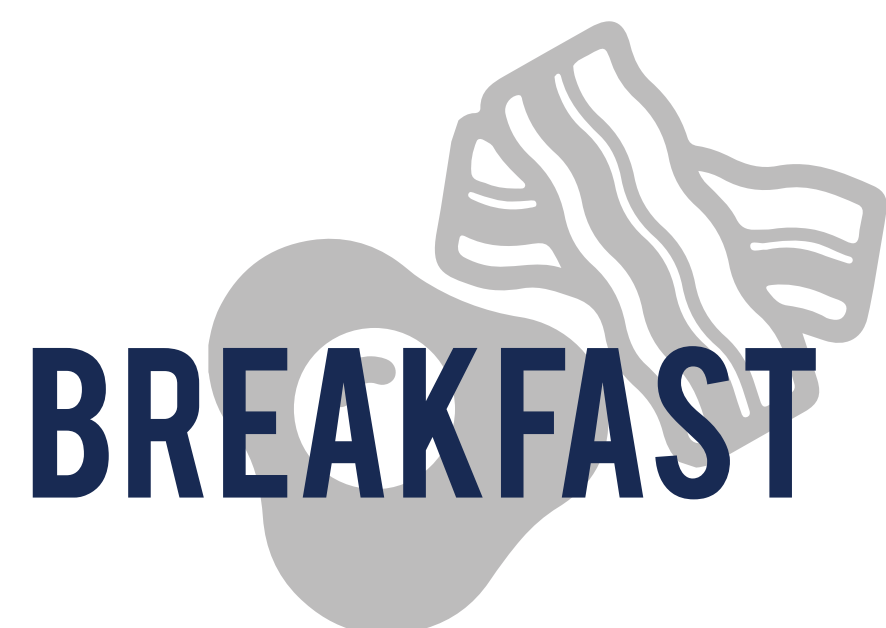




Cafe & BAR



BREAKFAST

Pancake Breakfast \$8.50

(2 Pancakes, 3 Bacon Strips, Scrambled Eggs)

Homemade Oatmeal \$4.00

(Steel Cut Oats, Cinnamon, Craisins, Berries)

Egg Bake (Paleo Friendly) \$3.50

(Eggs, Spinach, Onions, Tomatoes)

Homemade Quiche \$5.50

(Crust, Eggs, Tomatoes, Onions, Peppers, Bacon, Cheddar)



BURRITOS

Burrito Kitchen Burritos \$4.00

Egg, Bacon, Spicy Sausage, Chorizo

Gluten Free Burritos \$4.50

Egg, Chicken Fajita, Calabacitas

Make it a Sterling Special for only \$1.00 extra!

(Add Melted Cheese, Red Pepper Ranch, Salsa, 1/2 Avocado)



HOT DRINKS 12OZ. | 16OZ.



