

Quench Café & Juice Bar

11 N. 6th Street Stroudsburg

570-872-9292

[facebook.com/quenchon6](https://www.facebook.com/quenchon6)

www.quenchjuicecafe.com

****Call Ahead for Curbside Pick up**
or DELIVERY**

BREAKFAST

Breakfast Burrito 6

Eggs, cheese & veggies or bacon or turkey sausage

Veggie Egg White Muffin 5.75

Pancake Panini 5

Fresh fruit, lemon crème filling grilled

Quench Scrambler 4

Scrambled eggs & cheese
veggies/bacon/turkey sausage \$1

Oatmeal with Toppings 4.50

Oats simmered in almond milk
Top with granola, fresh fruit, cinnamon, brown sugar

PBJ or Nutella English Muffin 3

Jumbo Muffins 2.50

Breakfast Smoothie 5.50

Kale, berries, banana, flax

LUNCH

Basil Pesto Wrap (chicken/veggies) 7

Chipotle Wrap (chicken/veggies) 7

Chicken Salad Wrap 7

Chicken Caesar Wrap 7

Tuscan Chicken Panini 7.50

Grilled chicken, fire roasted red peppers, mozzarella, arugula

Teriyaki Chicken Panini 7.50

Grilled chicken, teriyaki sauce, swiss

Hand-made Grilled Turkey Burger

Topped with cheddar, tomato, honey mustard

Dijon Chicken Panini 7.50

Grilled chicken, dijonaise, provolone, spinach

Chipotle Veggie Panini 7.50

Veggies, chipotle dressing, cheddar

3 Cheese & Tomato Panini 5

Chicken Salad Sandwich 6

Curry infused mayo, cranberries

Tuna Salad Sandwich 6

Mayo, celery

Hummus Lettuce & Tomato 6

Specials on line

SALADS

Caesar Salad 7

Santa Fe Salad 7

Strawberry & Feta Salad 7

Garden Salad 7

Add Chicken 2/Tuna 3/ Turkey Burger 2.50

Summer Salads 8

Quinoa – Chef's Special

Greek – feta, cucumbers, tomatoes, olives

Waldorf-apples, walnuts, blue cheese

Call for Salad of the Month

Balsamic, honey mustard, chipotle, herb vinaigrette , caesar

SNACKS 4

Fruit or Veggie Cup

Yogurt Parfait

Low fat yogurt, Quench granola, fruit

Protein Snack Pack

Cheese, nuts, fruit

Apple Sandwich

Peanut butter/Nutella, granola between 2 apple slices

Quench Hummus & Pita Snack Pack

Grilled Chicken & Vegetable of the Day 8.50

Foodie Friday Entrée 9.25

Courthouse Combo 6

½ sandwich & soup

SOUPS: Cup 3, bowl 4.50, Quart 9

JUICY CLASSICS

Choose it... we'll juice it \$5.30

(up to 3 items Extras 0.25)

Carrots, Red apples, Green apples, Beets
Kale, Celery, Parsley, Spinach, Cucumbers, Lemon, Ginger

SMOOTHIES 5.50/6.50

Rock A Bye Berry –strawberry, banana, yogurt

Blu Jazz-blueberries, banana, yogurt

Yogi's Choice – mangoes, strawberries, banana, guava

Purple Rain-almond milk, blueberries, whey protein, flax

Mochalicious-coffee, skim milk, chocolate protein powder

Twisted Yogi-Blueberries, strawberries, mangoes, guava nectar

Reggae Runner-Peaches, mangoes, strawberries, pineapple

Island Breeze-Strawberries, mangoes, banana, apple juice

Calypso Crush-Mangoes, pineapple, yogurt

Banana Jamma-Banana, mangoes, yogurt

Pop Berry-Blueberries, strawberries, yogurt

Peach Alternative-Peaches, banana, yogurt

Sunrise High-Oj, banana, splash of cranberry

Techno Peach-Peaches, strawberries, apple juice

Green Day- spinach, apple, mango, banana, oj or water

12oz Strawberry Sunshine-strawberries, lemonade \$3

We Deliver

Better Food that's Better for You!

570-872-9292

Mon-Fri 8a-4p Sat 9a-3p

Menu Subject to change.... good thru 9/2015