

BREAKFAST



Breakfast Burrito

(eggs, potato, bacon or sausage, cheese and salsa)

Breakfast Sandwich

(sausage egg & cheese sandwich on english muffin or bagel)

Eggs & veggies

Add ons: Avocado, tomato, bell pepper, onion and cheese

LUNCH



Veggie Sandwich

(Hummus, avocado, bell pepper, sprouts, cucumber, lettuce, tomato & cheese)

Salad Sandwich

(Tomato, bell pepper, cucumber, sprouts, lettuce, avocado, choice of cheese: Pepper jack, swiss, provolone, cheddar and mozzarella)



Panini on Rosemary Bread

(Pesto, goat cheese, bell pepper, tomato, spinach, with choice of meat)

Sandwiches

Turkey, Roast Beef, Tuna or Chicken





Grilled Cheddar Cheese Sandwich

Garden Salad

(Spring mix, tomato, bell pepper, cucumber, sprouts, avocado, cheese, nuts, cranberries)

Add ons: Turkey, Roast Beef, Tuna or Chicken

Homemade Soups daily

Combo Lunch and Soup

FROSTY BEVERAGES

Ice Blended

On the Rocks

(16oz & 24oz)

Mocha Madness

Very Vanilla

Al Nino (Mocha, vanilla, white chocolate)

That's Amore (Easy mocha, vanilla and one shot)

Cop-N-Attitude (Mocha, 2 shots)

Nudy's (Mocha, white chocolate)

Mt. Whitney (Vanilla & Oreo)

Caramel Bear (Vanilla and caramel)

Dirty Bear (Mocha and caramel)

Zack Attack (Vanilla, white chocolate and 3 shots)

Conaghers Creation (Decaf, mocha, vanilla and white chocolate)

Heath Mocha (Mocha and toffanut)

Frans Black White (Extra thick vanilla topped w/ Oreos)

Big Daddy (Vanilla, chocolate chips and 2 shots)

Bubbas Blended Chai

Big Blue Bear Cafe

FRUIT SMOOTHIES

Screaming Strawberry, Ragin Raspberry, Mango Tango, Powerhouse Peach, Lickety
Lemonade

FRESH FRUIT SMOOTHIES

Strawberry, Banana, Mixed Fruit

Add ons: Yogurt

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