

Tamarac Café

Breakfast

Breakfast Burritos or English Muffins \$3

Add chicken or steak to any item for \$1.

Ranchero

Scrambled egg, avocado, black bean, cheddar, cilantro, salsa

Farmer

Scrambled egg, peppers, onions, tomatoes

Spinach

Scrambled egg, spinach, peppers, feta

Yogurt or Oatmeal \$3

Start off with vanilla Greek yogurt and/or oatmeal and add your toppings.

- Almonds
- Apples
- Banana
- Blueberries
- Cinnamon
- Coconut
- Dried cranberries
- Granola
- Strawberries
- Walnuts

Lunch / Dinner

Wraps or Salads \$4

Add chicken or steak to any item for \$1.

Santa Fe

Romaine, tomatoes, black beans, avocado, cheddar cheese, corn, salsa

Caesar

Romaine, parmesan cheese

Veggie

Romaine, hummus, black bean, tomato, cucumber, pepper, onion

Market

Spinach, apples, dried cranberries, cucumbers, red onion, almonds/walnuts, feta

Asian

Romaine, cabbage, carrots, cucumbers, peppers, green onion, broccoli, cilantro, sesame seeds

Bowls or Burritos \$5

Add chicken or steak to any item for \$1.

Santa Fe

Brown rice and quinoa, tomatoes, black beans, avocado, cheddar cheese, corn, salsa

Caesar

Brown rice and quinoa, parmesan cheese

Veggie

Brown rice and quinoa, hummus, black bean, lettuce, tomato, cucumber, pepper, onion

Market

Brown rice and quinoa, apples, dried cranberries, cucumbers, red onion, almonds/walnuts, feta

Asian

Brown rice and quinoa, cabbage, carrots, cucumbers, peppers, green onion, broccoli, cilantro, sesame seeds

Favorite Salads, Sandwiches and Cups \$6 / \$5 / \$1.50

Chicken Salad

Egg Salad

Drinks

Smoothies\$4.50

Try one of our signature smoothies or build your own.
Add whey or vegetable protein to any smoothie for \$.99.

Lean Green

Fresh spinach, pineapple, banana, strawberries, coconut, orange juice, a blend of spices

Berries A'More

Four-berry purée, banana

Blueberry Blitz

Blueberry banana purée, banana

Mango Tango

Mango purée, banana

Strawberry Classic

Strawberry purée, banana

Slim Peach

Peach, pear and apricot purée, strawberries, vanilla whey protein

Hawaiian Harvest

Pineapple paradise purée, banana

Performance Shakes\$5.25

Banana Nut Blast

Skim milk, banana, vanilla whey protein, peanut butter

Snickerdoodle

Skim milk, vanilla cream, vanilla protein, vanilla extract, flax seed oil, cinnamon

Peanut Butter Cup

Skim milk, peanut butter, chocoholic's choice, chocolate whey protein

Banana Split

Skim milk, strawberry puree, banana, chocoholic's choice, vanilla whey protein

Oreo Cookie Crunch

Skim milk, Oreo, chocoholic's choice, chocolate whey protein

Tea and Hot Chocolate

Chai Tea\$2.50 / \$3

Ice /Hot Tea\$1

Hot Chocolate\$2.50 / \$3

House Coffee \$1.25 / \$1.50

Café Latte\$2.50 / \$3
Espresso, steamed milk

Shot in the Dark\$2.50 / \$3
Espresso, house blend coffee

Café Mocha\$2.50 / \$3
Espresso, chocolate, steamed milk, whipped cream

White Chocolate Mocha\$2.50 / \$3
Espresso, white chocolate, steamed milk

Café Cocoa \$2.50 / \$3
House coffee, steamed milk, chocolate, whipped cream

Specialty Coffee \$3 / \$4

Pralines & Cream

Espresso, hazelnut, almond, steamed milk, whipped cream

Rose Bud

Espresso, raspberry, white chocolate, steamed milk, whipped cream

Carmelita

Espresso, caramel, steamed milk, whipped cream

Chocolate Toasted Marshmallow

Espresso, sugar-free chocolate, toasted marshmallow syrup, steamed milk

White Chocolate Macadamia Nut

Espresso, white chocolate, macadamia nut, steamed milk

Caramel Macchiato

Espresso, caramel, vanilla, steamed milk

Tamarac Cinnamon Bun

Espresso, white chocolate, cinnamon, caramel, steamed milk

Milky Way

Espresso, chocolate, caramel, steamed milk, whipped cream with chocolate drizzle

Peanut Butter Cup

Espresso, chocolate, peanut butter, steamed milk

Hours

Monday to Thursday: 5 a.m. to 8 p.m.

Friday: 5 a.m. to 7 p.m.

Saturday: 6 a.m. to 4 p.m.

Sunday: Noon to 4 p.m.