



1 Grigg Street at the corner of
Greenwich Avenue in Greenwich CT
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Visit us at bruckners.com

Corporate Catering Menu

**Hearty soups, fresh salads,
sandwiches and entrees.**

**Let us help you put together
your next luncheon or event.**

Bruckner's Good to Go is an express-style restaurant combining great taste, convenience, high-quality, and nutritionally balanced recipes. Our recipes merge balanced nutrition with great taste by using only the finest ingredients, including antibiotic and nitrate-free deli meats, the freshest fruits and vegetables and years of nutritional knowledge from our owner and creator. Menu selections offer something for everyone—no matter what your preference.

Breakfast Platters

All platters include utensils, plates and napkins.

Egg Sandwich Platter: Includes twelve satisfying egg sandwiches—four bacon egg and cheese, four ham egg and cheese, four egg and cheese all on fresh-baked hard rolls (serves 12)

Breakfast Scramble Platter: Scrambled eggs with home fries and toast (serves 15).

Custom additions: Red pepper, spinach, mushroom, onion, tomato, broccoli, bacon, ham, turkey, sausage or avocado, plus just about any cheese you can think of

Bagel Platter: One dozen assorted fresh bagels served with cream cheese, butter and fresh jams

Deluxe Bagel Platter (*Please allow 24 hours advance notice*): Served with cream cheese, butter, fresh jams, smoked salmon, dill, capers, sliced tomatoes and Bermuda onion

Light Start Platter: Fresh fruit salad, crunchy granola and yogurt for a healthy but tasty start to the day (serves 12)

Homestyle Muffin Platter: An assortment of fresh homemade muffins toasted and served warm with butter and jams (serves 12)

Continental Combo Breakfast: A combination of homemade muffins, bagels, fruit salad and fresh juices. Includes butter and cream cheese (serves 12)

Lunch Platters

All platters include utensils, plates and napkins. Sandwiches can be cut into quarters or halves. Dessert platters to accompany also available.

**Customize it! We'll choose a few of our favorites for you, or you can let us know which you'd like to have on your platter. Please refer to the Sandwich Menu.*

***Cold Sandwich Platter:** An assortment of up to eight different types of our favorite **cold** sandwiches (serves 8)

***Hot Sandwich Platter:** An assortment of up to eight different types of our favorite **hot** sandwiches (serves 8)

The Mini-Platter (*Please allow 24 hours advance notice*): Same great sandwiches, but prepared on miniature rolls—approximately half the size of a regular roll, uncut (serves 14)

***Wrap Lover's Platter:** An assortment of up to eight different types of our favorite wraps, artfully displayed (serves 8)

***Cold Vegetarian Platter:** An assortment of up to eight different types of our favorite **cold** vegetarian selections (serves 8)

***Hot Vegetarian Platter:** An assortment of up to eight different types of our favorite **hot** vegetarian selections (serves 8)

Quesadilla Platter: Choose any combination of six of our mouth-watering quesadillas displayed for easy handling. Includes sides of guacamole, salsa and sour cream (serves 6)

(Specials and vegetarian varieties available upon request)

Panini Platter: A combination of our different types of grilled panini sandwiches (serves 10)

Burger and Dog Platter: Includes four 100% Black Angus beef burgers and four nitrate-free, all-beef hot dogs, accompanied by a side platter of crispy Bruckner's fries and onion rings (serves 8)
Also available are our famous sweet potato fries with rosemary dip or onion rings—add

Burrito Platter: Choose any combination of our burritos (vegetarian only also available). Includes sides of guacamole, salsa and sour cream (serves 8)

Luncheon Packages

No time to put together an order for your next luncheon? Choose from one of our packages and let us do it for you. Dessert platters to accompany also available.

Soup and Sandwich Package (minimum 20 people): A selection of our favorite hot or cold sandwiches cut into halves plus up to two varieties of our fresh homemade soups. Served with a side platter of coleslaw, potato salad and cold pasta primavera

Hot Sandwich Combo Package (serves 8-10 people): An assortment of up to eight different types of **hot** sandwiches served with a side platter of coleslaw, potato salad and cold pasta primavera

Soups

Visit www.bruckners.com for our complete selection and daily variety of fourteen different rich and hearty homemade soups – or inquire with management for special orders.

