



Food & Beverage MENU

FOOD

SANDWICHES / PANINIS

\$6.95

Add a side for just **\$2.00**

Bread Choices:

Wheat Bread, Spinach Wrap, Romaine Boat, Brioche, Bagel, Whole Wheat Wrap, Gluten Free Bread, Sour Dough

BBQ Chicken

chicken, spring mix, corn, black beans, cheese, tomato, blue chips, spicy ranch, BBQ sauce, cheese

Chicken Salad

spring mix, chicken, grapes, craisens, mayo

Cranberry Turkey

turkey, cranberry sauce, brie cheese, walnuts, spring mix

Veggie & Hummus

hummus, peppers, carrots, cucumber, avocado, tomato, onion

Turkey Bacon Cheddar

bacon, turkey, cheddar cheese, spicy ranch (served warm)

Strawberry Turkey Brie

turkey, brie, basil, strawberries (served warm)

Chipotle Turkey

turkey, pepperjack, tomato, spring mix, hot sauce, spicy ranch (served warm)

Smoked Salmon

smoked salmon, cream cheese, tomato, greens, cuke-a-dilly dressing, goat cheese

Green Goat

avocado, bacon, turkey, goat cheese, tomato, greens

GRAIN BOWLS

\$8.50

add Tofu \$1.50
add Beef \$2.00
add Chicken \$2.00
add Salmon \$4.00
add Vegan Sausage \$4.00

All bowls are gluten free

Rice Teryaki

sticky jasmine rice, shredded veggie blend, homemade teryaki sauce

Quinoa Veggie

warm quinoa, peppers, onion, zucchini, shredded veggie blend, garlic dressing

Curry Rice Noodle

rice noodles, shredded veggie blend, zucchini, onion, peppers, homemade curry sauce

Black Bean Quinoa

spring mix, black bean quinoa burger, tomato, onion, avocado, beets, spicy mustard

~ add cheese: 50 cents

~ sub mayo for mustard

BURRITOS

\$10.00

Burrito or Taco Salad or Rice Bowl

With: Black beans, corn, tomato, salsa, sour cream, cheddar, spices

Choose: Veggie, Chicken, Beef

SOUP

Cup: 8oz \$4.95

Bowl: 12oz \$5.95

Family: 320z \$9.95

Combo: \$10.00

cup of soup & half sandwich or salad

FRESH SALADS

\$6.50 Small

\$10.00 Regular

We use locally grown greens including some grown right here at The Source!

All Salads are gluten free

BBQ Chicken

chicken, corn, black beans, tomato, blue chips, BBQ sauce, spring mix, spicy ranch, cheese

Chica Beet Beet

spring mix, fresh roasted beets, feta cheese, chicken salad, grape pumpkin dressing

Kale Chicken Caesar

kale, romaine, chicken, parm cheese, blue chips, caesar dressing

Winter Cobb

romaine, bacon, chicken, egg, pecans, apple, blue cheese, avocado, berries, pomegranate, raspberry celery seed dressing

Going Greek

spring mix, cucumber, tomato, pepper, feta, olives, artichoke, cuke-a-dilly dressing

Smoked Salmon

spring mix, smoked salmon, berries, goat cheese, almonds, cucumber, avocado, strawberry dijon dressing, capers

Tofu Quinoa

spring mix, tofu, quinoa, peppers, onions, tomato, cucumber, carrots, garlic dressing

SIDES

(\$2.00 with sandwich, \$4.00 a la carte)

- beets & feta
- spiced apples
- fresh fruit
- broccoli salad
- salsa & chips
- stuffed grape leaves (+\$1.00)

BREAKFAST BOWLS

\$7.50

Add turkey: \$2

Add bacon: \$2

Add chorizo: \$2

Add sausage: \$2

Egg Bowl

scrambled eggs, hashbrowns, cheese, salsa, sour cream, shredded veggie blend

Quinoa Porridge

quinoa, spices, fresh fruit, almond milk, coconut, agave, almonds

Protein Pack

quinoa, wilted spinach, roasted tomatoes, avocado, poached egg, pumpkins seeds, spices

Sweet Potato Hash

homemade sweet potato hash, poached eggs, avocado, micro greens

Veggie Egg Delight

zucchini, peppers, onions, shredded veggie blend, tomato, avocado, spinach, scrambled eggs, cheese, raspberry drizzle

BREAKFAST / BRUNCH

PLEASE NOTE: Currently, our breakfast & brunch menus are the same. We will soon be changing our brunch menu

SWEET BREAKFAST

French Toast \$8.50

- Spiced Chai: w/caramel & whipped cream
- Nutella: w/ strawberries & bananas
- Apple Pie: cream cheese & spiced apples

Pancakes \$8.50

- Classic: topped with powdered sugar
- Fresh Strawberry Glazed: strawberry compote and cream
- Pumpkin Spice: topped with caramel, bananas & cream
- Chocolate Chunk: with bananas and cream

Waffles \$8.50

- Honey Berry: fresh berries and honey glaze
- Strawberry Nutella: with whipped cream
- Banana Nut: with caramel sauce

BREAKFAST ON BREAD

\$8.50 served with fruit or yogurt

Breakfast Burrito

scrambled eggs, hashbrowns, cheese, salsa, sour cream
with your choice: Bacon, Turkey, or Veggie

