

BEVERAGES



COFFEE

hot 12 oz \$2.50 | 16 oz \$3 iced 12 oz \$3 | 16 oz \$3.50

TEA hot 12 oz \$3 | iced 16 oz \$3.50

LATTE

hot 12 oz \$3.75 | 16 oz \$4.25 iced 12 oz \$4.25 | 16 oz \$4.75 *add flavored syrup* + \$.75

CAPPUCCINO hot 12 oz \$3.75

AMERICANO

hot 12 oz \$3.50

ESPRESSO 1.5 oz \$3

ADDITIONAL SHOT 1.5 oz \$1.50

We proudly serve the following Ithaca Coffee Company blends: Red Rooster Espresso | Bali Blue Moon | Powernap! Decaf | varied teas

GRAB N' GO

SMOOTHIES

Add Orgain protein powder + \$1

BERRY BLISS Blueberry, raspberry, strawberry, lime, chia seeds, coconut water. 24 oz	\$9
CHERRY OATMEAL COOKIE Cherry, banana, oats, almond butter, cacao powder, almond milk. 24 oz	\$9
ISLAND Banana, mango, pineapple, spinach, chia seeds, orange juice, honey. 24 oz	\$ 9
MEAN GREEN Spinach, apple, banana, honey, flax, almond milk. 24 oz	\$9

ACAI BOWLS

Prepared to order, all bowls are topped with gluten-free granola and NY Clear Creek Honey.

POWER	\$12
Orgain vanilla protein powder, banana, almond butter, flax	
OASIS	\$12
Mango, banana, pineapple, coconut flakes, chia seeds	
КАРНА	\$12
Strawberry, blueberry, raspberry, flax	

TOAST

Gluten-free bread is available + \$1

Please see our in-cafe cooler for easy and healthy, wellness-centered Grab n' Go items, including chia pudding, wraps, salads, and grain bowls; as well as a wide variety of bottled beverages. Fresh baked goods from Adam's Corners Cafe, granola bars, chips, pretzels, and more are also available.

AVOCADO

Sourdough, fresh avocado, microgreens, pickled red onion

\$8 CARPINETO

Sourdough, melted fresh mozzarella, tomato, fresh basil, balsamic glaze

CREAM CHEESE or HUMMUS \$6 Sourdough, cream cheese (dairy-free available) -or- lemon garlic hummus, everything bagel seasoning

CAYUGA WELLNESS CENTER 310 TAUGHANNOCK BLVD.



MON - FRI, 6:30 AM - 2:30 PM THEWATERFRONTCAFEITHACA.COM