All soups are available in 8 oz, 16 oz or quart size. *(Please call 24 hours in advance to guarantee flavor selection, 48 hours for seafood)*

Sandwich Menu

Please make your selections from this menu to customize luncheon packages and platters.
Allow 24 hours advance notice.

Cold Sandwich Selections

CHICKEN

Dieter's Delight: Free-range chicken, roasted red peppers, shredded carrots, chopped cabbage, onions, cucumbers, lettuce and tomatoes with fat-free honey-mustard dressing served in a flour tortilla (*very low fat*)

Southwestern Chicken Salad: A spicy rendition of our famous chicken salad served in a Southwestern tortilla with lettuce and tomato

Caribbean Chicken Salad: A curried delight with our signature House Vegetables, diced pineapple, apple, raisins, chopped walnuts all in a whole-wheat tortilla with lettuce and tomato

Cold Sandwich Combo Package (serves 8-10 people): An assortment of up to eight different types of **cold** sandwiches served with a side platter of coleslaw, red bliss potato salad and cold pasta primavera

The Full Monty (minimum 20 people): Something special in mind? Put together a luncheon with all of your favorite items. Choose any two soups, a garden salad, cold or hot sandwiches, or even hot entrees. And don't forget dessert! Please refer to the Sandwich Menu and/or the Custom section of this menu.

Special requests are available, but please allow 48 hours advance notice.

Also available in seven to eleven-quart quantities, served with oyster crackers

Bread and rolls available at additional cost 24 hours in advance

Blackened Chicken Caesar Wrap: An outrageous combination of flavors featuring our House Cajun Chicken tossed with green-leaf lettuce and Table-Top Caesar dressing in a fresh flour tortilla

Chicken Club: All natural, free-range chicken breast in toasted sourdough with mayo, crisp bacon, lettuce and tomato

Equity Wrap: Grilled chicken breast drizzled with olive oil, salt and pepper and wrapped in a whole-wheat tortilla with loads of shredded vegetables and lettuce and tomato

Spicy Romero: Our Grilled cajun chicken breast tossed with green-leaf lettuce, avocado, tomato and Our House Spicy mayo in a black bean tortilla

Dixie Chicken: Natural, grilled chicken breast, crisp bacon, Jack cheese, avocado, hot sauce, dash of mayo, lettuce and tomato in a tomato basil tortilla

Cold Sandwich Selections Cont.

Chicken Caesar: Grilled chicken, green-leaf lettuce and fresh parmesan tossed with Caesar dressing and served in a spinach tortilla

Chunky Chicken Salad: Large pieces of grilled white-meat chicken mixed with chopped celery, red peppers, onions, shredded carrots and cabbage in a sun-dried tomato tortilla with lettuce and tomato

TURKEY

Angela: Oven-roasted turkey, crisp bacon, jack cheese, lettuce, tomato and a schmear of organic apple butter in a fresh flour tortilla

California: Oven-roasted turkey, avocado, salsa, sour cream, lettuce and tomato served in a Southwestern tortilla

Maple-Glazed Turkey: Maple-glazed turkey, lettuce, tomato and fat-free honey-mustard dressing on multi-grain bread

Trader: Nitrate-free, pepper turkey breast on fresh New York rye with House Thousand Island, homemade cole slaw, Swiss cheese, lettuce and tomato

Cape Cod: Maple-glazed turkey on fresh multi-grain bread with cranberry relish, mayo, lettuce and tomato

Highlander: Nitrate-free, smoked turkey breast in a spinach tortilla served with stone-ground mustard and shredded vegetables, lettuce and tomato (*very low fat*)

NITRATE-FREE HAM

Americana: Maple sugar-glazed ham with white American cheese, lettuce, tomato and Bermuda onion served on fresh sourdough bread with grain mustard and mayo

Italiano: Nitrate-free prosciutto, thinly sliced fresh mozzarella, fresh basil, lettuce, tomato and House red wine vinaigrette, served on a fresh baguette

Black Forest Ham and Swiss: Black Forest ham, Swiss cheese, lettuce, tomato and spicy dijonnaise served on rye bread

Thai Peanut: Grilled chicken smothered in a mild peanut sauce and a dash of mayo, packed with fresh vegetables and served in a lemon-cilantro tortilla

Marinated Chicken: Grilled chicken, savory rice salad mixed with a sesame-ginger marinade and baby leaf lettuces in a black bean tortilla

