



1118 N. Pine St. M-F  
DeRidder 9-5:30  
Sat 10-3

463-5777

## Smoothies & Drinks

100% CRUSHED FRUIT SMOOTHIES:  
CREAMY OR FRUITY ONLY \$4.00

- \*STRAWBERRY \*STRAWBERRY BANANA
- \*FOUR BERRY \*BLUEBERRY BANANA
- \*PINEAPPLE PARADISE
- \*PEACH-PEAR-APRICOT
- \*NORTHWEST BERRY \*ACAI PLUS
- \*BANANA \*MANGO TROPICS
- \*STRAWBERRY LEMONADE

## Power Smoothies

- Cardio Breeze \$5.50**  
Mango, peach, orange, pineapple, banana, flax, soy protein, & creatine-magnesium complex
- Stacker \$6.00**  
Four berry blend, banana, almond milk, performance boost, whey protein, creatine-magnesium, chromium picolinate.
- Muscle Maker \$5.50**  
Cranberry, pineapple, blueberry, raspberry, banana, whey, performance boost & creatine.
- Lean Mass \$6.25**  
Strawberry, lemon, four berry blend, banana, peanut butter, whey protein, milk, creatine-magnesium performance boost.
- Bulk-Me-Up \$6.00**  
Banana, peanut butter, vanilla cream, creatine-magnesium, whey protein, milk.
- Alkalizer \$5.50**  
Apple, lemon, banana, pineapple, strawberry & ph Green Zone.
- Heath Nut \$6.25**  
Strawberry, banana, four berry blend, apple, peanut butter, almond milk, whey protein.

## Indulgences

- Afternoon Delight \$4.50**  
Strawberry, banana, chocolate, vanilla cream, whipped cream.
- Coconutty-Buddy \$5.75**  
Peanut butter, banana, pineapple, almond milk, whey protein.
- Angel Food \$4.00**  
Strawberry, banana, vanilla cream.
- Holly Beach \$4.00**  
Blueberry, banana, vanilla cream.
- Hollywood \$4.25**  
Mango, orange, tangerine, vanilla cream, whipped cream.
- Pina Colada \$5.00**  
Pineapple, coconut cream, vanilla cream, coconut milk, whipped cream.

## Energy

- Rejuvenator \$5.50**  
Four berry blend, pineapple, banana, apple, soy protein & performance boost.
- Energizer \$4.75**  
Orange, tangerine, pineapple, apple, vanilla cream, performance boost, soy protein.
- Morning After \$4.75**  
Orange, tangerine, banana, vanilla cream, performance boost, whey protein.
- Pepper-upper Energy \$5.00**  
Pineapple, orange, tangerine, banana, lemon-lime, vanilla cream.
- Hangover Helper \$6.00**  
Strawberry, banana, orange, ph Green Zone, creatine-magnesium, Yogurt, performance boost.
- Mid-day Wakeup \$4.00**  
Strawberry, pineapple

### NUTRITIONAL BOOSTERS:

Add to any blended drink:

- Free \*Flax or Salba Seeds
- .25\*Performance Boost Vita Complex
- \*Ginseng \*Gingko Biloba \*Bee Pollen
- \*Creatine-Magnesium Complex \*ph Green Zone
- \*Chromium Picolinate \*Immune Blend
- .50\*Whey Protein \*Soy Protein\*Peanut Butter
- .99 Booster Shots: \*Ginseng \*Green Tea \*Gingko Plus

## Weight Control

- Aerobix \$6.00**  
Apple, banana, four berry blend, chromium, non-fat yogurt, soy protein, & creatine.
- Beach Baby Body \$6.00**  
Strawberry, banana, soy protein, creatine-magnesium, Chromium picolinate, non-fat yogurt.
- Yellow Polka Dot Bikini \$4.50**  
Mango, Pineapple, banana, lemon, non-fat yogurt.
- Fit & Trim \$4.00**  
Strawberry, lemon, orange, non-fat yogurt.
- Fat Blaster \$6.00**  
Apple, strawberry, cranberry, non-fat yogurt, whey protein, chromium & creatine.

## Low Carb/Calorie

- \$4.00
- Wildberry** 4 gr carbs 15 calories
- Strawberry** 8 gr carbs 30 calories

## Cafe Essentials

- NATURALS**
- All Natural Gourmet Specialty Beverages
- \$4.00
- No Trans Fat-No Added Calories-  
No Artificial Flavors
- Hot-Iced-Frozen-Blended

Truly Latte, Mocha Java, Original  
Chai, Vanilla Cream, Chocoholics  
Choice.

