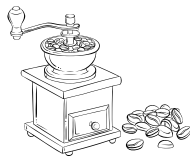


# GRINDS



## CAFÉ & SWEET SHOPPE

### BREAKFAST Served all day until 4pm

#### NEW YORKER \$5.99

2 eggs + Bacon + American Cheese + Hard Roll

#### CAFÉ WAY \$6.50

2 eggs + Bacon + Cheddar + lettuce + Tomato + Red Onion + Mayo + Croissant

#### AVOCADO SUNRISE \$6.50

2 eggs + Sliced Avocado + Tomato + Sourdough Toast

#### BREAKFAST BURITTO \$9.99

Scrambled Eggs + Sausage + Home Fries + Cheddar + Peppers + Onions + Wrap

#### BACON EGG N' CHEESE WRAP \$7.99

Scrambled Eggs + Bacon + Home Fries + American Cheese

#### SPINACH FETA WRAP \$9.99

Egg white + Spinach + Feta + Wheat Wrap

#### TONY'S FRUIT ROLL-UP \$6.99

Peanut Butter + Banana + Strawberries + Blueberries + Honey + Wheat Wrap

#### CLASSIC BREAKFAST PLATTER \$8.50

2 eggs (any style) + Toast + Home Fries + choice of bacon or sausage

#### LIGHT BREAKFAST \$4.50

2 eggs (any style) + Choice of Toast

#### PANCAKE PLATTER \$10.50

2 Pancakes + 2 eggs (any style) + Bacon or Sausage

#### VEGGIE HASH \$9.99

2 Eggs + Veggie Medley + Peppers + Onions + Potato

### GRINDS CAFÉ EXTRAS

ENGLISH MUFFIN \$2.50	BAGEL W/ CREAM CHEESE \$4.00
CROISSANT \$3.00	TENDERS & FRIES \$13.99
SIDE OF HOME FRIES \$3.00	SOUP \$4.99/\$5.99
SIDE OF FRENCH FRIES \$3.50	<i>Ask for our soup of the day!</i>

### KIDS MEALS

PB&J \$3.99  
Peanut Butter + Grape Jelly + Choice of bread.

GRILLED CHEESE \$4.99  
Choice of cheese American, Provolone, Swiss

TURKEY SANDWICH \$6.99  
Mayo + Lettuce + Tomato + American Cheese

Paninis + Wraps + Salads

## LUNCH

Served all day until 4pm

#### SOUTHWEST CHICKEN PANINI \$10.75

Grilled Chicken + Cheddar + Bacon + Chipotle Sauce

#### TUSCAN CHICKEN PANINI \$10.75

Grilled Chicken + Pesto + Provolone + Roasted Red Peppers

#### CHICKEN BACON RANCH PANINI \$10.75

Chicken + Bacon + Ranch + Cheddar

#### TURKEY & BACON PANINI \$10.75

Turkey + Bacon + Tomato + Chipotle Mayo + Provolone

#### 3 CHEESE PANINI \$9.75

American Cheese + Swiss + Cheddar

*All Paninis are served with chips and a pickle*

#### CHICKEN CAESAR WRAP \$12.99

Grilled Chicken + Romaine + Parmesan + Caesar Dressing

#### BUFFALO CHICKEN WRAP \$12.99

Chicken Tenders + Mild Sauce + Lettuce + Tomato + Bleu Cheese

#### TURKEY & BACON WRAP \$12.99

Turkey + Bacon + Tomato + Lettuce + Onion + Mayo

#### CHICKEN SALAD WRAP \$12.99

Chicken Salad + Tomato + Onion

*Add Avocado for \$1.30 + White, Wheat and Sundried Tomato Wraps available*

#### CAESAR SALAD \$10.99

Romaine + Parmesan + Caesar Dressing + Croutons

#### CRISPY CHICKEN SALAD \$12.99

Romaine + Chicken Tender + Tomato + Peppers + Onions + Cheddar + Honey Mustard + Croutons

#### SUMMER SALAD \$12.99

Mixed Greens + Strawberries + Cucumber + Walnuts + Balsamic Vinaigrette + Croutons

#### B.L.T SALAD \$10.99

Romaine + Bacon + Tomato + Red Onion + Ranch Dressing + Croutons

#### CHICKEN AVO BACON SALAD \$12.99

Romaine + Grilled Chicken + Avocado + Bacon + Parmesan + Caesar Dressing + Croutons

#### HOUSE SALAD \$10.99

Romaine + Cherry Tomatoes + Cucumber + Red Onion + Balsamic Vinaigrette + Croutons

#### GREEK SALAD \$10.99

Romaine + Feta + Cherry Tomatoes + Cucumber + Red Onion + Kalamata Olives + Greek Dressing + Croutons