Oasis: Range-fed herbed turkey breast, chevre cheese, shredded vegetables and House red wine vinaigrette in a red pepper tortilla with lettuce and tomato

Cos Cob Club: Nitrate-free, smoked turkey breast, muenster cheese and crisp bacon served with lettuce, tomato and a mayo-mustard mix in a fresh flour tortilla

Clipper: All natural pepper turkey breast, nitrate-free Genoa salami served with shredded vegetables, seasoned oil and vinegar, lettuce, tomato and a dash of parmesan cheese in a tomato-basil tortilla

Elvis: Nitrate-free smoked turkey, crisp bacon, creamy havarti cheese, cucumber, lettuce and tomato served with Russian dressing in a red pepper tortilla

BEEF

Mad Russian: Medium-rare roast beef topped with homemade coleslaw, Swiss cheese, lettuce, tomato, salt and pepper, served on multi-grain bread with Russian dressing

Plain Truth: Bruckner's roast beef, salt, pepper, mayo, lettuce, tomato and aged Vermont cheddar all rolled in a fresh flour tortilla

Roast Beef: Prime home-cooked roast beef, with our signature horseradish dressing, lettuce and tomato, served on sourdough bread

VEGETARIAN

Avocado Club: Shredded carrots, cucumbers, cabbage, red onion, lettuce, tomatoes, avocado, whipped balsamic dressing and a dash of vegan mayo served on multi-grain bread

Cheese and Vegetable: Mild cheddar, cabbage, onions, pickles, shredded carrots, cucumbers and tomatoes dressed with mayo, stone-ground mustard and a dash of cayenne served on multi-grain bread

Westy: Aged pepper jack cheese, avocado, House Vegetables, lettuce, tomato and stone-ground mustard in a whole-wheat tortilla (*very low fat*)

Eggs...actly: Fresh egg salad chock full of our House Vegetables, diced tomato, secret seasoning and lettuce and tomato served on whole-wheat bread

Athenian: Crumbled feta cheese, avocado, a bumper crop of House Vegetables and House vinaigrette dressing in a tomato-basil tortilla with lettuce and tomato

SALAD WRAPS

Bruckner's Chef or Cobb Salad Wrap: All of the ingredients of our popular salads chopped up and rolled into a fresh flour tortilla with sliced tomato and House vinaigrette dressing

Egg Salad O'Brien: Our popular egg salad mixed with chopped bacon on whole-wheat toast with lettuce and tomato

Hot Sandwich Selections

CHICKEN

Roasted Thai Chicken: Succulent chicken breast served warm with a spicy peanut sauce, organic long-grain and wild rice, lettuce and tomato, served in a fresh flour tortilla

Golden Palace Wrap: All natural chicken breast seared in a sesame-ginger marinade, long grain and wild rice, roasted peppers, Bermuda onion, wrapped in a whole-wheat tortilla

Ranger: Sliced egg, aged Vermont cheddar, avocado, lettuce, tomato and honey mustard in a black bean tortilla

Atomic Veggie Wrap: Pepper jack cheese, avocado, House Vegetables, spicy Cajun mayo, lettuce and tomato in a whole-wheat tortilla

Sun Burger: A hearty brown rice and sunflower seed patty delicately seasoned and served with cabbage, onions, carrots, lettuce and tomato, dressed with a vegan tomato-basil sauce in a fresh whole-wheat tortilla

Barbecued Tempeh: Marinated, seared tempeh layered with cabbage, carrots, onions, lettuce and tomato, topped with a rich and flavorful barbecue sauce, vegan mayo, and served in a whole-wheat tortilla

Hummus and Avocado: Jam-packed with vegetables, sliced avocado, and hummus and served in a flour tortilla with lettuce and tomato

Tuna Salad: White albacore tuna mixed with shredded cabbage, carrots, diced onions and pickles combined with Bruckner's signature dressing served in a flour tortilla with lettuce and tomato

Tofini: Creamy organic tofu seasoned with curry, sesame tahini, chopped vegetables and pickles, spices and a vegan mayo, served with lettuce and tomato in a black bean tortilla

Carlos: Grilled chicken breast, seared with roasted red peppers, Bermuda onion, and melted American cheese in a whole-wheat tortilla

Cabrillo Club: Salsa-seared chicken breast on a grilled kaiser roll topped with melted Monterey jack cheese and avocado

Chicken Primavera: Our all natural chicken breast grilled with balsamic-roasted vegetables in a whole-wheat tortilla

