



a casual café & coffeehouse

Ask your server about our Vegan, Vegetarian, Gluten-Free choices. ✓

Starters

Soup Du Jour - Ask your server about our homemade soup of the day \$5.50

House Salad - Diced cucumbers, tomato, and red onion served on a bed of mixed greens, choice of dressing \$5.95

Wicked Hot Pimp Dip - hot and creamy pimento cheese dip with tricolor tortilla chips for dipping \$7

Veggies & Hummus Sampler - sliced cucumber, baby carrots and pita wedges with classic hummus \$8

The coffees at Perk Avenue are our own locally roasted special blend...and are available whole bean or ground to take home for your own brew pot.

Salads

Choose half \$6.95 or full size \$9.95

Balsamic Vinaigrette * Ranch * Pesto-Ranch * Fiesta * Creamy Italian * Greek * Bleu Cheese * Creamy Caesar * Sweet and Sour Dressing

Yard Bird in the Garden - Chunky white meat chicken salad with light mayo, apples, raisins and walnuts on a bed of mixed greens served with balsamic vinaigrette. For a Sea Bird ask for Tuna Fish instead!

Sunshine Salad - Mandarin oranges and baked chicken, raisins, walnuts, grapes, feta cheese on a bed of fresh spinach served with balsamic vinaigrette.

Spring Green Salad - Crisp romaine lettuce, fresh broccoli florets, diced red onion, topped with sauteed walnuts and crunchy ramen noodles, served with our sweet and sour dressing. ✓ - new -

Roasted Vegetable Salad - A roasted medley of seasonal vegetables on a bed of mixed greens and romaine lettuces, served with Pesto Ranch dressing. ✓ - new -

* Cobb Salad - chicken, turkey, bacon, diced tomato and egg on a bed of romaine lettuce, served with Ranch dressing. - new -

* Trio Plate: You pick three from Pimento Cheese, Pasta Salad, Potato Salad, Tuna Salad, Original Perk Chicken Salad, or our Hawaiian Chicken salad. Served in romaine lettuce boats with crackers or tortilla chips. * Add an additional \$1

Be sure to check out our Daily Specials board for old favorites or new creative menu items.

Quiche and Salad Combo

A slice of Perk's special quiche of the day and our house salad... \$9.95 - new -

Grain Bowl of the Day

✓ No Meat...\$8.95 add Tofu, Chicken, or Bean Burger for \$2 more.

Wrap it up

Choice of one side \$8.95

Turkey Avocado - turkey, bacon, avocado, tomato, spinach, creamy ranch dressing, wrapped in a spinach flour tortilla. - new -

Veggie Delight - basmati rice, beans, cucumber, red onion, crunchy ramen noodles, romaine lettuce, and our creamy curry sauce, wrapped in a tomato flour tortilla. ✓ - new -

Hawaiian Chicken Salad - Our curry chicken salad made with pineapple, grapes, pecans, and apple slices with spring mix and mango chutney, wrapped in a tomato flour tortilla. - new -

Caesar Chicken - warm chicken, basmati rice, romaine lettuce, fresh tomato, fried onions, creamy caesar dressing, all wrapped in a spinach flour tortilla and grilled to delicious perfection. - new -

Perk's Original Chicken Salad - chunky white meat chicken salad with light mayonnaise, raisins, apple slices, grapes and baby spinach wrapped in a spinach flour tortilla and served with balsamic vinaigrette.

Clubabubba - turkey, chicken, bacon, provolone cheese, herbed mayonnaise, roasted red pepper, red onion, and spring mix wrapped in a flour tortilla.

Grilled Hot Wrap - your choice of deli sliced roast beef, baked tofu, sliced turkey or baked chicken with mozzarella, red onion, diced tomato, black olives, and herbed mayo wrapped in a flour tortilla and grilled.

