



11 N. 6th Street Stroudsburg

570-872-9292

facebook.com/quenchon6

www.quenchjuicecafe.com

BREAKFAST

Breakfast Burrito 6.95

Eggs, cheese, veggies or bacon or turkey sausage

Pesto Veggie Egg White Muffin 6.50

Avocado Toast 5.95 w/tomato add bacon \$1

Pancake Panini 5.50

Fresh fruit, lemon crème filling, grilled

Quench Scrambler 4

Eggs, cheese, veggies/bacon/turkey sausage \$1

Oatmeal with Toppings 5.50

Oats simmered in almond milk

Top with granola, fresh fruit, cinnamon, brown sugar

PBJ or Nutella English Muffin 3

Toasted Bagel with Cream Cheese 3.50

Jumbo Muffins 2.50

NEW! Smoothie Bowls 8.95

Green Goddess, Chocolate Hemp, Pitaya,

LUNCH 8.25

(Sub Grilled Chicken or Veggies for most items)

Basil Pesto Wrap (chicken/veggies)

Chipotle Wrap (chicken/veggies)

Chicken Salad Wrap

Tuna Salad Wrap

Chicken Caesar Wrap

Tuscan Chicken Panini

Fire roasted red peppers, balsamic, mozzarella, arugula

Teriyaki Chicken Panini

Swiss & arugula

Hand-made Grilled Black Bean Burger

Avocado, tomato, chipotle, lettuce

Hand-made Grilled Turkey Burger

Cheddar, tomato, honey mustard, lettuce

Dijon Chicken Panini

Honey mustard, provolone, spinach

Pesto Chicken Panini

Mozzarella, tomato, spinach

Chipotle Veggie Panini

Hummus Veggie Panini

3 Cheese & Tomato Panini 5

PBJ Panini 5

C.L.T. chicken, lettuce, tomato, mayo 7

Chicken Salad Sandwich 7

Tuna Salad Sandwich 7

SALADS 8.50

Traditional or Kale Caesar Salad

Santa Fe Salad

Berry & Feta Salad

Garden Salad

Add Chicken /Tuna / BB or T.Burger 3

SNACKS 5.50

Yogurt Parfait

Low fat yogurt, fruit, Quench granola

Protein Snack Pack

Sliced green apple, walnuts, swiss

Apple Sandwich

Peanut butter/Nutella, granola between 2 apple slices

Fire Roasted Red Pepper Hummus & Pita Snack Pack

Grilled Chicken & Vegetable of the Day 9.95

Foodie Friday Entrée 10.95

Courthouse Combo 6

½ sandwich & soup

SOUPS: Cup 3, bowl 5.50, Quart 10.50

JUICY CLASSICS

Quench Connection 5.75

Carrots, apples, orange juice

Crouching Tiger

Carrots, celery, kale, ginger

Braveheart

Apple, beets, carrots, ginger

Iron Man

Green apples, celery, kale

Pulp Fiction

Carrots, apple, parsley

Metropolis

Kale, green apple

(mid September-mid april)

SMOOTHIES 5.95/6.95

Rock A Bye Berry strawberry, banana, yogurt

Blu Jazz blueberries, banana, yogurt

Green Day spinach, mango, banana, apples

Yogi's Choice mangoes, strawberries, banana, guava

Purple Rain almond milk, blueberries, whey protein, flax

Mochalicious coffee, skim milk, chocolate protein powder

Nutso Banana almond milk, peanut butter, banana, flax

Grapezilla Grapes, blueberries, yogurt

PB&J Natural Peanut Butter, grape juice, yogurt, banana

Smashing Pumpkin fall only, 1 size Pumpkin, spices, yogurt

Chocolate Grunge Skim milk, peanut butter, chocolate whey protein

Matcha Green Tea Frappe skim milk Ghirardelli white chocolate

Better Food that's Better for You!

570-872-9292

Mon-Fri 8a-4p

Sat 9a-3p

All food made from scratch on premises