Blackened Chicken Wedge: Seared Cajun chicken served on a grilled baguette with roasted red pepper mayo, and melted cheddar

Chicken Cutlet (*Please allow 48 hours advance notice*): All natural chicken breast double-dipped in our Signature Batter and cooked in 100% canola oil, served on a grilled baguette with mayo, lettuce and tomato

All Natural Chicken Fingers (*Please allow 48 hours advance notice*): Cut pieces of all natural chicken breast dipped in our Signature batter, cooked in 100% canola oil, served with shoestring fries and sides of honey mustard and barbecue sauce **Available in large quantities**

TURKEY

Gobbler (*Please allow 48 hours advance notice*): All natural ground turkey burger topped with sautéed mushrooms, onions and Swiss cheese served on a grilled kaiser roll with a side of onion rings

Vermont Turkey Club: Range-fed oven roasted turkey breast on a grilled kaiser roll topped with sautéed mushrooms, onions, crisp bacon, aged cheddar, and creamy House Dijon dressing

Light Grill: Range-fed, oven-roasted turkey breast, creamy havarti cheese and sliced tomato all grilled on whole-wheat bread

BEEF

Bruckner's Cheese Steak: Gravy-soaked roast beef topped with sautéed mushrooms and onions, and melted American on a grilled baguette

Reuben: Extra lean, grilled corned beef with fresh sauerkraut, melted Swiss and Thousand Island dressing served on toasted rye

Wasabi Beef and Gorgonzola Wedge: Our succulent roast beef soaked in a wasabi marinade, seared on the grill and topped with melted gorgonzola cheese served on a grilled club roll with House Dijon dressing

Border Wrap: Grilled pepper marinated roast beef topped with roasted peppers, sweet onion and melted cheddar cheese in a Southwestern tortilla

Chicken Parmesan (*Please allow 48 hours advance notice*): All natural chicken breast lightly dipped in our secret batter, topped with homemade sauce and fresh cheeses served on a grilled club roll

Barbecued Chicken: Juicy breast meat sautéed in a rich barbecue sauce and served with melted cheddar, lettuce and tomato in a fresh flour tortilla

Spicy Chicken Wrap: Sliced chicken breast prepared hot and spicy with lettuce, tomato and blue-cheese dressing served in a flour tortilla

Metro: Grilled herbed turkey breast, balsamic roasted vegetables, fresh Chevre cheese in a red pepper tortilla

Turkey Reuben: Oven-roasted turkey grilled and topped with fresh sauerkraut and melted Swiss with Thousand Island on toasted New York rye

Grilled Turkey Pastrami: All natural turkey pastrami grilled and topped with homemade coleslaw, melted Swiss and House Dijon dressing served on toasted New York rye

Meatloaf Madness: Homemade meatloaf-(better than Mom used to make) seared on the grill and topped with our homemade coleslaw, melted muenster and House Russian dressing served in a flour tortilla

Roast Beef Grill: Lean and juicy beef, roasted portabello mushrooms, sharp cheddar cheese and roasted red pepper mayo served on a grilled kaiser roll

Classic Burger: Our half-pound black angus burger off the grill on a fresh kaiser roll with lettuce and tomato, served with your choice of Bruckner's fries, sweet potato fries or onion rings

All-Beef Hot Dog: Nitrate-free and delicious, served on a grilled roll

PORK *(Hot Sandwich Selections Cont.)*

Shredded BBQ Pork *(Please allow 48 hours advance notice)*: Shredded pork tenderloin smothered in our House BBQ sauce on a grilled kaiser roll with melted, aged cheddar

Jerk Pork Wrap *(Please allow 48 hours advance notice)*: All natural pork tenderloin soaked in a spicy curry jerk sauce served in a black bean tortilla with grilled tomato

Classic Grill: Nitrate-free Genoa salami, Swiss cheese, roasted peppers, Bermuda onion and grain mustard grilled to perfection on New York rye. \$6.89

Autumn Grill: Nitrate-free Black Forest ham and Vermont pepper jack cheese grilled on our whole-wheat bread

VEGETARIAN

Veggie Palace: Tofu seared on the grill in a sesame-ginger marinade, wrapped in a whole-wheat tortilla and served with our red bean and rice salad, and lettuce and tomato

Primavera Club: House balsamic-roasted vegetables on a grilled baguette served topped with grilled tomato and melted fresh mozzarella

