2

Veggie Chili

cheese and onions add \$0.75

AVAILABLE OPTIONS

Bowl: \$4.75

Cup: \$3.75

Soup Of The Night

AVAILABLE OPTIONS

Bowl: \$4.75

Cup: \$3.75

SALADS 3

House

lettuce, tomato, onion, sprouts, cucumber

AVAILABLE OPTIONS

Large: \$5.50

Small: \$3.25

Chef

turkey, roast beef, ham, swiss, cheddar, and lots of veggies

\$8.50

Grilled Chicken

marinated in lime, served over a bed of lettuce with tomatoes, cucumbers, and mushrooms

\$8.50

FULL PLATES 6

Pasta Of The Week Club

marinara/tomato cream sauce/aglio y olio with garlic bread

AVAILABLE OPTIONS

Pesto Cream Linguine: \$9.75

\$9.00

Pasta Of The Week Club

italian sausage or chicken breast

AVAILABLE OPTIONS

Shrooms: \$1.75

\$2.50

The Cuppy Burrito

chock full of beans, rice onions, mushrooms, red and green peppers, tomato and cheese, topped with red sauce. includes salsa and sour cream

AVAILABLE OPTIONS

With Chorizo, Chicken Or Shrimp:

\$1.75

\$9.50

Stir Crazy After All

asian combo of veggies, rice and choice of shrimp, chicken or tofu stirred and fried in a soy thai peanut sauce

\$9.50

Chicken Rub Down

chicken breast dredged in an herbal rub, then pan fried and served over provencal rice

\$10.00

Gnocchi, Gnocchi, Who's There	\$9.50
italian potato dumplings in our tomato cream sauce. served with garlic bread	

PIZZADILLAS 5

Special	\$8.75
eggplant, caramelized onions and goat cheese	
Grilled Bbq Chicken	\$9.00
grilled chicken baked with honey bbq sauce	
Cheez	\$8.00
mozzarella, cheddar and parmesan	
Real Special	\$9.00
italian sausage and caramelized onions	
Moo Free	\$9.00
tomato sauce, whipped tofu, garlic, red and green peppers, onions, mushrooms and eggplant	

SAMMITCHES 9

Goodies	
mayo/dijon mustard/onion/tomato/lettuce/sprouts	
Cheese	
sharp cheddar/swiss/smoked provolone add \$0.75	
Bread	
12 grain/white	
Roast Beef	\$7.75
Smoked Turkey	\$7.75
Chicken Salad	\$7.75
Ham	\$7.75
3 Cheese	\$7.75
Hummos	\$7.75

EGGS 5

Gold Coin Plate	\$6.00
two eggs, choice of sausage, bacon or ham, choice of toast or bagel	
Hevos Rancheros Deluxe	\$7.00
scrambled eggs, tomatoes, onions, red and green peppers, garlic, cheddar, with salsa and sour cream	

Eggs Benedict	\$7.75
two poached eggs and smoked ham on an english muffin smothered with hollandaise sauce	
Clown Combo	\$7.00
eggs, 2 pancakes, toast or bagel, choice of meat	
Veggie Benedict	\$7.75
poached eggs, spinach, veggies and hollandaise sauce on an english muffin	

OTHER SAMMITCHES WE LIKE TO MAKE 6

Marinated, Grilled Veggie Pita	\$7.75
marinated veggies, feta cheese, skordalia	
The Bumpen Grinder	\$7.75
a garlicky spread slathered on a french baguette, topped with veggies and a melty provolone	
The B.t.h Club	\$8.75
mounds of turkey, roast beef, ham, bacon and all the fixin's mayo and dijon	
The Garlicious Breast	\$8.25
garlicky, marinated grilled chicken breast with goat cheese and a pesto mayo spread	
Grilled Cheese And Tomato	\$7.00
cheddar, provolone, our delicious blend of cheese and thick slices of fresh tomato	
Veggie Burger	\$7.25
garden burger dressed up with all the goodies	

COMBOS 5

Cancun	\$7.75
chorizo sausage, green pepper, onion, cheddar and potatoes; salsa and sour cream on the side	
Humboldt County	AVAILABLE OPTIONS
sauteed tofu, onions, mushrooms, spinach, garlic, potatoes, no eggs	With Eggs And Cheese: \$8.25
	\$7.25
The New Yorker	\$8.25
eggs or tofu, red pepper, mushrooms, potatoes, and dollop of pesto and sprinkled with goat cheese	
Ham Scram	\$7.50
scrambled eggs, potatoes, ham, and cheddar	
Vegan Tofu Scram	\$7.50
tomato, onion, mushroom, red and green pepper, garlic, potatoes, tofu, fresh cilantro, served with salsa	

