

12 OZ 20 OZ

Coffees & Teas

House Coffee <i>regular or decaf</i>	\$1.25	\$1.75
French Pressed Coffee	1.25	1.75
Hot Tea <i>assorted</i>	1.25	1.75
Iced Coffee	1.25	1.75
Cappuccino	3.00	4.00
Frozen Frappe	3.25	4.25

Lattes

Caramello <i>caramel & marshmallow</i>	3.00	4.00
Chai		
S'mores <i>chocolate & marshmallow</i>		
Grasshopper <i>mint & dark chocolate</i>		
Turtle <i>hazelnut, caramel & dark chocolate</i>		
Vanilla <i>regular or sugar free</i>		

Steamers

<i>Choice of flavors</i>	1.50	2.00
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Smoothies

Sweet Sunrise	3.25	4.00
<i>Strawberries, banana & orange juice</i>		
Mango Mixer		
<i>Banana, mango & orange juice</i>		
Very Berry		
<i>Blueberries, strawberries, banana & almond milk</i>		

Super Smoothies

<i>Made with flaxseed and Greek yogurt (almond milk available upon request)</i>	3.75	4.25
Tropical Breeze		
<i>Banana, milk, strawberries & pineapple</i>		
Funky Monkey		
<i>Milk, peanut butter, banana, cinnamon & vanilla</i>		
Kick Starter		
<i>Mixed berries, oats & milk</i>		

Espresso Shot

.50

Available Flavors

Caramel, Hazelnut, vanilla, Mint, Marshmallow,
Dark Chocolate, Chai and Sugar Free Vanilla.
Additional flavors added for .25 each.



Tuesday—Saturday
8:00 am—2:00 pm

Breakfast

Sausage & Egg Sandwich	\$2.00
<i>Choice of bagel or English muffin with egg, sausage & cheese</i>	
Breakfast Burrito	1.50
<i>Scrambled eggs, shredded cheese & salsa rolled in a flour or wheat tortilla shell. Add sausage .50</i>	
Oatmeal	2.00
Home Baked Muffins	1.75
English Muffin <i>choice jelly or peanut butter</i>	.75
Bagel <i>choice cream cheese or peanut butter</i>	1.00

Paninis *Your Choice of Bread: Multigrain, White or Rye. Gluten Free Bread available upon request for \$1.00 extra.*

Pesto Turkey	3.75
<i>Roasted Turkey, mozzarella cheese, tomato, pesto & basil</i>	
Grilled Veggie	5.00
<i>Grilled eggplant, zucchini, yellow squash, roasted red peppers, fresh mozzarella & basil</i>	
Italian Melt	4.00
<i>Provolone, salami, ham, turkey & pepperoncini with red wine vinegar</i>	

Wraps *Your Choice of Wrap: Spinach, Tomato Basil, Whole Wheat and White. Gluten Free Tortilla Shells available upon request for \$1.00 extra.*

Chicken Select	4.50
<i>Fried or grilled chicken, tomato, red onion, avocado, shredded cheese, lettuce & bacon with your choice of sauce</i>	
Philly Cheese Steak	3.00
<i>Flank steak, sautéed onions & peppers with provolone cheese</i>	
Turkey Club	3.00
<i>Sliced turkey, bacon, shredded cheese, lettuce & tomato with ranch dressing</i>	

Soup of The Day

Daily Special	2.00
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Salads and Sandwiches

Seasonal Salad	\$4.25
<i>Ask about the current special seasonal salad</i>	
Chef Salad	4.25
<i>Lettuce, tomato, cheese, ham, turkey & egg</i>	
Tossed Salad	2.25
<i>Lettuce, tomato, cucumbers & shredded cheese</i>	
Sandwiches	2.50
<i>Choice of turkey, ham, chicken salad or tuna salad</i>	
Veggie Burger	2.50
Lunch on the Run	4.00
<i>Sandwich, Chips, with choice of bottled water or 20 oz iced tea or lemonade (add soup only 1.00 more)</i>	
Thelma's Junior Combo	3.00
<i>Grilled PB&J or grilled cheese sandwich, fruit cup & water</i>	

Snacks

Veggies & Hummus	1.75
Fresh Fruit Cup	2.00
Grapes & Cheese	1.50
Cookie	.50
Chips	.75
Energy/Protein Bar	2.50
Yogurt <i>regular</i>	1.00
Greek Yogurt	1.50
Hard Boiled Egg	.50

Cold Drinks

Iced Tea	12 oz .75	20 oz 1.00
Lemonade	12 oz .75	20 oz 1.00
Bottled Water		.75
Mooville Milk <i>chocolate or 2% white</i>		1.25
Fruit Juice		1.00
Arizona Tea		1.00
Pop		1.25
Monster Energy Drink		2.00

Sauces & Dressings *Royal Red (French), Blue Cheese, 1000 Island, Ranch, Caesar, Fat Free Italian, Fat Free Royal Red (French), Fat Free Raspberry Vinaigrette, Honey Mustard, BBQ, Buffalo, Honey, Soy Sauce, Mayonnaise, Ketchup, and Mustard*

Extras

When ordering extra, a small fee may be charged. Ask your Café server for details.