

the Café

804 N MAIN STREET
GUNNISON, CO 81230
970.641.5928

@ GUNNISON VITAMIN & HEALTH FOOD STORE

espresso bar

FEATURING ORGANIC
CAMP 4 COFFEE

	12 OZ	16 OZ	20 OZ
DRIP COFFEE	\$2.00	\$2.25	\$2.50
DOUBLE ESPRESSO	\$2.25	----	----
AMERICANO	\$2.25	\$2.50	\$2.75
CAPPUCCINO	\$3.50	\$3.75	\$4.25
LATTE	\$3.50	\$3.75	\$4.25
MACCHIATO	\$3.50	\$3.75	\$4.25
MOCHA	\$3.75	\$4.25	\$4.75
WHITE MOCHA	\$4.00	\$4.50	\$5.00
BREVE (made with 1/2 & 1/2)	\$4.50	\$5.25	\$5.75
COLD BREW/ICED COFFEE	\$2.75	\$3.00	\$4.00

ALL ESPRESSO DRINKS HAVE 2 SHOTS

ADD EXTRA SHOTS

\$0.75 EACH

ADD FLAVOR

\$0.75

HOT TEA (extra tea bag \$0.50)	\$2.00	\$2.00	\$2.00
ICED TEA (green or black)	\$2.00	\$2.25	\$2.75
CHAI LATTE (ask for varieties)	\$4.50	\$4.75	\$5.50
FLAVORED TEA (ask for varieties)	\$4.50	\$4.75	\$5.50
HOT COCOA	\$3.25	\$3.75	\$4.25
WHITE HOT COCOA	\$3.50	\$4.00	\$4.50
BIG B'S HOT APPLE CIDER	\$3.25	\$3.50	\$4.25
ITALIAN CREAM SODAS	\$3.50	\$4.00	\$4.50
STEAMERS (with 1 flavor)	\$3.00	\$3.50	\$3.75

ALL DRINKS served with organic 2% milk

NO EXTRA CHARGE FOR MILK ALTERNATIVES almond, coconut, rice, soy

The Café at Gunnison Vitamin & Health Food Store is committed to the craft of real, simple food. Our products are naturally healthy; we feature natural, organic, local, unprocessed, whole foods and we pride ourselves in creating all of our menu items from scratch. Real food is truly our specialty!

Thank you so much for choosing to dine with us!

Grab & Go Also Available All Day

Deli Sides : Salads : Bakery Items : Sandwiches

Serving Breakfast & Lunch

Monday - Friday

8 am to 3 pm

the Café

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breakfast

SERVED ALL DAY

::: BREAKFAST BURRITOS ::: includes a cup of coffee or tea

VEGETARIAN egg, cheese, brown rice & fajita veggies \$9.25

MEAT add bacon or sausage \$11.25

VEGAN avocado or tempeh bacon, mushrooms, brown rice & fajita veggies \$9.75

in a whole wheat or gluten free wrap

::: BREAKFAST SANDWICHES ::: includes a cup of coffee or tea

VEGETARIAN egg, cheese, lettuce, tomato, onion, mayo & mustard \$8.75

MEAT add bacon or sausage \$10.75

VEGAN avocado or tempeh bacon, lettuce, tomato, onion, mustard & vegan mayo \$9.75

whole wheat, sourdough, rye, sprouted grain or gluten free bread

::: BAGELS ::: organic or gluten free bagel with one topping

butter, cream cheese, vegan cream cheese, jam or peanut butter \$3.75

ADD EXTRA TOPPINGS \$0.50

::: YOGURT PARFAIT ::: with fresh berries & granola \$6.00

smoothie bar

12 OZ \$5.50 : 16 OZ \$6.50

GREEN MONSTER spinach, cilantro, apple, lemon, coconut water

SUPER ANTIOXIDANT strawberry, raspberry, spinach, rice milk

ZESTY BUDDAH mango, banana, avocado, lime, coconut milk, oj

BLUEBERRY ZINGER banana, blueberry, ginger, lemon, chia seeds

PB & J peanut butter, raspberry, strawberry, banana, almond milk

PB & JOE peanut butter, banana, white chocolate, espresso, almond milk

OAT - CHATA oats, banana, vanilla, cinnamon, agave, rice milk

SCHNOZZBERRY blueberry, raspberry, strawberry, yogurt, oj

BUILD YOUR OWN

12 OZ \$5.50 : 2 FRUITS : 1 JUICE OR MILK

16 OZ \$6.50 : 3 FRUITS : 1 JUICE OR MILK

FRUITS apple, banana, blueberry, mango, raspberry, strawberry

JUICES apple, orange, coconut water

MILKS almond, coconut, rice, soy, 2% organic

SUPPLEMENTS & EXTRAS

PLANT BASED PROTEIN : WHEY PROTEIN : YOGURT \$1.25

CHIA SEEDS : FLAX MEAL : HEMP SEEDS \$1.25

PEANUT BUTTER : ALMOND BUTTER \$1.25

hot sandwiches

WHOLE SANDWICH with a small green salad or bag of chips	\$12.50
1/2 SANDWICH with a small green salad or bag of chips	\$8.25
1/2 SANDWICH with a cup of soup	\$8.75
choose from whole wheat, sourdough, rye or seeded bread house made roll or whole wheat tortilla gluten free bread or wrap	

