

# Tamarac Café

## Breakfast

### Breakfast Burritos or English Muffins ..... \$3

Add chicken or steak to any item for \$1.

#### Ranchero

Scrambled egg, avocado, black bean, cheddar, cilantro, salsa

#### Farmer

Scrambled egg, peppers, onions, tomatoes

#### Spinach

Scrambled egg, spinach, peppers, feta

### Yogurt or Oatmeal..... \$3

Start off with vanilla Greek yogurt and/or oatmeal and add your toppings.

- Almonds
- Apples
- Banana
- Blueberries
- Cinnamon
- Coconut
- Dried cranberries
- Granola
- Strawberries
- Walnuts

## Lunch / Dinner

### Wraps or Salads ..... \$4

Add chicken or steak to any item for \$1.

#### Santa Fe

Romaine, tomatoes, black beans, avocado, cheddar cheese, corn, salsa

#### Caesar

Romaine, mozzarella cheese

#### Veggie

Romaine, hummus, black bean, lettuce, tomato, cucumber, pepper, onion

#### Market

Spinach/kale, apples, dried cranberries, cucumbers, red onion, almonds/walnuts, feta

#### Asian

Romaine, cabbage, carrots, cucumbers, peppers, green onion, broccoli, cilantro, sesame seeds

### Favorite Salads, Sandwiches and Cups..... \$6 / \$5 / \$1.50

#### Chicken Salad

#### Egg Salad

### Bowls or Burritos ..... \$5

Add chicken or steak to any item for \$1.

#### Santa Fe

Brown rice and quinoa, tomatoes, black beans, avocado, cheddar cheese, corn, salsa

#### Caesar

Brown rice and quinoa, mozzarella cheese

#### Veggie

Brown rice and quinoa, hummus, black bean, lettuce, tomato, cucumber, pepper, onion

#### Market

Brown rice and quinoa, apples, dried cranberries, cucumbers, red onion, almonds/walnuts, feta

#### Asian

Brown rice and quinoa, cabbage, carrots, cucumbers, peppers, green onion, broccoli, cilantro, sesame seeds

#### Hours

Monday to Thursday: 5 a.m. to 8 p.m.

Friday: 5 a.m. to 7 p.m.

Saturday: 6 a.m. to 4 p.m.

Sunday: Noon to 4 p.m.

# Drinks

## Smoothies .....\$4.50

Try one of our signature smoothies or build your own.  
Add whey or vegetable protein to any smoothie for \$.99.

### Lean Green

Fresh spinach, pineapple, banana, strawberries, coconut, orange juice, a blend of spices

### Berries A'More

Four-berry purée, banana

### Blueberry Blitz

Blueberry banana purée, banana

### Mango Tango

Mango purée, banana

### Strawberry Classic

Strawberry purée, banana

### Slim Peach

Peach, pear and apricot purée, banana, vanilla whey protein

### Hawaiian Harvest

Pineapple paradise purée, banana

## Performance Shakes .....\$5.25

### Banana Nut Blast

Skim milk, banana, vanilla whey protein, peanut butter

### Peanut Butter Cup

Skim milk, peanut butter, chocoholic's choice, chocolate whey protein

### Banana Split

Vanilla soy milk, strawberry puree, banana, chocoholic's choice, daily essentials, vanilla whey protein

### Oreo Cookie Crunch

Skim milk, Oreo, chocoholic's choice, chocolate whey protein

## Tea and Hot Chocolate

Chai Tea .....\$2.50 / \$3

Ice /Hot Tea .....\$1

Hot Chocolate .....\$2.50 / \$3

## Specialty Coffee .....\$3 / \$4

House Coffee .....\$1.25 / \$1.50

Café Latte .....\$2.50 / \$3

Espresso, steamed milk

Shot in the Dark .....\$2.50 / \$3

Espresso, house blend coffee

Café Mocha .....\$2.50 / \$3

Espresso, chocolate, steamed milk, whipped cream

### Pralines & Cream

Espresso, hazelnut, almond, steamed milk, whipped cream

### Rose Bud

Espresso, raspberry, white chocolate, steamed milk, whipped cream

### Carmelita

Espresso, caramel, steamed milk, whipped cream

### Café Cocoa

House coffee, steamed milk, chocolate, whipped cream

### White Chocolate Mocha

Espresso, white chocolate powder, steamed milk

### Chocolate Toasted Marshmallow

Espresso, sugar-free chocolate syrup, toasted marshmallow syrup, steamed milk

### White Chocolate Macadamia Nut

Espresso, white chocolate powder, macadamia nut, steamed milk

### Caramel Macchiato

Espresso, caramel, vanilla, steamed milk

### Tamarac Cinnamon Bun

Espresso, white chocolate, cinnamon syrup, caramel, steamed milk

### Milky Way

Espresso, chocolate syrup, caramel, steamed milk, whipped cream with chocolate drizzle

### Peanut Butter Cup

Espresso, chocolate, peanut butter syrup, steamed milk