

Sandwiches/ Wraps

*Wraps available on Plain or Whole Wheat.
Sandwiches are available on Plain,
Whole Wheat, or Multi-Grain Baguette*

	<u>Sandwiches</u>	<u>Wraps</u>
Salad Wrap <i>Romaine, with your choice of 4 Basic Toppings and Dressing</i>	—	5.95
Tuna Wrap <i>Any Style Tuna, with Lettuce, Tomatoes, and Pickles</i>	4.95	5.95
Egg Salad Wrap <i>Egg Salad with Lettuce and Cucumbers</i>	3.95	4.95
Roasted Veggie Wrap <i>Roasted Vegetables with Lettuce and a Sweet Pepper Dressing</i>	5.50	6.50
Portabella Wrap <i>Roasted Portabella Mushrooms and Sun-dried Tomatoes with Lettuce and a Sweet Creamy Balsamic Dressing</i>	5.95	6.95
Greek Wrap <i>Feta Cheese, Tomatoes, Black Olives, Lettuce, Cucumbers, and Onions</i>	5.50	6.50
California Wrap <i>Avocado, Lettuce, Carrots, Walnuts, and Onions with a Russian Dressing</i>	—	6.50
Nori Wrap <i>Tofu, Avocado, Carrots, Cucumbers, and Lettuce with a Ginger Sesame Dressing</i>	—	6.95

*A small Garden Salad is available
with all orders of paninis, sandwiches,
and wraps for an additional 1.95*

Kid's Menu

Grilled Cheese	4.95
Pizza Bagel	5.50

Paninis

*Paninis available on Regular, Whole Wheat,
or Multi-Grain Bread*

Avocado Panini <i>Avocado, Tomato, and Mozzarella Cheese</i>	6.99
Roasted Vegetables <i>Portabella Mushroom, Red Pepper, Zucchini, and Mozzarella Cheese</i>	7.99
Portabella Mushroom <i>Roasted Portabella Mushroom, Sun-dried Tomatoes and Mozzarella Cheese</i>	7.99
Tuna Melt <i>Tuna, Tomatoes, Mozzarella Cheese, and Lettuce</i>	6.99
Eggplant Parmesan <i>Roasted Eggplant, Tomato Sauce, and Mozzarella Cheese</i>	7.99
Three Cheese <i>Muenster Cheese, Mozzarella Cheese, and Cheddar Cheese</i>	6.99

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with all orders of paninis, sandwiches,
and wraps for an additional 1.95*

Desserts

Hot Chocolate Soufflé <i>Served a la mode</i>	4.95
Ice Cream Sandwich <i>Soft Ice Cream Sandwiched between 2 Jumbo Homemade Chocolate Chip Cookies</i>	2.95

Baked Goods

Muffin Tops	1.25
Muffins	1.75

*Ask about our delicious **Fat Free** flavors*

Q

Cumber's Café

The Healthy Way

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*Under the Rabbinical Supervision of the Vaad
Hakashrus of 5 Towns & Far Rockaway*

UNDER NEW OWNERSHIP!

New Store Hours

Sunday thru Thursday 9 am – 9 pm
Friday 9 am – 3 pm

*Now open Saturday Nights...
1 hour after Shabbos until midnight*

**Introducing Curbside Pick-up
Free Delivery!!!**

Salads

Romaine or Iceberg Lettuce 5.99

Large Salad includes 3 BASIC Toppings
with dressing of your choice.

Additional Toppings may be added at an additional cost.

Basic Toppings

(additional 0.75 each)

Alfalfa Sprouts	Mandarin Oranges
Baby Corn	Mushrooms
Corn Kernels	Green Peas
Beets	Sour Pickles
Black Olives	Purple Cabbage
Green Olives	Radishes
Carrots	Red Kidney Beans
Chickpeas	Three Bean Salad
Chinese Noodles	Q cucumbers
Craisins	Scallions
Croutons	Tomatoes
Celery	Red Onion
Eggs	Slivered Almonds
Egg Whites	Sunflowers Seeds
Red Peppers	Walnuts
Green Peppers	Water Chestnuts

Quality Toppings

(1.50 each)

Avocado	Hearts of Palm
Broccoli	Tofu

Extra Quality Toppings

(2.00 each)

Feta Cheese	Portabella Mushrooms
Shredded Mozzarella	Roasted Vegetables
Shredded Cheddar	Roasted Red Peppers
Sun Dried Tomatoes	

Supreme Toppings

Lite Tuna - 3.00	Egg White Salad - 3.00
Veggie Tuna Flakes - 3.00	Egg Salad - 2.50
House Tuna - 3.00	
Fresh Grilled Salmon (made to order) - 4.00	

Dressings

Lite Honey Mustard	Lite Balsamic Italian
Lite Creamy Caesar	Lite Tofu Dill
Lite Creamy Italian	Lite Italian
Lite Creamy Balsamic	Fat Free Italian
Fat Free Mustard Balsamic	Ginger Sesame
Fat Free Raspberry Vinaigrette	French
Fat Free Thousand Island	Russian
Sweet Balsamic Vinaigrette	Oil & Herb

Classic Salads

Caesar Salad	6.95
<i>Tossed Romaine Lettuce with croutons and fresh parmesan</i>	
Greek Salad	7.95
<i>Romaine Lettuce with tomatoes, cucumbers, onions, black olives, and feta cheese with an oil and herb dressing</i>	
Avocado Salad	7.95
<i>Romaine with red onion, cucumbers and tomatoes, topped with fresh avocado and sesame seeds</i>	
Chef Salad	9.95
<i>Hard boiled egg, corn, olives, cucumbers, tomatoes, and red onion, with mozzarella, feta, and cheddar cheeses.</i>	

Soups

	<u>Small (pint)</u>	<u>Large (quart)</u>
Tomato Vegetable	3.95	6.95
Soup of the Day	3.95	6.95
Cream Soup of the Day	4.95	7.95

Hot Coffee

	<u>12 oz</u>	<u>16 oz</u>	<u>20 oz</u>
Regular	1.35	1.65	1.95
Java Extreme	1.65	1.95	2.25
Hot Chocolate	1.75	2.25	2.75
Cappuccino	1.75	2.25	2.75

Ask about our Freshly Brewed, No Sugar Added,
Gourmet Coffee Flavors

Iced Coffee

Small - 16 oz.	2.50
Medium - 20 oz.	3.00
Large - 24 oz.	3.50

Shake it Up!!

Fruit Smoothies	4.95
<i>Your Choice of Strawberry, Banana, Mango, Pineapple, Peach or Kiwi, blended with Fat Free Vanilla Ice Cream and milk.</i>	

Milk Shakes	3.95
<i>Your Choice of Vanilla, Chocolate, or Mixed!! Hard Ice Cream.... Add 1.00</i>	

Beverages

Soda Cans	1.25
Snapple	1.50
Hot Tea	1.00
Water Bottles	1.25 / 2.00

Ice Cream

	<u>Fat Free Soft Ice Cream</u>	<u>Hard Ice Cream</u>
Kiddy Cup	1.35	2.75
Regular	2.50	3.50
Large	3.15	4.25