

SMOOTHIES & JUICES



Organic, Fresh, Local Food.

Smoothies



Your Choice\$6.50

(Made with Essential Oils) Add Protein \$2.00

Bananaberry

Strawberry, Banana, Agave, and Almond Milk

Tropical

Strawberry, Banana, Pineapple, Coconut Manna, and Coconut Milk

The Hulk

Spinach, Avocado, Cucumber, Apple, Lime, and Coconut Water

Green Power Mojito

Spinach, Banana, Orange, Peppermint, Lemon, Lime, and Coconut Water

Winter Refresher

Strawberries, Spinach, Peppermint, Honey, and Coconut Milk

Chocolate Fix

Avocado, Cocoa Powder, Banana, Strawberry, Orange, and Almond Milk

Pinacavado

Pineapple, Avocado, Spinach, Honey, and Coconut Water

BerryBay

Blueberry, Strawberry, Pineapple, Banana, Lemon, Orange, and Almond Milk

Fresh Organic Juices



(Made with Essential Oils)

Cucumber Cooler.....\$7.00

Cucumber, Celery, Apple, and Lime

Apple Crisp.....\$7.00

Apple, Cucumber, Orange, and Lemon

Green Lemonade\$8.00

Apple, Spinach, Ginger, and Lemon

Sun Kissed\$7.00

Carrot, Orange, and Beet

Mean Green.....\$7.50

Spinach, Cucumber, Celery, Apple, Lemon, and Ginger

Purple Paradise.....\$7.00

Carrot, Beet, Apple, Ginger

Allergies, Special Diet Needs?

We strive to you bring you the freshest organic and local foods - but some ingredients may not be right for you. Please let us know! We'd be happy accomodate when possible.

“Our commitment is to provide quality, local, organic food as much as possible!”

- Veronica Ripp, Chef/Proprietor

Menu subject to change without notice



Visit us for our
Daily House Specials

get
REAL
cafe



Think Globally. Eat Locally.

116 South Madison Ave.
Sturgeon Bay, WI 54235
920-493-3354

SANDWICHES & SALADS



All sandwiches served with organic carrot sticks or corn chips
Add Fresh House-made Hummus or Chunky Salsa \$1.00

Hot Sandwiches



Bread Options -

Sour Dough, 7-Grain, Whole Wheat, Gluten-Free, Spinach Wrap, Whole Wheat Wrap, Marble Rye or served over Greens

German Panini \$11.00
Salami, Pastrami, Sauerkraut, Sliced Apple, Swiss Cheese and Rosemary Mayonnaise

Italian Panini \$11.00
Pulled Chicken, Basil Pesto, Artichokes, Sundried Tomatoes, and Havarti Cheese

Caprese Melt \$8.00
Balsamic Marinated Tomatoes, Basil Pesto, and Havarti Cheese

Beef Panini \$11.00
Roast Beef, Macerated Red Onions, Mushrooms, Cheddar Cheese, and Rosemary Mayonnaise

Mexican Panini \$11.00
Pulled Chicken, Green Peppers, Red Onion, Greens, Enchilada Sauce, Avocado, and Havarti Cheese

Cuban Panini \$11.00
Sliced Ham, Pulled Pork, Swiss Cheese, Pickles, and Mustard

Cheesehead \$6.00
(add ham \$3.00) Cheddar and Havarti Cheeses

Tuna Melt \$10.00
Skipjack Tuna Salad with Cheddar Cheese Served on Toasted Bread

GRC Tuna Melt \$12.00
Greens, Bacon, Avocado, and Cheddar Cheese Served on Toasted Bread with Sprouts

BBQ Pulled Pork or Chicken Panini \$11.00
House made BBQ Sauce, Pulled Pork or Chicken, Rosemary Mayonnaise, Red Onions, Sliced Pickles, and Cheddar Cheese

Half & Half \$11.00
Cup of Soup or Broth with a Half of any Sandwich of Your Choice (wraps excluded)