*With Stevia sweetened  
fresh whipped cream.*

## Coffee

Hot or Iced

- Community Private Reserve  
\$.79 \$.89 \$.99
- Premium Fresh Ground  
\$1.69 \$1.89 \$1.99
- Iced Brewed Black Coffee \$2.25

LATTES & MOCHAS  
\$3.50 \$3.75 \$4.00

- Vanilla Latte
- Mocha
- Caramel Macchiato
- White Chocolate Mocha
- Cappuccino
- Green Tea Latte
- Chai Latte



ESPRESSO

Single \$1.60 Double \$1.90

**Hot Chocolate**  
(20 Oz) \$4.00

- Chocoholics Choice Milk Chocolate
- Belgian Dark Hot Chocolate

**Frappe** \$4.50

**Frozen Blended Coffee**  
ASK ABOUT THE FLAVOR OF THE MONTH  
Mocha

Caramel Bliss  
Espresso/Vanilla Bean

Truffle (chocolate, caramel, hazelnut)

Bon-Bon (chocolate & toasted marshmallow)

## Make it Your Own

Add flavors: \$5.00

- Vanilla, Hazelnut, Cinnamon, Caramel, Peppermint, Kahlua, Amaretto, Raspberry, Irish Cream, German Chocolate Cake, Pecan Praline, Toasted Marshmallow, Gingerbread, Eggnog, Almond, Carrot Cake, Macadamia Nut, Pumpkin Pie, etc.

Add Soy or Almond Milk: \$5.00

Coffee Milk add: \$.50 \$.75 \$1

**Skinny Options:**

Non-fat milk, Sugar free flavors,  
and no whipped cream.

## Don't Skip Breakfast

Scrambled eggs & beef sausage or bacon with white cheese (add grilled onion & peppers on request)

PB \$3.99 W \$3.99  
C/C Panini \$4.99

## Healthy Appetizers

**Fresh Hummus:** \$4.89  
Roasted Red Pepper, or Black Bean and Salsa Hummus with Whole Grain Baked Pita Chips or Pita Bread.

**Shrimp Cocktail:** \$4.89  
6 Large tail-on steamed shrimp, lemon & cocktail sauce.

**Veggie Dippers:** \$1.89  
Broccoli and Carrots with fresh ranch dip.

## Desserts

**Fruit Cup:** \$2.89  
Pineapple, mandarin oranges, Red Delicious apples, Craisins, coconut, walnuts or pecans and Granola.

Ask about our Daily Dessert Specials

## KiddoKorner

Grilled Cheese Kidini  
\$3.49

Double Cheese Roly Poly Wrap  
\$3.49

## Signature Salads

Served with Crackers or Croutons. Mini salads are smaller versions of our regular meal-sized salads. All salads feature nutrient rich fresh green leaf lettuce.

**Dressings:**  
Low fat Buttermilk Ranch,  
Avocado Ranch, House Vinaigrette,  
Asian and Orange-Ginger  
**ADD 6 SHRIMP \$2.99**  
**OR GRILLED CHICKEN \$1.99**

**Mexican Cobb** \$6.25 Mini \$4.99  
Red onion, tomato, black beans and corn, green & red bell peppers and cheddar cheese, with our own avocado ranch dressing.

**Caprese Italian** \$6.25 Mini \$4.99  
Chunks of fresh Mozzarella marinated in extra virgin olive oil and basil pesto, and tomatoes with Italian Dressing.

**Greek Salad** \$6.25 Mini \$4.99  
Tomatoes, black olives, feta cheese, dried cranberries, pepperoncini & walnuts with Classic Vinaigrette.

**Island Salad** \$6.25 Mini \$4.99  
Mandarin oranges, pineapple chunks, dried cranberries, coconut, cucumber, tomato, red & green bell peppers, pecans, and orange ginger vinaigrette.

**Asian Salad** \$6.25 Mini \$4.99  
Cucumber, red onion, mandarin oranges, sunflower seeds, pecans and toasted Asian noodles. Served with toasted sesame orange ginger dressing.



