

**BEVERAGES**

*Speciality Coffee*



Cappuccino

Latte

Single 12 oz.....\$2.25

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Double 16 oz..... \$2.75

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Flavoring add .50

Caramel, Vanilla, Hazelnut, Almond, Chocolate, White Chocolate, Raspberry, Peach, Irish Cream, Chocolate Mint, Cinnamon

Sugar Free Flavors

Caramel, Vanilla, Hazelnut, Strawberry, Raspberry

*Smoothies \$3.95...Add Protein .50*

Strawberry Banana

Pineapple Paradise

Strawberry

Wild Cherry Cranberry

ACAI

Peach Pear Apricot

Hot Chocolate..... Small \$1.95 Large \$2.50

Hot Tea ..... assorted flavors \$1.75

*Select Deli Case Beverages*

Pop assorted \$1.25

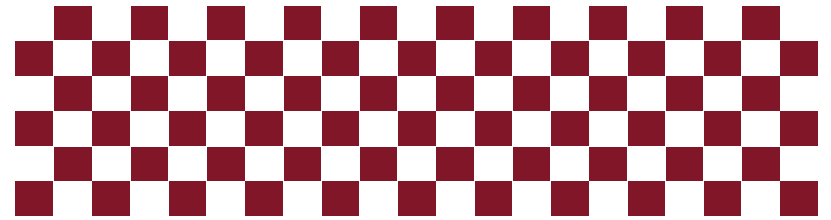
Bottled Water \$1.50..... Flavored Waters \$1.75

Iced Tea \$1.50

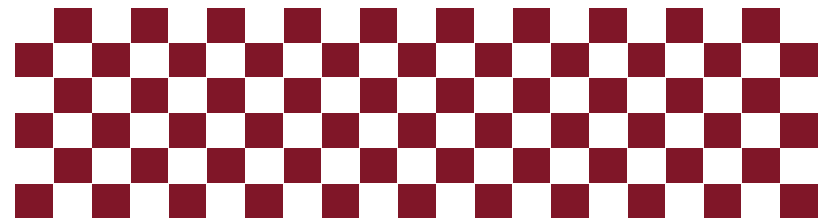
Energy Drinks \$2.50..... Gatorade \$1.75

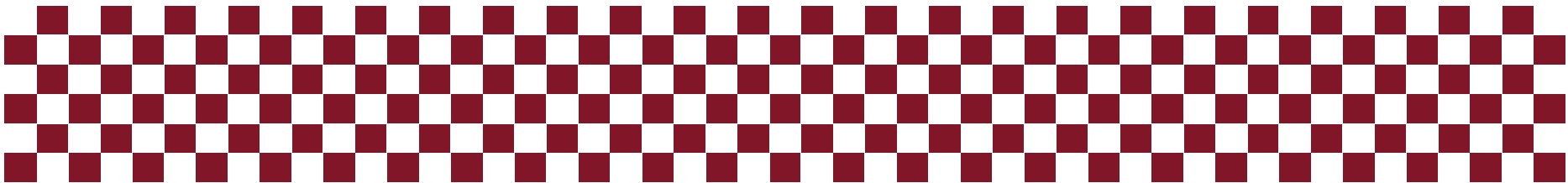
Assorted Juice \$1.50

Soy Milk (vanilla or chocolate) \$1.50



**“Healthy Eating For a Healthy Living”**





## Deli Selections



### Tamarac Club.....\$4.95

Turkey reast & bacon, cheddar cheese, Tomato, Sweet Onion, Pesto Mayo, Honey Wheat tortilla wrap.

### Chicken Salad.....\$3.50

Diced chicken & celery tossed in a seasoned mayo with crasins, mixed greens on a spinach tortilla or pita .

### Turkey Artichoke.....\$5.95

Turkey Breast, Asiago & Pesto cheese spread, artichokes, fresh spinach, tomatoes on a grilled Tomato-basil foccacio roll.

### Assorted Sandwiches.....\$2.00

## Healthy Greens



### Asian Chicken Salad.....\$6.50

Homemade chicken salad laid on a field of mixed greens, topped with rice noodles, mandarin oranges, parmesan cheese and served with our Fat Free toasted sesame seed dressing.

### Tamarac Chef.....\$5.95

A blend of turkey and ham over mixed greens sprinkled with crasins, slivered almonds, fresh parmesan and served with our Fat Free Vinagrette.

### Chefs Choice.....\$6.50

Selections vary

## A La Carte

Soup.....Cup.....\$2.50/Bowl.....\$3.50

Served with crackers and veggie sticks

**Cold Salad Special**.....\$2.00

## Snacks and Things

Stacey's Chips: Naked Pita, Cinnamon & Sugar and Garlic/Parmesan.....\$1.00

Brinkmans Chips: BBQ, Pita and Kettle Crunch Flavors.....\$1.00

Ferris Nuts assorted.....\$2.25

Cookie....\$1.00

Select Granola Bars and Power Bars.....\$1.00/\$1.75

## Breakfast On The Go

Kellogg Cereals Served with Skim or 2% milk.....\$2.25

Oatmeal Assorted Flavors....\$1.50/\$2.00

Bagels with Cream Cheese....\$2.25

Apple Jammer Fruit Sticks....\$

Strawberry Yogurt with Granola....\$2.25 with Fruit....\$2.95

Poptarts....\$1.00

Fruit Cups assorted variety....\$2.95