*Add Chicken to any salad for \$3.00*

# SMOOTHIE BOWLS

<b>CLASSIC ACAI BOWL</b>	<b>\$12.50</b>
Base: Acai	
Toppings: Strawberry + Blueberry + Coconut + Granola	
<b>DRAGON BERRY BOWL</b>	<b>\$12.50</b>
Base: Dragonfruit	
Toppings: Strawberry + Blueberry + Coconut	
<b>PARADISE BOWL</b>	<b>\$12.50</b>
Base: Acai	
Toppings: Banana + Coconut + Chia Seeds	
<b>GOOD MORNING BOWL</b>	<b>\$12.50</b>
Base: Acai	
Toppings: Strawberry + Blueberry + Banana + Chocolate Chips + Granola	
<b>PITAYA BOWL</b>	<b>\$12.50</b>
Base: Dragonfruit	
Toppings: Strawberry + Chocolate Chips + Granola	
<b>NUTELLA BOWL</b>	<b>\$12.50</b>
Base: Acai	
Toppings: Nutella + Strawberry + Chocolate Chips + Granola	
<b>EXTRA TOPPINGS</b>	<b>\$1.50</b>
Almond Butter + Honey + Peanut Butter + Nutella + Banana + Coconut + Strawberry + Blueberry + Chia Seeds + Granola + Chocolate Chip	

# THE BAKERY

CUT OUT COOKIES	\$1.50
SCONE	\$3.50
CINNAMON BUNS	\$3.75
JUMBO MUFFIN	\$3.75
TIRAMISU	\$4.00
OREO MOUSSE PIE	\$4.00
HOMEMADE COOKIES	\$2.00
BROWNIES	\$2.50
CANNOLIS	\$2.50
CUPCAKES	\$2.00
CUPCAKE W/ FILLING	\$2.50
GLUTEN FREE CUPCAKE	\$3.00
MINI CUPCAKES	\$1.50
BISCOTTI	\$2.00
SPECIALTY BREAD SMALL	\$4.00
SPECIALTY BREAD LARGE	\$6.00



*Made fresh daily by our in house baker and available while supplies last*

*Consult with our in house Pastry Chef, Cindy Repp for all of your custom cake and bakery needs!*

# BEVERAGES

*Regular is 16oz, Large is 20oz*

<b>HOT COFFEE</b>	<b>\$2.99/\$3.49</b>
<b>LATTE</b>	<b>\$4.50/\$5.50</b>
<b>CAPPUCCINO</b>	<b>\$4.50/\$5.50</b>
<b>MACCHIATO</b>	<b>\$4.50/\$5.50</b>
<b>HOT TEA</b>	<b>\$2.99/\$3.49</b>
<b>HOT CIDER</b> <i>Seasonal</i>	<b>\$4.50/\$5.50</b>
<b>VANILLA STEAMER</b>	<b>\$3.50/\$4.35</b>
<b>HOT CHOCOLATE</b>	<b>\$4.50/\$5.50</b>
<b>WHITE HOT CHOCOLATE</b>	<b>\$4.50/\$5.50</b>
<b>ICED COFFEE</b>	<b>\$2.99/\$3.49</b>
<b>COLD BREW</b> <i>Original &amp; Jamaican Me Crazy</i>	<b>\$4.00/\$4.50</b>
<b>ICED LATTE</b>	<b>\$4.00/\$4.50</b>
<b>ICED MOCHA</b>	<b>\$4.00/\$4.50</b>

<b>CHAI LATTE</b>	<b>\$5.50/\$6.00</b>
<i>Hot or Iced with choice of flavoring</i>	
<b>WHITE KNIGHT</b>	<b>\$4.50/\$5.50</b>
<i>Hot or iced latte flavored with white chocolate sauce choice of dairy</i>	
<b>RED EYE</b>	<b>\$3.75/\$4.25</b>
<i>Espresso with coffee. Choice of dairy and flavor</i>	
<b>BREVE</b>	<b>\$4.50/\$5.00</b>
<i>Latte made with half and half with espresso.</i>	
<b>LONDON FOG</b>	<b>\$2.99/\$3.49</b>
<i>Earl Grey tea, choice of dairy and vanilla flavoring</i>	

<b>ITALIAN SODA</b>	<b>\$5.50</b>
<i>A refreshing and colorful bubbly beverage made with your choice of flavored syrup</i>	
<b>REFRESHER</b>	<b>\$4.50/\$5.50</b>
<i>Lemonade with choice of Strawberry, Dragonfruit, Peach Mango or Watermelon Kiwi juice.</i>	
<b>SMOOTHIES</b> 16oz	<b>\$5.00</b>
<i>Strawberry, Strawberry Banana, Blueberry Pomegranate, Mango, Chocolate Banana, Green Power Machine, Raspberry</i>	
<b>FROZEN COFFEE</b> 16oz	<b>\$5.00</b>
<i>Jamaican Me Cooler, Frosted Latte, Arctic Mocha, Frosted Carmella, Frozen Chai, Frozen Chocolate Chai, Vanilla Dream, 20 Below Hot Chocolate</i>	
<b>FROZEN DRINKS</b> 16oz	<b>\$5.00</b>
<i>White Hot Chocolate, Peppermint Hot Chocolate, Vanilla Bean Chocolate Chip</i>	

SODA	\$3.00	GATORADE	\$3.00
JUICE	\$3.00	ENERGY DRINK	\$3.00
WATER	\$3.00		
MILK	\$2.50	<a href="http://www.grindscafebrockport.com">www.grindscafebrockport.com</a>	