**Pick 4** Fresh greens plus your choice of 4 toppings.  
\$6.25

\*Cheddar (mini available)  
\*Corn & Black Beans  
\*Pineapple  
\*Pecans  
\*Dried Cranberries  
\*Feta  
\*Black Olives  
\*Boiled Eggs  
\*Artichoke Hearts  
\*Sunflower Seeds  
\*Mandarin Oranges  
\*Basil Pesto Marinated Mozzarella

\*Tomato  
\*Bell Pepper  
\*Red Onion  
\*Broccoli  
\*Walnuts  
\*Carrots

**Side Salad** \$2.89  
Fresh greens, tomato, cucumber, red and green bell peppers, red onion and cheddar cheese.

**Garden Salad** \$6.25 Mini \$4.99  
Fresh tomatoes, cucumbers, red onion, red and green bell peppers, carrots or broccoli, and cheddar cheese.

**Greenleaf Caesar** \$6.25 Mini \$4.99  
Fresh Greenleaf lettuce tossed in a classic creamy Caesar dressing, topped with fresh grated parmesan cheese, and a double dose of our seasoned croutons.

**Chef's Salad** \$7.25 Mini \$5.99  
Green leaf lettuce, cucumber, tomato, red onion, red and green bell peppers, boiled egg, cheddar cheese, turkey ham, ranch or vinaigrette dressing.

## Steaming Hot Soups

Fresh Soups prepared daily.  
Ask about today's selections.

## Drinks

**Community Iced Tea** \$1.49  
**Flavored Teas** \$1.89  
Raspberry, Peach,  
Pomegranate, Peppermint, etc.  
*Splenda sweetened Flavors available.*

**Premium Bottled Water** \$1.29  
**Fresh Squeezed Lemonade** \$1.89  
**Fresh Strawberry Lemonade** \$1.89  
**Herbal and Hot Teas** \$1.49

**Natural Bottled Sodas** \$1.79  
Root Beer, Cream Soda, etc.

## Italian Sodas

**Regular/SugarFree** \$2.09  
**Creamy** \$2.49  
Peach, Orange, Pomegranate,  
Blackberry, Raspberry,  
Strawberry, Blueberry, Chocolate,  
Vanilla, Cherry, Root Beer, etc.

## See our Coffee and Smoothie Menu Special Orders

Sushi Trays, Hummus bowls, pots of coffee, and more available for your party, shower, wedding or meeting. Just ask. We're also available to cook ready to heat/freeze meals such as pot roast, lasagna, spaghetti, red beans & rice, gumbo, etouffee, chili and more! Sack/box lunches also available.

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# Specialty Sandwiches

All of our selections can be ordered on Pita Bread, a Wrap, Fresh or Authentic European Crispy Panini Grill-Pressed Rotella's or Ciabatta Hoagies \*\*Lettuce only on grilled panini by request.

## Chicken

### 1. Caprese Chicken

Grilled chicken, basil pesto sauce, lettuce, red/green bell pepper, tomato, red onion, and white cheese.

PB \$3.99 W \$4.99 C/C Panini \$6.49

### 2. Greek Chicken

Chicken breast, Dijon mayo, lettuce, feta cheese, black olives, red onion, bell pepper, tomato.

PB \$4.49 W \$4.99 C/C Panini \$6.49

### 3. Mexican Chicken Cobb

Grilled chicken, ranch sauce, lettuce, red/green bell peppers, tomato, black olives, black beans & corn, cheddar.

PB \$4.49 W \$4.99 C/C Panini \$6.69

### 4. Chicken Salad

Chicken breast, celery, pickles, boiled eggs & our secret herbs & sauce, lettuce (onion on request)

PB \$3.99 W \$4.99 C/C Panini \$6.49

### 5. Indian Curried Chicken

Grilled chicken, curry mayo, grilled onion and bell peppers, tomatoes, and provolone cheese.

PB \$4.49 W \$5.29 C/C Panini \$6.49

## Turkey

### 11. Extreme Club

Butterball Turkey, turkey ham, bacon, mayo, tomato, white cheese.

PB \$5.29 W \$5.99 C/C Panini \$7.29

### 12. Butterball Turkey Melt

Butterball turkey breast, honey mustard, tomato, red onion, smoked provolone.

PB \$4.99 W \$5.49 C/C Panini \$6.49

### 6. Chicken Fajita

Grilled chicken with South of the Border salsa, roasted onion and bell pepper with pepperjack cheese.

PB \$4.49 W \$5.29 C/C Panini \$6.49

### 7. Island Chicken

Grilled chicken, ranch sauce, lettuce, tomato, cucumber, pineapple, mandarin oranges, sunflower seeds, pepperjack cheese.