Latte

\$3.00 | \$3.50



Breve Latte

\$3.50 | \$4.00



Chai

\$5.00 | \$5.00



Drip Coffee

\$2.00 | \$2.50



Bottomless Coffee

\$3.00



Steamer

\$3.00 | \$3.50



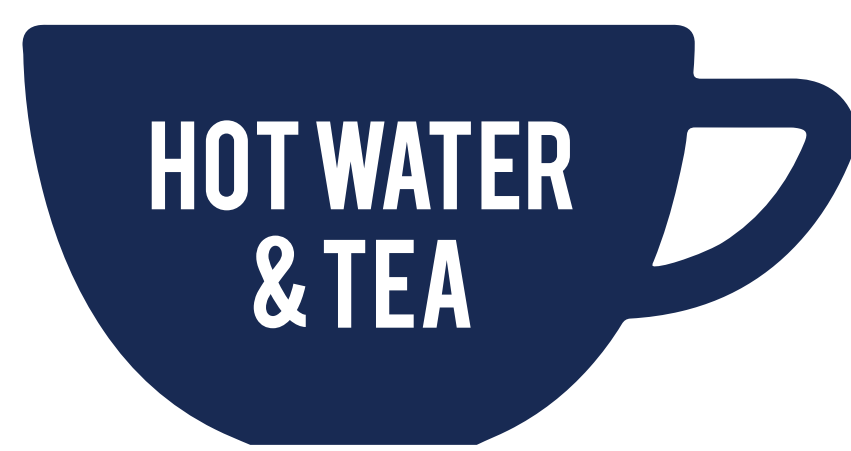
Matcha Latte

\$3.50 | \$4.00



Cappuccino

\$3.00 | \$3.50



Hot Tea

\$1.50 | \$1.50



Add Syrup

\$1.00



Cafe & BAR



SNACKS

Energy Bites	1/\$0.75 or 3/\$1.75
Peanut Free Bites	1/\$1.00 or 3/\$2.00
Cheese Sticks	\$0.75
Fruit Cups	\$1.00
Banana Bread (Vegan)	\$1.00
Veggie Platter with Hummus	\$6.00
Noosa Yogurt	\$1.75
Gib's NY Bagels	\$2.00
Fruit Squeeze	\$1.00
Chips	\$1.50
GF Outrageous Breads	\$3.00
Homemade Chex Mix	\$2.00



BOWLS

Chicken Rice Bowl	\$6.00
Turkey Rice Bowl	\$7.00
Veggie Rice Bowl	\$5.50



WRAPS

CBR (hot or cold)	\$6.50
<i>(Chicken, Bacon, Spinach, Cheddar, Red Pepper Ranch)</i>	
Black Bean Burger	\$6.00
<i>(Pepper Jack, Avocado, Spinach, Red Pepper Ranch)</i>	
Chicken Caprese	\$6.00
<i>(Chicken, Spinach, Tomatoes, Mozzarella, Pesto Mayo, Balsamic Vinegar)</i>	
BKT (hot or cold)	\$4.50
<i>(Bacon, Spinach, Tomatoes, Pesto Mayo)</i>	
Turkey Rice Wrap	\$7.00
<i>(Ground Turkey, Rice, Black Beans, Avocado Purée, Cooked Pepper and Onion)</i>	

Add Spinach, Cheese, Mushrooms +\$1.50



Cafe & BAR



SMOOTHIES

16OZ. 24OZ.

Green Mango	\$4.00	\$5.00
<i>(OJ, Spinach, Avocado, Mangos)</i>		
PB&J	\$4.00	\$5.00
<i>(Milk, Peanut Butter, Strawberries)</i>		
Martin's Mix	\$4.00	\$5.00
<i>(Milk, Banana, Strawberries)</i>		
Caffeine Dream	\$4.50	\$5.50
<i>(Milk, Peanut Butter, Espresso, Banana)</i>		
Berries N' Cream	\$4.00	\$5.00
<i>(Milk, Mixed Berries, Yogurt)</i>		
Muscle Milk Smoothie	\$3.75	
<i>(Flavors Vary)</i>		
Build Your Own Smoothie	\$4.00	\$5.00
<i>(Pick your own base and up to 2 fruits)</i>		

Bases: Whole Milk, Nonfat Milk, Almond Milk, Soy Milk, Orange Juice
Fruits: Banana, Mango, Strawberry, Blueberry, Mixed Berries, Tropical Mix

ADD INS:

Whey Protein	\$1.50
Flax Seed	\$0.50
Espresso Shot	\$1.00
Spinach	\$0.50
Matcha Powder	\$2.00
Peanut Butter	\$0.50
Yogurt	\$0.50
Amino Acids (1 scoop)	\$1.50

COLD DRINKS

Coke Products	\$1.00	Honest Kids Juice	\$1.00
<i>Coke, Sprite, Diet Coke, Dr. Pepper</i>		Orange Juice	\$1.00
C4 Pre-Workout	\$3.50	Coconut Water	\$2.75
Aquafina	\$1.50	Emily's Sunrise Surprise	\$2.00
Gatorade	\$2.00	<i>(Sprite, Kiwi, Raspberry, and Coconut Syrup)</i>	



BEER

- On Tap** \$4.50
Black Bottle, New Belgium,
Intersect, Funkwerks
- Pitcher** \$9.00
- Bottles** \$4.50
Budweiser, Bud Light,
Fat Tire, Funkwerks, Guinness



WINE

- \$5.00**
- Red:* Merlot, Malbec,
Pinot Noir
- White:* Chardonnay,
Sauvignon Blanc,
Moscato



MIXED DRINKS

- \$7.00**
- Margarita**
(on the rocks or blended)
- Jack n' Coke,**
Vodka n' Sprite,
Gin n' Tonic

HAPPY HOUR
MONDAY-FRIDAY @ 2-7PM