



## Homemade Soup

Three Soups Daily of which one is Vegetarian

- Cup** - 12 oz. Cup & Croutons . . . . . \$3.25  
**Bowl** - 16 oz. Bowl & Bread . . . . . \$4.25

## Sandwich Selections

Prepared on Conroy's Organics Artisan baked breads:  
 sourdough, multi-grain, rye, or garlic-herb tortilla wrap.  
 Served with lettuce, tomato & onion. Accompanied by  
 tortilla chips, salsa and pickle.

- The Round Mountain Gobbler** - oven roasted turkey breast with an orange-cranberry mayonnaise. . . . \$6.25  
**The Apple Orchard** - black forest ham with sliced macintosh and a dijon-apple mustard . . . . . \$6.25  
**The Algonquin Trail Blazer** - thinly sliced roast beef with a roasted garlic-artichoke mayonnaise. . . . \$6.50  
**The Tree Hugger's Delight** - house prepared hummus wrap with alfalfa sprouts and a mango-curry sauce \$6.25  
**The Wilderness Challenge** - turkey, ham and roast beef with bacon, swiss and a dijon-horseradish sauce . \$7.50  
**The Vegiterranean** - alfalfa sprouts, cucumbers, artichoke hearts and feta with a lemon-tahini dressing. . . . . \$6.25  
**Swimming Upstream** - tuna salad with dill, celery, onion and a light dressing. . . . . \$6.25  
**Roy's "You Gotta Have A" PBJ** - pretty self explanatory. Choice of strawberry or grape jam. (\$4.95 for Roy) . . . . . \$2.95

- Sandwich of the Day:**  
 ADK Monster Wrap: a peak experience . . . . . \$7.50  
 Add Cheese - \$.50 \* (Swiss or Cheddar)  
 Add Bacon - \$1.00 \*

Turn anyone of our sandwiches into a salad - \$7.95  
 The Wilderness Challenge as a salad - \$8.95  
 OR try your sandwich as a wrap!

Visit our website, call or stop in to see our  
 Daily Specials featuring platters, wraps and more!

## Salad Platters

A bed of fresh greens with tomato, cucumber, onion and carrots. Served with orange-maple vinaigrette, creamy ranch or lemon-tahini dressing.

- Garden Salad** - with your choice of orange-maple vinaigrette, creamy ranch or lemon-tahini dressing . . \$4.95  
**Cafe Salad** - with alfalfa sprouts, sunflower seeds and shredded cheddar . . . . . \$5.95  
**Southwestern Salad** - with roasted corn, black beans and salsa. Topped with cheddar, tortilla chips and fresh lime . \$5.95  
**Mediterranean Salad** - with cannellini beans, artichoke hearts, marinated feta and fresh lemon . . . . . \$6.95  
**Trio Salad Sampler** - Try any 3 Deli salads . . . . . \$5.50

## Combination Lunch Plates

- Cup of Soup and Salad** - Your choice of a cafe salad or southwestern salad . . . . . \$8.95  
**Cup of Soup and Sandwich** - Served with tortilla chips, salsa and pickle . . . . . \$8.95  
 with Half Sandwich . . . . . \$6.95  
 with the Wilderness Challenge. . . . . \$9.95  
**ADK Meal Combo** - Add chips and a 12 oz. soda or bottled water . . . . . \$2.25

## Accompaniments & Beverages

- "Dirty's" Kettle-Cooked Potato Chips** - Choose from Lightly Salted, Salt & Vinegar, Sour Cream & Onion, Mesquite BBQ, Roasted Garlic & Herb or Cracked Pepper & Sea Salt. . . . . \$1.25  
**Homemade Dessert Specials** - Cinnamon Raisin Cookies, Chocolat Chip Cookies, Oatmeal Cookies, Double Chocolate Brownies . . . . . \$1.50  
 Pepsi Products . . . . . Can \$1.30 - Bottle \$1.55  
 Dole Fruit Juices . . . . . 16 oz. Bottle \$1.25  
 Sobe Fruit Juices . . . . . \$1.00  
 Fresh Brewed Coffee. . . . . \$1.25  
 Tea & Hot Cocoa. . . . . \$1.00