Egg Wrap

scrambled eggs, cheese, avocado, tomato, spinach, salsa

Smoked Salmon Benedict

english muffin, avocado, smoked salmon, poached egg, hollandaise

Bagel Sandwich

scrambled egg, cheese, sauce
with your choice: Bacon, Turkey, or Avocado

Asparagus Swiss

grilled asparagus, brioche toast, swiss cheese, poached egg, raspberry drizzle

BEVERAGES

FRESH COLD PRESSED JUICES

pre-made: \$6.00 made to order: \$8.00 (plus tax)

Simple Source

apple, pear, lemon, kale, spinach, parsley, lemon, lime, ginger, celery

Popeye's Punch

cucumber, kale, spinach, parsley, lemon, lime, ginger, celery

Green with Envy

apple, cucumber, celery, kale, lemon, ginger

Fiery factory

apple, orange, kale, spinach, lemon, ginger, cayenne pepper

Beetle Juice

apple, beet, pineapple, carrot, celery, ginger

What's Up Doc?

carrot, lime, pineapple, celery, ginger, turmeric, orange

FRESH SMOOTHIES

\$6.00 – all fresh ingredients, no mixes used

Strawberry Fields

strawberry, banana, almond milk

Blueberry Patch

blueberry, strawberry, banana, honey, almond milk

Jungle A-Peel

mango, coconut oil, coconut water, banana, shredded coconut

The Dark Side

peanut butter, dark chocolate, almond milk, banana

Green Ginger

spinach, mango, pineapple, ginger, coconut water, and vanilla

PB & J

blueberry, banana, strawberry, peanut butter, dark chocolate, almond milk

Lunch in a Cup

strawberry, yogurt, kale, coconut, water, avocado, banana

NUTRITIONAL SHOTS

\$2.50/oz (plus tax)

- Wheatgrass
- Ginger
- Turmeric
- Ginger with Cayenne
- Herbal Rainforest (shot of herbs & minerals)

Herbal Enhancers: \$1 each

- Holy Basil: energy & vitality
- Dandelion: cleanse & detoxing
- Adrenal Support:

JUICE CLEANSE

3 Day: \$125

5 Day: \$180

7 Day: \$235

Each day includes 4 cold pressed juices, 1 lemon water, 1 wheatgrass shot, 1 ginger shot, 1 apple cider vinegar shot

COFFEE

Regular Heavenly Cup:

Hot \$2.50 **Iced** \$3.00

Specialty Coffee:

\$5.00 Hot, Iced, or blended

Coconut: coffee, coconut oil coconut syrup, almond milk topped with whipped cream and toasted coconut

Cinnamon: coffee, raw sugar, cinnamon, almond milk, whipped cream, caramel and chocolate

Toffee: coffee, caramel, almond milk, toffee syrup, whipped cream, butter crunch

Peppermint: coffee, peppermint syrup, almond milk, whipped cream, peppermint candies

Hazelnut: coffee, chocolate, almond milk, hazelnut syrup, whipped cream

FRESH BREWED TEA

\$3.00 Hot or Iced

Sweeteners: agave, honey, raw sugar, sugar, splenda

Milks: 2% milk, half-and-half, almond milk

Flavors Black

- Irish Breakfast
- Earl Grey
- Chocolate mint

Flavors Green

- yerba mate
- bohemian raspberry

Flavors Herbal

- peppermint
- blue eyes
- Bourbon St. Vanilla
- Lemon

COCOA

Hot \$3.00 Iced \$4.00 Frozen \$5.00

served with whipped cream!

Flavors:

- Double
- Cinnamon
- S'mores
- Hazelnut
- Candy Cane
- Gingerbread
- White

JUG DRINKS

\$2.95 selection variety changes daily

REFRESHER

\$3.98

sparkling Saratoga Water infused with your choice up to three:

- mint
- strawberry
- lemon
- cucumber
- lime

SODA FLOAT

\$4.95

made with frozen yogurt

Flavors:

- orange
- cream
- birch beer
- grape

CHAI

hot \$4.95 iced \$4.00 blended \$5.00

made with almond milk Spiced~Chocolate~Vanilla

FRAPPES

\$4.63

topped with whipped cream blended creamy beverage

Flavors:

- orange cream
- Matcha
- Lemonade
- Chocolate

The “21 and over Bar”

Please note: We cannot serve, nor can you take, anything from the bar outside

Mimosas

\$8

made with J.R. Dill Cayuga Rise

Classic: Orange Juice

Orange Cream: OJ and Cream

Sassy Summer: White Grape Juice, Strawberries, and Basil

Wine Smoothies

\$9

made with J.R. Dillicious wine

Mango Coconut: mangoes and coconut oil, topped with coconut

Berry Blast: strawberries and blueberries

Peach Paradise: peaches and mint

Chocolate Covered Strawberry: strawberries and chocolate

Beer Cocktails

\$8

made with Iron Flamingo Beers

Cucumber Basil: IPA, fresh cucumbers, lemonade and basil

Beer Shake: Mocha Porter Beer and frozen yogurt blended and topped with whipped cream

Peach Paradise: peaches and mint

Strawberry Beerade: red beer, strawberries, and lemonade

Brunch Beer: WIT beer, tomato juice, lime, worchestier sauce, celery salt, black pepper, hot sauce, jalapeño

Wine and Beer available by the glass or bottle.
Please see bar for today's offerings

We ID: Be flattered, not offended