

Breakfast Items

Scones
Muffins
Breakfast Sandwiches
Bagels
English Muffin/Toast
Hot & Cold Cereals
Croissants
Daily Breakfast specials include cinnamon rolls, quiche and breakfast burritos

Snacks

Whole Fruit	Trail Mix	Chips
Cereal Bars	Crackers	Candy
Granola Bars	Peanuts	

Lunch

Daily Specials

Check for the chef's creations du jour!

Grab-n-Go" Sandwiches

Whole \$3.50/Half \$2.00

Tuna Salad (albacore tuna, red onion, celery, relish, lemon juice, mayo)

Chicken Salad (diced chicken breast, green onion, seasonings, mayo-yogurt dressing)

Egg Salad (chopped eggs, celery, green onion, Dijon, dill, mayo-yogurt dressing)

Signature Sandwiches

Create Your Own Sandwich \$4.50

Combo Meal \$6.00

(includes drink & chips or cookie)

You be the chef....Choose from the ingredients below to create your own signature sandwich. Drop off your order in advance to have your sandwich waiting when you arrive!

Breads

- | | |
|----------------------------------|----------------------------------|
| <input type="radio"/> Sour Dough | <input type="radio"/> Marble Rye |
| <input type="radio"/> Multigrain | <input type="radio"/> Croissant |

One Meat (.50 extra meat)

- | | |
|-------------------------------------|---------------------------------|
| <input type="radio"/> Turkey Breast | <input type="radio"/> Baked Ham |
| <input type="radio"/> Roast Beef | |

One Cheese (.50 extra cheese)

- | | | |
|-----------------------------|-------------------------------|---------------------------------|
| <input type="radio"/> Swiss | <input type="radio"/> Cheddar | <input type="radio"/> Provolone |
|-----------------------------|-------------------------------|---------------------------------|

Veggies (as many as you like)

- | | |
|---------------------------------|-------------------------------------|
| <input type="radio"/> Tomatoes | <input type="radio"/> Red Onions |
| <input type="radio"/> Lettuce | <input type="radio"/> Pepperoncinis |
| <input type="radio"/> Cucumbers | <input type="radio"/> Black Olives |

Top-it-off

- | | |
|--|--------------------------------------|
| <input type="radio"/> Horseradish | <input type="radio"/> Yellow Mustard |
| <input type="radio"/> Mayonnaise | <input type="radio"/> Honey Mustard |
| <input type="radio"/> Italian Dressing | <input type="radio"/> Dijon Mustard |

Order forms for signature sandwiches are available in the Bistro and can be dropped off in advance.

Salads \$4.50

Chef (mixed greens, ham, turkey, swiss, cheddar, egg slices, tomatoes, cucumbers, bacon & choice of dressing)

Chicken Caesar (romaine, shredded parmesan, garlic croutons, grilled chicken strips & creamy Caesar dressing)

Greek (romaine, cucumbers, tomatoes, feta, red onion, pepperoncinis, kalamata olives & greek dressing)

garden salad \$2.00

mixed greens, cherry tomatoes, cucumbers, red onion, carrots & choice of dressing

Cup of Soup \$2.00

Always different, always delicious!

Side Dishes

Fruit, & Yogurt Parfait
Yogurt
Fresh Fruit Cup
Cottage Cheese
Fresh Veggies w/dip
Celery Sticks & Peanut Butter
Deli Salads

Desserts

Dessert Bars	Cheesecake	Ice Cream
Layer Cake	Tiramisu	Cookies

Beverages

<i>Hot Drinks</i>	8 oz.	12oz.	16 oz.
Brewed Coffee	1.00	1.50	2.00
Assorted Teas	1.00		
Hot Cocoa	1.00	1.50	2.00
Café Mocha		3.00	3.50
Café Latte		2.50	3.00
Americano		1.50	2.00
Chai Tea		2.00	

* Add .50 for each additional espresso shot

* decaf espresso, nonfat milk and flavorings available at no additional charge

Iced Drinks \$3.50

Iced Mocha
Iced Latte
Iced Chai Tea

Frozen Drinks \$3.50

Mango Madness Smoothie
Strawberry Sensation Smoothie
Passion Orange Guava Smoothie
Blended Ice Mocha
Blended Ice Vanilla Latte
Blended Coffee-Free Vanilla Bean
Blended Frozen Hot Chocolate
Blended Ice Green Tea

Soft Drinks

Canned Sodas	Milk
Gatorade	Juices
Snapple	Sparkling Water
Crystal Light	Sparkling Juices
Spring Water	Ice Tea

We have gifts too!

Greeting cards
Jewelry
Stuffed toys
Gourmet foods
Cookbooks
Music
Burt's Bees
See's Candy
Frames
Vases
"reader" eye glasses
Candles
Books
Games
Magnets
Id holders

and more...



Hours:
Monday through Friday
7:00 am until 2:30 pm

Inside Carson Valley
Medical Center

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