QUESADILLAS

Santa Fe: All natural chicken breast, chili frijoles with sautéed vegetables and fresh jack cheese, served in a crispy brown tortilla with salsa and sour cream

Con Carne: Spicy chili meat, red beans and shredded jack cheese served in a crispy brown tortilla with salsa and sour cream

GRILLED PANINI

served on toasted ciabatta bread

Tuscany: Grilled tomatoes topped with fresh mozzarella and basil, served with a light balsamic reduction

Barcelona: Prime roast beef smothered in caramelized onions, melted Swiss and horseradish dressing

Fresco: Nitrate-free prosciutto with roasted peppers, tomatoes and melted fresh mozzarella served on a grilled baguette with House vinaigrette

Parisian: Nitrate-free Black Forest ham and melted brie served on a grilled baguette with House Dijon dressing

Bruckner's Cristo: Oven-roasted turkey and nitrate-free Virginia ham with sliced tomato, Bermuda onion, Monterey jack cheese and Dijon dressing grilled on sourdough bread

Bruckner's Grilled Cheese: Fresh sourdough bread with your choice of Swiss, muenster, cheddar or American cheese

Quinoa Black Bean Protein Wrap: A hearty and delicious vegetarian patty, sliced and seared on the grill, served with roasted-balsamic vegetables and fresh mozzarella

Ole Avo: Plain and delicious, loads of ripe avocado, jack cheese and fresh scallions

Spicy Veggie: Vegetarian chili frijoles with our House hot sauce and jack cheese

Copenhagen: Grilled oven-roasted turkey, coleslaw, melted Swiss and Thousand Island dressing

Capri: Grilled chicken breast, sautéed spinach and onions, melted mozzarella, and fat-free honey-mustard dressing

Customize It!

Looking for something else? All of our antibiotic and nitrate-free deli meats, cheeses and deli sides can be served on their own, in platter format, as hearty sandwiches or wraps or as salad additions. Choose from the menu below to create your own custom sandwiches and/or platters.

MEATS

Oven-roasted turkey
Cracked pepper turkey
Smoked turkey
Herbed turkey
Maple-glazed turkey
Turkey pastrami
Antibiotic-free chicken breast
Marinated, grilled chicken breast
Oven-fresh roast beef (medium rare)
Genoa hard salami
Antibiotic-free Virginia ham
Black Forest ham
Nitrate-free prosciutto
Nitrate-free turkey bologna
Corned beef

CHEESES

Vermont cheddar
Fresh mozzarella
White American
Hard-sliced mozzarella
Cottage cheese
Swiss
Muenster
Brie
Chevre
Pepper jack
Smoked gouda
Gorgonzola
Feta
Shredded Monterey jack

TOFU

Baked tofu
Marinated tempeh

SALADS

Bruckner's tuna salad
Bruckner's egg salad
Bruckner's chicken salad
Caribbean chicken salad
Southwestern chicken salad
Tofini salad
Red beans and rice salad
Savory rice salad

SEAFOOD SALADS *(Allow 48 hours notice)*

Shrimp salad
Salmon salad
Lobster salad

HALF-SOUR PICKLES

FRESH BREADS & ROLLS

All breads and rolls baked fresh with artisan well water and the finest ingredients, available: sliced and unsliced. New York rye, multi-grain, whole-wheat, sourdough (white), ciabatta, Parisian baguette, Kaiser. Mini-rolls: petite pain, ciabatta, multi-grain.

SANDWICH DRESSINGS

Fresh mayonnaise, grain mustard, Dijon mustard, eggless mayonnaise, House vinaigrette, basil vinaigrette, sesame ginger, spicy peanut, creamy Dijon, low-fat BBQ, fat-free Italian, fat-free honey Dijon, fat-free salsa and Cajun mayo

Salad Dressings:

Parmesan peppercorn, basil vinaigrette, sesame ginger, ranch, caesar, blue cheese, gorgonzola vinaigrette, oil and vinegar, thousand island, fresh lemon slices and olive oil, fat-free Italian, and fat-free honey dijon

BURRITOS

Bruckner's burritos start with a traditional filling of rice and beans spiced with flavorful chili sauce and are served in a flour tortilla with salsa, our special guacamole and sour cream on the side.

Rice and Bean Burrito

Steak Burrito

Chicken Burrito

Tofu Burrito

Vegetable Burrito

Hot Entrees

Minimum of 12 people. Dessert platters to accompany also available.