BBQ Chicken Hot Wrap - chunky white meat chicken, mozzarella cheese, tangy BBQ sauce, red onion, fresh sliced tomato wrapped in a flour tortilla and grilled. Served with Ranch dressing for dipping.

Melts and Local Favs

On your choice of artisan bread: white, wheat, sourdough or our tomato basil bun. Choice of one side \$9.95

- Spicy Roast Beef** - sliced deli roast beef, sauerkraut, red onion, peppered mustard, mozzarella
- Roasted Turkey** - sliced roasted turkey breast, herb tomato, roasted red pepper, black olives, herbed mayo and mozzarella
- Tuna Melt** - chunk light tuna, diced herbed tomato, red onion, cheddar cheese and peppered mustard
- Baked Tofu** - baked tofu, herbed tomato, red onion, black olives, roasted red peppers, herbed mayo and mozzarella ✓
- Mediterranean** - baked chicken, black olives, roasted red peppers, herbed tomato, red onion, pesto-ranch and feta cheese
- Club Melt** - turkey, chicken, bacon, red onion, roasted red peppers, herbed mayo and mozzarella
- BLT** - smokehouse bacon, spring mix, fresh sliced tomato and herbed mayo. Grilled. \$8.95
- Bacon Cheese Melt** - smokehouse bacon, pimento cheese, sliced tomato
- Garden Melt** - Mozzarella and provolone cheese, pesto, sliced tomato, and fresh spinach ✓
- Buffalo Chicken Melt** - Mozzarella cheese, baked chicken, smokehouse bacon, jalapenos, and buffalo sauce
- The Minimalist** - A no-nonsense grilled cheese sandwich made with Provolone and American cheese ✓ \$6.95



SSID: Perkave Guest
JavaSpot

Skinny Burgers

With or without bun! Choice of one side \$9.95

- ✓ **The Original Black Bean Burger** - Tasty Bean burger topped with lettuce, tomato, onion, and cheddar cheese
- ✓ **The Greek** - Bean burger on a bed of romaine lettuce and fresh tomato, topped with diced cucumber, black olive, red onion, Feta cheese, pesto-ranch, and pepperoncini peppers
- ✓ **Southwest Crunch Burger** - Bean burger on a bed of romaine lettuce, topped with tomato, corn and black bean mix, and jalapenos; topped with crunchy tortilla chips and a generous drizzle of fiesta dressing

Croissants

Choice of one side \$8.95

Served with herbed mayonnaise, provolone cheese, fresh tomato, red onion, and spring mix on a flaky croissant. Add Bacon for additional \$1

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| Roasted Turkey | Roast Beef |
| Baked Chicken | Tuna Fish |
| Chicken Salad | Baked Tofu ✓ |

Sides

- Chips & Pickle** - \$2.99
- Tortilla Chips and Salsa** - \$2.99
- Fresh Fruit** - \$2.99
- Pasta Salad** - \$2.99
- Potato Salad** - \$2.99

Quesadillas

Half for \$6.95 or Full for \$9.95

Up to six ingredients ...and three sauces

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| Chicken | Black olives | Sour Cream |
| Turkey | Red onion | Ranch |
| Roast beef | Herbed Tomatoes | Pesto-Ranch |
| Bacon | Roasted Red Peppers | BBQ |
| Tofu | Jalapenos | Fiesta |
| Ham | Feta | Salsa |
| Cheddar | Mozzarella | |

Children's Menu \$4.95

comes with potato chips and animal crackers

Grilled Cheese Sandwich
american cheese, white or wheat bread

Half Cheese Quesadilla
mozzarella and cheddar cheeses

add chicken for \$1



Peruse our extensive coffee menu and the display of delectable sweets in our dessert case.

Take Home

- 1 lb. of Chicken Salad - \$8.95
- 1 lb. of Potato Salad - \$8.95
- 1 lb. of Pasta Salad - \$8.95
- 12 oz. of Perk Coffee - \$12.00

Perk Avenue has live music on weekends. Check out our website for a complete list of upcoming events.