HANS GRIDDLE 6

Kahlua Pancakes	\$7.75
great for breakfast or dessert	

Buttermilk	\$6.00
pmu' s version of the old favorite	
Berry	\$7.00
pile of juicy blue, black razz and strawberries	
Pecan	\$7.25
georgia meets chi town loads of pecans	
Cinnamon Apple	\$7.00
soft smooth and sweet	
French Toast	AVAILABLE OPTIONS
milky vanilla, cinnamon, and nutmeg	
Vegan Version: \$0.50	
\$7.00	

OMLETTES 5

Build Your Own	\$7.00
choose any 3 items extra items \$ 0.75 onion mushroom tomato green pepper spinach red pepper garlic eggplant tofu ham bacon chicken	
swiss cheddar provolone feta	
Gorp	\$7.75
goat cheese, onion and red pepper	
Cab	\$7.50
cheddar, avocado and bacon	
Stomp	\$7.75
spinach, tomato, onion, mushrooms, and provolone	
Bamf	\$7.50
spinach, feta, garlic and tomato	

EXTRAS 5

Bagel	\$1.25
Cream Cheese	\$0.50
Extra Egg	\$0.75
Side Of Meat	\$1.75
Egg White	\$1.50

MUNCHIES 5

Magic Caps	\$7.00
baked mushroom caps stuffed with a basil, parmesan and sundried tomato mixture	

Going Back To Calamari	\$7.50
lightly breaded calamari fried to a golden crisp, served with our homemade marinara and lime garlic butter	
Hummos Mania!	AVAILABLE OPTIONS
garbanzo treat served with brad and veggies	Super Supper Platter: \$8.00
	\$5.75
Skordalia	\$5.75
potato and garlic spread with bread and veggies	
Cheez Fries	AVAILABLE OPTIONS
platter of cheddar and seasoned fries served with sides of ranch dressing and salsa	Add Veggie Chile: \$1.25
	\$6.00

SWEET STUFF 9

Extras	
soy milk add \$0.75 extra shot of espresso add\$0.50 flavored syrups \$0.50	
Sweet Stuff	AVAILABLE OPTIONS
ask about our daily selection of cake, pies, and cheesecakes	\$4.00
	\$3.50
Any Sundae	\$4.75
cookie sundae espresso sundae brownie sundae oreo sundae butterfinger sundae	
Cookies	\$1.50
Fudge Brownies	\$2.00
Vegan Rice Krispy Squares	\$2.00
Ice Cream	\$3.50
Frozen Non Fat Yogurt	\$4.00
Ala Mode	\$1.25

DRINKS 11

Cappuccino	AVAILABLE OPTIONS
	\$3.25
	\$2.50
Latte	\$3.50
Mocha	\$3.75
Royale	\$3.95
Royale With Mocha	\$3.95
Zombie	\$5.00

Red Eye	\$2.75
Espresso	\$1.75
Espresso Con Panna	\$2.25
Espresso Macchiato	\$2.25
Americano	AVAILABLE OPTIONS
	\$2.25
	\$1.75

ICED CAPPUCCINO 4

Iced Cappuccino	\$3.50
Iced Latte	\$3.75
Iced Mocha	\$3.75
Flavored Freezers	\$3.75

COFFEE 3

Cafe Au Lait	\$2.50
Iced Coffee	\$2.25
Cup Of Coffee	\$1.75

FOUNTAIN 5

Cappuccino Shake	\$4.00
Mocha Shake	\$4.00
Four Berry Shake	\$4.00
Rootbeer Float	\$4.00
Vanilla, Strawberry, Chocolate	\$4.00

OTHER LIQUIDS 12

Chai Latte	\$4.00
hot and cold	
Hot Cocoa	AVAILABLE OPTIONS
	\$3.00
	\$2.50

Flavored Milk Steamers	AVAILABLE OPTIONS
	\$3.00
	\$2.50
Italian Sodas	\$2.75
Apple Cider	AVAILABLE OPTIONS
hot and cold	\$3.00
	\$2.50
Hot Tea	\$2.25
Milk	AVAILABLE OPTIONS
	\$2.25
	\$1.75
Chocolate Milk	AVAILABLE OPTIONS
	\$2.50
	\$2.00
Oj Or Cranberry Juice	AVAILABLE OPTIONS
	\$3.25
	\$2.75
V8 Juice	\$2.25
Premium Iced Tea	\$1.75
Pepsi/diet Pepsi/sprite Mountain Dew/raspberry Brisk	\$1.75