Vegetarian Lasagna (*Please allow 48 hours advance notice*): Very light, made with loads of fresh spinach, mushrooms and tomatoes, parmesan, ricotta and mozzarella, and of course Bruckner's homemade sauce

Enchilada Pie (*Please allow 48 hours advance notice*): Bruckner's chili frijoles mixed with organic long grain and wild rice, fresh sour cream, three cheeses, layered and baked in a flour tortilla casserole

Macaroni and Cheese (*Please allow 48 hours advance notice*): Scrumptious, made with the finest elbow macaroni and four cheeses, fresh cream and seasonings

Eggplant Parmesan: Fresh eggplant lightly dipped in our secret batter, cooked in 100% canola oil, topped with homemade sauce and fresh cheeses

Chicken Parmesan (*Please allow 48 hours advance notice*): Same tasty ingredients as found in our eggplant, yet made with all natural chicken breast

Chicken Primavera Toss (*Please allow 48 hours advance notice*): Shredded pieces of tender breast meat seared on the grill with our balsamic-roasted vegetables, served with a side of organic long grain and wild rice

Salad Platters

Each platter can be altered to serve between 5 and 15 people.

Bruckner's Deli Salad: (any combination of our pasta primavera, homemade coleslaw and red bliss potato salad)

Bruckner's Fresh Fruit Salad n

Bruckner's Garden Salad

Caesar Salad

Grilled Chicken Caesar Salad

Bruckner's Chef Salad

Bruckner's Cobb Salad

Bruckner's Vegetarian Chef Salad

Bruckner's Spinach Salad

Bruckner's Fresh Mozzarella, Basil, Tomato and Avocado with House Vinaigrette n

Bruckner's Orzo salad, Feta, Roasted Tomato, Asparagus, Chickpeas, Fresh Basil Tossed in Herbed House Dressing (*Please allow 24 hours advance notice*)

Salad Dressings: Parmesan peppercorn, basil vinaigrette, sesame-ginger, ranch, Caesar, blue cheese, gorgonzola vinaigrette, oil and vinegar, Thousand Island, fresh lemon slices and olive oil, fat-free Italian and fat-free honey dijon

Sides

Served by the half pint, pint or quart.

Fresh Fruit Salad: Fresh variety of seasonal fruits, melons and berries

Savory Rice Salad: A unique blend of organic long grain and wild rice, diced carrots and green cabbage sautéed in seasoned olive oil and garlic *Served warm or cold*

Red Beans and Rice: Organic brown basmati rice, kidney beans, sautéed collard greens, diced carrots and red onions in a Japanese plum vinegar dressing *Served warm or cold*

Roasted Red Bliss Potato Salad: Red potatoes, onions, celery, red peppers, garlic and crumbled bacon, topped with a creamy herb-seasoned dressing

Bruckner's Homemade Coleslaw: Shredded carrots, and red and green cabbage tossed in a sweet vinaigrette dressing

Pasta Salad of the Day: Daily variety, price varies (*always on the Daily Specials list*)

* **Bruckner's Fries**: Scrumptious shoestrings

* **Sweet Potato Fries**: Crispy sweet potatoes served with Rosemary, salt and pepper

* **Onion Rings**: Cooked to crispy, golden perfection

* *Cooked in 100% canola oil*

* *Also available as a platter*

Desserts

All of our desserts are made fresh daily in-house.

Chocolate Fudge Brownies:

Cookies: chocolate chip, peanut butter, oatmeal raisin

Drinks

Owalla Juice Drinks

Coffee Served hot or iced

Tea Served hot or iced

Hot Cocoa

Bottled Water (price varies)

Assorted Sodas (Coca-Cola Co.)

Snapple or Nestee Iced Teas

Bruckner's Fresh Smoothies: Just worked out? Or just on the go!

Choice of: Mixed Berry, Banana Strawberry or Tropical Fruit Served with either whey or soy protein and made with apple juice and Garelick Farms fresh milk *or* just juice

Anti-Oxidant Shake: Mixed berry flavor only, a terrific and tasty way to treat yourself right

Fresh Pressed Vegetable Juices: Ask for our daily selections, prices vary

Fresh orange juice, grapefruit juice, lemonade and apple cider available by the half-gallon

Two-liter sodas available (Coca-Cola Co.)