::: SIGNATURE SANDWICHES :::

REUBEN house-brined corned beef, swiss cheese, sauerkraut, 1000 Island dressing	
CUBANO ham, pulled pork, swiss cheese, pickles, mustard, zesty chimichurri sauce	
TEX MEX TURKEY turkey, cheddar cheese, avocado, jalapenos, tomato, lettuce, smoky chipotle aioli	
PULLED PORK bbq pulled pork, fajita veggies, crunchy cole slaw	
RANCHERS BEEF STEAK savory horseradish roast beef, provolone cheese, fajita veggies	
CHICKEN & MOZZARELLA chicken breast, fresh mozzarella, tomato, spinach, basil pesto	
GYRO Colorado lamb, spring mix, tomatoes, red onions, black olives, feta cheese, house-made tzatziki sauce	SUBSTITUTE CHICKEN OR VEGETARIAN
VEGGIE BURGER house-made veggie patty {brown rice, black beans, beets, onions, garlic, almonds, oats, flax, raisins & spices} lettuce, tomato, red onion, mayo, mustard	
VEGETARIAN BAHN MI marinated tofu, cashew paté, pickled red onions, pickled radishes, carrots, cucumbers, cilantro, basil, Sriracha mayo	
SALMON WRAP wild Alaskan salmon, tomato basil relish, fresh mozzarella, mixed greens, balsamic reduction	\$15.00

::: BUILD YOUR OWN :::

1 MEAT OR ALTERNATIVE : 1 CHEESE : 3 TOPPINGS
CHOICE OF CONDIMENTS & BREAD

MEATS OR ALTERNATIVES ham, roast beef, turkey, chicken breast, tuna salad, egg salad, chicken salad, bacon, tempeh bacon, house-made hummus	
CHEESE cheddar, provolone, swiss, mozzarella, goat cheese, feta	
TOPPINGS lettuce, tomato, onion, spinach, cucumber, carrot, jalapenos, roasted or fresh red peppers, pickled onions, pickled radishes	

ADD AVOCADO	\$1.50
ADD SALMON	\$6.00
EXTRA MEATS OR ALTERNATIVES	\$3.00
EXTRA CHEESE	\$1.00
EXTRA TOPPINGS OR VEGGIES	\$0.50 EACH

soups de jour

CUP	\$4.50
BOWL	\$6.50
ADD BREAD OR HOUSE MADE ROLL	\$1.00

salads

HOUSE-MADE DRESSINGS : BALSAMIC VINAIGRETTE,
LEMON VINAIGRETTE, MAPLE, RANCH, 1000 ISLAND

WHOLE SALAD	\$12.00
1/2 SALAD	\$8.00
ADD CHICKEN	\$3.00
ADD EXTRA VEGGIES	\$0.50

::: SIGNATURE SALADS :::

MIXED GREENS roasted asparagus, roasted red peppers, red onion, goat cheese, lemon vinaigrette	
SPINACH & BACON candied walnuts, red onion, apples, maple dressing	
SWEET POTATO spinach, roasted sweet potatoes, toasted pumpkin seeds, dried cranberries, maple dressing	
HOUSE SALAD mixed greens, cucumbers, tomato, pickled red onion, garbanzo beans, balsamic vinaigrette	
SALMON SALAD mixed greens, wild Alaskan salmon, tomato basil relish, fresh mozzarella, balsamic reduction	\$15.00
SMALL SIDE SALAD mixed greens, balsamic vinaigrette	\$5.50

noodle/rice bowls

::: GLUTEN FREE RICE NOODLES OR BROWN RICE :::

WHOLE BOWL	\$12.00
1/2 BOWL	\$8.00
ADD CHICKEN OR BEEF	\$3.00
SUBSTITUTE MEAT FOR TOFU	\$1.50

PAD THAI fish sauce, tofu, egg, peanuts, scallions, carrots, cilantro, lime	
INDONESIAN PEANUT creamy peanut sauce, tofu, broccoli, red pepper, cilantro, basil, peanuts, lime	
SWEET & SOUR spicy pineapple sauce, tofu, asparagus, red pepper, mushrooms, scallions, basil, lime	
KUNG PAO spicy kung pao sauce, tofu, celery, carrots, mushrooms, scallions, cabbage, sesame seeds	
TERIYAKI tofu, carrots, broccoli, red bell peppers, scallions, sesame seeds	

kids menu

KIDS MEAL SERVED WITH chips, seasonal fruit or veggie sticks	\$6.50
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GRILLED CHEESE melted cheddar on choice of bread	
QUESADILLA melted cheddar on tortilla served with salsa or sour cream	
PEANUT BUTTER & JELLY try it toasted on choice of bread	
MEAT & CHEESE one meat and one cheese with choice of bread and condiments	
CHICKEN STRIPS non-breaded chicken breast sliced and served with house-made ranch dressing	