

Sandwiches

Meat Lovers

Upstream _____ **\$9.50**

Rushing Waters' smoked trout with tomatoes, lettuce, onion and a dill mayo dressing on rye bread.

Turkey Feast _____ **\$7.25**

Oven roasted turkey breast, tomatoes, onions, sprouts, avocado, garden cheese, mayo, mustard, and herb seasoning on cracked wheat bread.

Italian Special _____ **\$7.25**

Your choice of meat with tomatoes, onions, sprouts, provolone cheese, mayo, mustard, and herb seasoning on a French baguette.

Club 12 _____ **\$7.25**

Roast beef, turkey and ham with red peppers, onions, lettuce, black pepper and ranch dressing on sourdough bread.

Meat Pita _____ **\$7.25**

Your choice of meat with tomatoes, onions, sprouts, provolone cheese, mayo, mustard, and herb seasoning in a whole wheat pita.

Fajita Pita _____ **\$7.25**

Oven roasted turkey with tomatoes, peppers, cojack cheese, salsa, mayo, and mexican seasoning in a whole wheat pita.
(served warm)

Honey of a Ham _____ **\$7.25**

Smoked ham with lettuce, onions, honey mustard on a honey wheat bread.

Tuna Fish Wish _____ **\$6.75**

Our fresh tuna salad with your choice of veggies on whole wheat or sourdough bread.

Sandwiches

Veggie Lovers

Cheese Pita _____ **\$7.25**

Your choice of cheese and veggies with mayo, mustard, and herb seasoning in a whole wheat pita.

Wonderful Walnut _____ **\$6.75**

Walnut loaf with tomatoes, onions, and sprouts on whole wheat bread.

Hummus Pita _____ **\$6.75**

Homemade garbanzo spread with yogurt sauce, tomatoes, onion, sprouts in a whole wheat pita.

Spinach Feta Croissant _____ **\$3.95**

A buttery flaked pastry stuffed with a spinach and feta cheese filling.
(served warm or cold)

Topping Choices:

Meat Choices:

Oven Roasted Turkey, Ham, Salami, or Roast Beef.
(extra meat 25¢ per meat)

Veggie Choices:

Green and Red Peppers, Cucumbers, Carrots, Avocado, Purple Onions, Tomatoes, Lettuce and Sprouts.

(extra sides of avocado and salsa 50¢)

Cheese Choices:

Cheddar, Cojack, Baby Swiss, Smoked Provolone, Garden Jack, and Pepper Jack.

Caffeinated Drinks

Espresso:

1 shot _____ **\$2.00**

2 shots _____ **\$2.25**

Cappuccino:

Espresso with steamed and frothed milk.

Single Cappuccino _____ **\$3.00**

Double Cappuccino _____ **\$3.25**

Latte:

Espresso with steamed milk, no froth.

Single Latte _____ **\$3.00**

Double Latte _____ **\$3.25**

Mocha

Espresso with steamed milk and Ghiradelli Chocolate.

Single Mocha _____ **\$3.50**

Double Mocha _____ **\$3.75**

Hot Drinks

Tea (assorted flavors) _____ **.95¢**

Chai Tea (one size) _____ **\$3.50**

Hot Chocolate(one size) _____ **\$2.00**

Smoothies

Energy(16oz) _____ **\$4.50**

Natures Plus Energy Mix blended with a frozen banana, apple juice and your choice of frozen fruit.

Yogurt (16oz) _____ **\$4.50**

Vanilla yogurt blended with your choice of frozen fruit and fruit juice.

The Famous (16oz) _____ **\$4.50**

,Sunflower seeds, honey and frozen banana blended with your choice of fruit juice.

Smoothie Flavors:

Peach, Raspberry, Strawberry and Pineapple-Coconut

