

Mmmm & Tea's Cafe

at the Hamburg Public Library

Breakfast Menu

Breakfast Sandwiches \$5.50

All meats and cheeses are Boar's Head products

Get Up and Go

Ham, egg, and white cheddar on an everything bagel

Power Hour

Egg, white cheddar, spinach, and roasted tomatoes on quinoa multigrain bagel

Bacon, Egg, & Cheddar

Bacon, white cheddar, and egg on hard roll or bagel

Egg and Cheese (\$4.00)

Pepper jack cheese, egg, and chipotle mayo on hard roll or choice of bagel

Sweet and Savory (\$4.00)

White cheddar, spinach, and tomato on a cinnamon raisin bagel

Build your own breakfast sandwich

Choice of bagel or bread, cheese (white cheddar, pepper jack, Swiss, provolone), meat (ham, bacon, vegan bacon), egg, and up to 1 additional veggie (spinach, tomato, peppers, onions, etc.)

Additional Breakfast Items

Yogurt Parfait \$3.50

Vanilla Greek yogurt topped with fresh fruit compote and homemade granola

Mini Frittata Cups \$4.00

Choice of Veggie & Pesto or Bacon & Cheddar

Steel Cut Oatmeal \$3.75

Creamy steel cut oats topped with fruit and nuts.

Hard Roll or toast with Butter \$1.50

Bagel \$1.50

with butter - \$2.00

with cream cheese - \$2.25

with peanut butter - \$2.25

Breakfast available all day

Bagel Flavors

Plain, Quinoa Multigrain, Cinnamon Raisin, Sesame, Whole Wheat Sesame, Pumpernickel, Everything, Whole Wheat Everything.

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Lunch Menu

****All meats and cheeses are Boar's Head products****

Sandwiches & Wrap Half \$5.00 Full Size \$8.00 <i>Served with a side salad & a pickle</i>	Grilled Sandwiches Half \$5.00 Full Size \$8.00 <i>Served with a side salad & a pickle</i>
Turkey Bacon Club Turkey, bacon, lettuce, tomato, and Pepperhouse Gourmaise dressing on sourdough	Chipotle Chicken Chicken, white cheddar cheese, caramelized onions and chipotle gourmaise on sourdough
Pineapple Chicken Salad Our signature pineapple chicken salad with lettuce, tomato, and parmesan on seeded multigrain	Caprese Fresh tomatoes, mozzarella, and pesto spread on seeded multigrain
Caesar Salad Wrap Chicken, sliced tomatoes, lettuce, parmesan cheese, and creamy Caesar dressing in a spinach wrap	Cuban Ham, Swiss cheese, pickles and deli mustard on a plain bagel
Vegan Turkey BLT Vegan turkey, vegan bacon, lettuce, tomato, and vegan mayo on a pumpernickel bagel	Dude's Reuben Corned beef, Swiss cheese, sauerkraut, and Russian dressing grilled between slices of rye
Chickpea Salad Curried chickpea salad, white cheddar, and lettuce on quinoa multigrain bagel	Classic Grilled Cheese (\$6.50) Swiss and Wisconsin white cheddar on choice of bread *Try with Honey Mustard!
Build your own Sandwich or Wrap Choice of bread, meat/meat alternative (1), cheese (1), vegetable (2), and spread <u>Bread options:</u> sourdough, seeded multigrain, rye, bagel, wrap; gluten free options available <u>Meat/Meat alternative:</u> ham, turkey, chicken, corned beef, bacon, vegan turkey, vegan bacon <u>Cheese:</u> Wisconsin white cheddar, pepper jack, provolone, Swiss, or fresh mozzarella <u>Vegetables:</u> lettuce, tomato, onion, pickles, caramelized onions <u>Spreads:</u> mayonnaise, vegan mayonnaise, yellow mustard, honey mustard, deli mustard, pesto, Pepperhouse spread, Chipotle spread, Russian dressing, hummus	

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Lunch Menu

Salads

Half \$5.00 Full Size \$8.00

Served with a side of bread

Chopped Kale Salad

Chopped kale, feta cheese, raisins, toasted walnuts, and garbanzos in a homemade creamy tahini dressing

Chicken Caesar Salad

Roasted chicken, tomatoes, croutons, and parmesan cheese over spring mix with a side of creamy Caesar dressing

Balsamic Chicken Feta Salad

Balsamic glazed chicken, feta, raisins, and sunflower seeds served over spring mix with a side of homemade balsamic dressing

Roasted Vegetable Grain Bowl

Roasted vegetables, fresh mozzarella, and chopped kale over farro with a side of lemon vinaigrette

Snacks and Small Plates

Hummus Plate

Snack Size \$4.00 Full Size \$8.00

All hummus plates come with cut vegetables and bread for dipping

Check the board for today's hummus flavor

Protein Bites \$4.00

Made with a base of beans, oats, and nuts; weekly rotating flavors

Protein Box \$8.00

Rotating selection daily. Box includes deli slices, cheese, hard boiled egg, nuts, cut fruit and vegetable

Other Seasonal Offerings

Check the board and cold case for updated snacks and small plates

Quesadillas

\$8.00

Served with a side of salsa and sour cream

Soup of the Day

Cup \$2.75 Bowl \$4.00

Check board for daily soup offerings

Served with a side of bread

Roasted Veggie & Goat Cheese

A blend of seasonal roasted veggies with goat cheese in a crispy spinach tortilla wrap

White Bean, Sweet Potato, & Feta

A blend of sweet potatoes, smashed white beans, feta, tomatoes, and green chilis in a crispy whole wheat tortilla wrap

Prepared Meals from

The Eat With Me RD

Breakfast \$4.00 Lunch/Dinner \$8.00

Check the board and the cold case weekly for convenient portioned prepared meals created and made by a registered dietitian.

Great to take and reheat or freeze for later.

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Drink Menu

Hot Beverages

Small 12 oz - Medium 16 oz - Large 20 oz

Drip Coffee

S \$2.00 M \$2.50 L \$2.75

Hand Pulled Espresso Shot

Single shot \$1.50 Double shot \$3.00

Lattes

S \$3.50 M \$4.00 L \$4.25

Mocha

S \$3.50 M \$4.00 L \$4.25

Hot Tea

S \$2.00 M \$2.50 L \$2.75

Tea Steamers

S \$3.50 M \$4.00 L \$4.25

Chai Latte

S \$3.50 M \$4.00 L \$4.25

Hot Chocolate

Kids \$1.00 (8 oz)

S \$2.00 M \$2.50 L \$2.75

Cold Beverages

Small 16 oz - Medium 20 oz - Large 24 oz

Iced Coffee & Iced Tea

Kids \$1.00 (10 oz)

S \$2.50 M \$2.75 L \$3.00

Iced Lattes

S \$3.75 M \$4.25 L \$4.50

Iced Chai

S \$3.75 M \$4.25 L \$4.50

Iced Mocha

S \$3.75 M \$4.25 L \$4.50

Smoothies

(Strawberry PB&J, Blueberry Almond Butter, Green Machine, Triple Berry Power)

Kids \$2.50 (10 oz)

S \$4.00 M \$4.50 L \$5.00

Bottled Water

\$1.50

Sparkling Water (Cans)

\$1.50

Add one or more shots of espresso to any beverage for \$1.25 each