



# build your own \$8.99

name: \_\_\_\_\_  
*Grill it?* \_\_\_\_\_ yes

## Bread- choose one

- 7-Grain
- Avalon Farm
- Garlic Naan (+50¢)
- Pretzel Bun (+50¢)
- Ciabatta (+50¢)
- WW Wrap
- G-F Bread (+\$1)
- Rye

## Protein- choose one

- Roast Turkey
- Smoked Turkey
- Ham
- Chicken Salad
- Mock Tuna (vgn)
- Roast Beef (+\$2)
- Turkey Pastrami
- Salami (+\$2)
- Hummus
- Tuna Salad

## Cheese- care for one?

- Cheddar Wht or Ylw
- Pepper Jack
- Prvlone Vgn (+.50)
- Swiss
- Feta
- Provolone Dairy

## Sauce- you pick 'em

- Mustard- Yellow
- Dijon
- Honeycup
- Spicy Brown
- 1000 Island (vgn)
- Mayonnaise
- Aioli Mayo
- Basil Mayo
- Horseradish
- Spicy Veganise

## Veggies- you pick 'em

- Lettuce
- Tomato
- Red Onion
- Black Olives
- Spinach
- Shredded Carrots
- Red Pepper
- Sprouts

## Extras- + 50¢ each

- Pesto
- Sauerkraut
- Rstd. Red Pepper
- Avocado (+\$1)
- Havarti
- Pepperoncini
- Bacon (+\$1)
- Double Meat (+\$2)

— Pickle Spear included on request



# community cafe

Name \_\_\_\_\_

## CREATE YOUR OWN SMOOTHIES

- 16 OZ. \$6
- 24 OZ. \$7.50
- Kids 12 OZ. \$5

## LIQUID (pick one):

- Pineapple Juice
- Pnapl-Coconut Jce
- Orange Juice
- Apple Juice
- Coconut Water
- Almond Milk
- Oat Milk
- Soy Milk
- Whole Milk
- Skim Milk

## ORGANIC FRUIT:

- Banana
- Strawberry
- Blueberry
- Raspberry
- Mango
- Pineapple

## Et cetera:

- Organic Spinach
- Organic Kale
- Peanut Butter
- Honey
- Organic Yogurt
- Organic Apple
- Organic Cucumber
- Chocolate

## EXTRAS (add .50 each):

- Whey Powder OG
- Vanilla Whey
- Superfood
- Vegan Protein
- Ginger + \$.50
- Almond Butter
- Flax Seeds + \$.50
- Chia Seeds + \$.50
- Mint Leaf
- Matcha

## VEGETABLE JUICE

- Size:  12 oz \$6.00  16 oz \$7.50

## Base (pick 1-3):

- Organic Apple
- Organic Carrot
- Organic Beet
- Organic Celery
- Organic Pineapple
- Organic Cuke

## Et Cetera (pick 1-5):

- Organic Ginger
- Organic Parsley
- Organic Spinach
- Organic Lemon
- Organic Kale
- Organic Fennel
- Mint Leaf
- Turmeric