

# Cafe Liberty

## SANDWICHES

### ADULT CHEESE SANDWICH

Cheddar cheese grilled on buttered multigrain bread

### GRILLED CHEESE SANDWICH

American cheese grilled on buttered wheat bread

### CHEESE QUESADILLA

Cheddar cheese grilled on flat bread

## FROM THE OVEN



### CHICKEN TENDERS

8 oz. - Chicken tenders\* with dipping sauce  
5 oz. - Chicken tenders\* with dipping sauce

*Dipping Sauces: BBQ, Ranch*



### BOSCO STICKS

2 - 3 oz. Cheese stuffed breadsticks

*Served with 1 - 2.3 oz. Marinara Sauce*



### HOT PRETZEL STICKS

2 - Hot pretzel sticks with dipping sauce

*Dipping Sauces: BBQ, Ranch*

## SNACKS

### CHIPS/PRETZELS

Sun Chips (*original or cheddar*), Baked Lays (*plain or BBQ*), Rold Gold Pretzels

### SPECIALTY CHIPS

Stacy's Pita Chips

### OTHER

Applesauce  
Cheese & Crackers  
Greek Yogurt  
Ostrim  
Trail Mix

### CANDY

Candy  
Fruit Snack  
Clif Twist  
Clif Z-Bars

## DRINKS

### JUICE BOX

TROPICANA APPLE JUICE

TROPICANA OJ

BOTTLED SPRING WATER

FIJI WATER

BAI WATER

BAI 5

IZZE

LACROIX



## SMOOTHIES

### SMOOTHIES

12 oz. Small

20 oz. Large

### CAPPUCCINO

MANGO

STRAWBERRY

STRAWBERRY BANANA

PEACH MANGO\*

*(made with Stevia, no added sugar)*

PEACH/PEAR/APRICOT

*(no added sugar)*

\*1.5 Servings of fruits and vegetables in a 12 oz. drink

All items are subject to availability.

Prices on this menu do not include tax and 10% gratuity charges

## PROTEIN SHAKES

### ALMOND DREAM

Almond milk, chocolate protein, banana, peanut butter and flax seed

### GREEN MACHINE

Pineapple juice, spinach, plain greek yogurt, banana, pineapple and whey protein

### LIBERTY WHEY OF LIFE

Skim milk, greek yogurt, choice of two fruits and whey protein

### LEAN MACHINE (LOW SUGAR)

Water, spinach, avocado, banana, chocolate protein

### ORANGE SUNBURST

Orange juice, greek yogurt, and whey protein

### STRAWBERRY SUNRISE SMOOTHIE

Orange juice, strawberries, banana and whey protein

### ULTIMATE PROTEIN

Skim milk, choice of two fruits and whey protein

## DAILY SPECIALS AVAILABLE!