Pastrami Reuben \$11.00
Swiss Cheese, Thousand Island Dressing and Sauerkraut

Veggie Mexican Burrito \$10.00
Black Beans, Black Olives, Bell Peppers, Red Onions, Greens, Mushrooms, Avocado, Enchilada Sauce, and Quinoa

Cold Sandwiches



BLT (Served on Toasted Bread) \$9.00
Warm Bacon, Sliced Tomatoes, Greens, and Mayonnaise

Chicken, Egg, or Tuna Salad \$10.00
(Served on Toasted Bread) Cucumber, Greens, and Sprouts

Free Bird (Served on Toasted Bread) \$11.00
Pulled Chicken, Greens, Sprouts, Avocado, Red Onions, Cucumber, and Mayonnaise

Ham N Swiss \$10.00
Red Onion, Rosemary Mayo, Cucumber, and Sprouts

Club (Served on Toasted Bread) \$11.00
Sliced Ham, Pulled Chicken, Bacon, Red Onion, Greens, Tomato, and Mayonnaise

Greek Wrap (Cold) \$9.00
Greens, Black Olives, Mushrooms, Tomatoes, Cucumbers, Green Peppers, Red Onions, Artichoke Hearts, Sprouts, Feta Cheese, and House Vinaigrette

Quinoa Salad Wrap \$11.00
Greens, Quinoa, Red Onions, Garlic, Ginger, Sprouts, Carrots, Cucumbers, Green Peppers, Avocados, and House Vinaigrette

Salads



(Add ham, chicken, beef, pastrami, salami, bacon, pork \$3.00
Chicken Salad, Egg Salad, or Tuna Salad \$4.00)

GRC Salad \$10.00
Greens, Macerated Onions, Artichoke, Hearts, Cucumbers, Tomatoes, Green Peppers, Mushrooms, Black Olives, Shredded Carrots, Sprouts, Craisins, Sunflower Seeds, Feta Cheese, and House Vinaigrette

Chef Salad \$10.00
Greens, Ham, Chicken, Cheddar Cheese, Red Onions, Cucumbers, Tomatoes, Chopped Egg, Sprouts, and House Vinaigrette

Quinoa Salad \$11.00
Greens, Quinoa, Red Onions, Garlic, Ginger, Sprouts, Carrots, Cucumbers, Green Peppers, Avocados, and House Vinaigrette

Raw Sprout Salad \$9.00
House Sprouts, Greens, Shredded Carrots, Apples, Cucumbers, Tomatoes, Sunflower Seeds, Bell Peppers, Red Onions, and House Vinaigrette

Cobb Salad \$11.00
Chicken, Bacon, Egg, Red Onions, Tomato, Cucumber, Avocado and Sprouts

Egg Sandwiches



Served with Fresh Organic O.J.
(Sour Dough, Whole Wheat, 7-Grain, or Gluten-Free)

Egg & Cheese Sandwich \$5.00
Two Eggs and Cheddar Cheese

Bacon, Egg, & Cheese \$5.50
Two Eggs, Two Slices of Bacon, and Cheddar Cheese

Bacon, Ham, Egg, & Cheese \$6.00
Two Eggs, Ham, Bacon, and Cheddar Cheese

Steak & Egg Breakfast Sandwich \$6.50
Sliced Beef, Two Eggs, Cheddar, Red Onion, Bell Peppers

Egg Burritos



Served with Fresh Organic O.J. (Spinach or Whole Wheat Wrap)

Mediterranean \$8.50
Two Eggs, Black Olives, Mushrooms, Potatoes, Artichoke Hearts, Red Onions, and Feta Cheese

Sanchez \$8.50
Two Eggs, Green Peppers, Red Onions, Salsa, Avocado, Potatoes, and Havarti Cheese

Native \$9.00
Two Eggs, Ham, Bacon, Spinach, Mushrooms, Potatoes, and Cheddar Cheese

Lowcountry Breakfast Burrito \$8.00
2 Eggs, Bell Peppers, Red Onions, Sweet Potatoes, Bacon, Havarti Cheese and Sriracha Hot Sauce