

The Coffee Shoppe & Cafe

Grille

CHICKEN TENDER PLATE

(SERVED WITH FRIES) 720 CAL...\$9.99

CHICKEN SANDWICH

(SERVED WITH FRIES) 970 CAL...\$9.99

Drinks & Snacks

DRINKS

COKE | SPRITE | DIET COKE
CHEERWINE | SWEET TEA

CHIPS

FRITO LAY
MS. VICKIE ASSORTED

Build Your Own Parfait

\$4.29

BASE

VANILLA GREEK YOGURT 170 CAL/CUP
PLAIN GREEK YOGURT 120 CAL/CUP
STRAWBERRY GREEK YOGURT 170 CAL/CUP

TOPPINGS

GRANOLA 120 CAL/OZ | BLUEBERRIES 15 CAL/OZ
FRESH BANANAS 25 CAL/OZ | FLAX SEED 60 CAL/TBSP
CHIA SEED 50 CAL/TBSP

Build Your Own Smoothie

\$8.99

BASE

OAT MILK 180 CAL/CUP | ALMOND MILK 70 CAL/CUP
SOY MILK 90 CAL/CUP | PET WHOLE MILK 140 CAL/CUP
PET 2% MILK 120 CAL/CUP

FRUIT

BANANA SLICES 25 CAL/OZ | STRAWBERRIES 5 CAL/OZ
FRESH BLUEBERRIES 15 CAL/OZ

ADD-ONS

FLAX SEED 60 CAL/TBSP | CHIA SEED 50 CAL/TBSP
VANILLA YOGURT 170 CAL/CUP | PLAIN YOGURT 120 CAL/CUP
STRAWBERRY YOGURT 170 CAL/CUP

◆ Build Your Own Sandwich ◆

\$8.29

Bread

MULTIGRAIN 110 CAL/SLICE | WHITE 100 CAL/SLICE | WHEAT 130 CAL/SLICE
SPINACH WRAP 300 CAL/WRAP

Made Without Gluten

WHITE 140 CAL/SLICE
HAMBURGER BUN 240 CAL/SLICE
WRAP 200 CAL/WRAP

Protein

TURKEY 30 CAL/OZ
HAM 35 CAL/OZ
GRILLED CHICKEN 40 CAL/OZ
BACON 35 CAL/OZ (+\$.50)

Cheese

CHEDDAR 80 CAL/SLICE
PROVOLONE 50 CAL/SLICE
PEPPERJACK 50 CAL/SLICE

Toppings

SPINACH 10 CAL | LETTUCE 5 CAL
TOMATO 5 CAL | PICKLE 0 CAL
ONION 0 CAL

Spreads

HUMMUS 30 CAL/TBSP
MUSTARD 0 CAL/TBSP
MAYO 100 CAL/TBSP
AVOCADO 30 CAL/TBSP (+ \$.50)



Hot Beveverages

	12oz	16oz	20oz
DRIP COFFEE 0/0/5 CAL	\$2.25	\$2.75	\$3.25
AMERICANO 10/15/20 CAL	\$3.75	\$4.50	
MOCHA 250/420/580 CAL	\$5.00	\$5.75	\$6.50
WHITE MOCHA 260/440/610 CAL	\$5.00	\$5.75	\$6.50
CAPPUCCINO 180 CAL	\$5.00		
CARAMEL MACCHIATO 260/440/610 CAL	\$4.25	\$5.00	\$5.75
LATTE 180/240/280 CAL	\$4.50	\$5.25	\$6.00
HOT CHOCOLATE 270/390/500 CAL	\$3.00	\$3.50	
ORGANIC HOT TEA 0/0/0 CAL	\$2.50	\$3.00	\$3.50
CHAI LATTE 70/110/140 CAL	\$3.75	\$4.50	\$5.25
	single	double	triple
ESPRESSO 5/10/15 CAL	\$2.50	\$3.25	\$4.00

Iced Beverages

	12oz	16oz	20oz
ICED COFFEE 0/5/5 CAL	\$3.75	\$4.25	\$4.75
ICED AMERICANO 10/15 CAL	\$3.75	\$4.50	
ICED LATTE 180/240/280 CAL	\$4.50	\$5.25	\$6.00
ICED TEA 0/0/0 CAL	\$2.25	\$2.75	\$3.35
ICED CHAI LATTE 70/110/140 CAL	\$4.50	\$5.25	\$6.00
ICED ORGANIC TEA 0/0/0 CAL	\$2.50	\$3.00	\$3.50

Blended

	16oz
CARAMEL FRAPPUCCINO 740 CAL	\$6.25
MOCHA FRAPPUCCINO 720 CAL	\$6.25
CHAI LATTE FRAPPUCINO 480 CAL	\$6.25

Substitute +\$0.75

OAT MILK 20 CAL/OZ | ALMOND MILK 10 CAL/OZ
 COCONUT MILK 10 CAL/OZ | SOY MILK 10 CAL/OZ
 WHOLE MILK 20 CAL/OZ | SKIM MILK 10 CAL/OZ

Sauces

CHOCOLATE 50 CAL/PUMP
CARAMEL 55 CAL/PUMP
WHITE CHOCOLATE 55 CAL/PUMP
SALTED CARAMEL 55 CAL/PUMP

Syrups

SUGAR FREE VANILLA 0 CAL/PUMP
VANILLA 25 CAL/PUMP
HAZELNUT 25 CAL/PUMP
CHAI 25 CAL/PUMP
MATCHA 25 CAL/PUMP
IRISH CREME 25 CAL/PUMP
PEPPERMINT 25 CAL/PUMP
AGAVE 25 CAL/PUMP

+\$0.25