PB \$4.49 W \$4.99 C/C Panini \$6.69

### 8. Tex Mex Chicken

Grilled chicken, South of the Border salsa, avocado ranch dressing, pepperjack and cheddar cheese, lettuce, black beans & corn, red onion.

PB \$4.99 W \$5.49 C/C Panini \$5.99

### 9. Cattlemen's BBQ Chicken

Grilled chicken, Cattlemen's Classic BBQ Sauce, lettuce, tomato, red onion, smoked provolone.

PB \$4.99 W \$5.49 C/C Panini \$6.99

### 10. Mountaineer

Grilled chicken, honey mustard, lettuce, tomato, cucumber, red/green bell peppers, red onion, American/Swiss cheese.

PB \$4.29 W \$4.99 C/C Panini \$6.49

### 13. Turkey Hamini

Turkey ham, Vidalia onion vinaigrette, tomato, red onion, provolone cheese.

PB \$4.99 W \$5.49 C/C Panini \$6.49

### 14. The Hawaiian

Turkey ham, honey mustard, pineapple, fresh mozzarella cheese.

PB \$4.99 W \$5.49 C/C Panini \$6.49

## Veggie / Cheese

### 15. Garden Fresh

Ranch dressing, tomatoes, cucumbers, red/green bell peppers, red onion, lettuce, broccoli, carrots, cheddar cheese.

PB \$4.29 W \$4.99 C/C Panini \$6.49

### 16. Venetian Caprese

Basil pesto marinated fresh mozzarella cheese and tomatoes.

PB \$4.29 W \$4.99 C/C Panini \$6.49

### 17. The Hummer

Roasted red pepper or Calamata Olive hummus, roasted peppers & onions, feta cheese, and black olives.

PB \$3.99 W \$4.99 C/C Panini \$6.49

### 18. Ultimate Grilled Cheese

White Swiss/American cheese, cheddar, pepperjack and provolone cheeses.

PB \$3.99 C/C Panini \$6.49

## Snack Combo

Add baked organic chips and our candied dill pickles for \$1.29 plus iced tea, \$1.99

## Party Trays

**Wrap Trays:** start with a variety of chicken and beef wraps, all cut in half and artfully arranged on a serving tray. Each tray contains 20 half wraps. \$49.99 and up.

**Giant Salad Bowls:** Any of our Signature Salads prepared in grand proportions. \$19.99 and up.

**Sushi tray:** 42 pc, California Roll or Inside out Cucumber Roll w/ wasabi soy sauce, \$29.99

## Limited Time Panini's

### A. Bleu Cheese Beef \$7.49

Slow roasted beef, roasted onions and peppers, white cheese and our own bleu cheese dressing!

### B. Peppered Horseradish Beef \$7.49

Slow roasted beef, peppered horseradish sauce, & pepperjack cheese

### C. Buffalo Chicken \$7.49 *Good 'n Spicy*

Grilled chicken tossed in our buffalo wing sauce, with our own bleu cheese & celery seed dressing.

## Beef

### 19. Tuscan Beef

Slow roasted beef, sundried tomato pesto sauce, lettuce, tomatoes, bell peppers, black olives, red onion, white cheese.

PB \$4.99 W \$5.99 C/C Panini \$6.99

### 20. Savory Beef

Slow roasted beef, ranch dressing, lettuce, tomato, cucumber, red onion, red/green bell pepper and American Cheese.

PB \$4.99 W \$5.99 C/C Panini \$6.99

### 21. Mama's Pot Roast

Beef pot roast, mayonnaise, white cheese and red onions.

PB \$4.99 W \$5.99 C/C Panini \$6.99

### 22. Cattlemen's Classic BBQ Beef

Slow roasted beef, Cattlemen's Classic bar-b-cue sauce, lettuce, tomato, smoked provolone cheese, red onion.

PB \$5.99 W \$6.49 C/C Panini \$7.29

### 23. Tex-Mex Beef

Slow roasted beef, avocado ranch, South of the Border salsa, lettuce, pepperjack cheese, cheddar cheese, black beans & corn, red onion.

PB \$5.99 W \$6.49 C/C Panini \$7.29

### 24. Asian Peppered Roast Beef

Slow roasted beef, lettuce, pepperjack, toasted sesame sauce, Dijon mayonnaise, bell peppers, tomato.

PB \$4.99 W \$5.99 C/C Panini \$6.99

### 25. South of the Border Beef

Chunks of beef, avocado ranch sauce, lettuce, black beans & corn, bell peppers, red onion, tomato, pepperjack cheese.

PB \$4.99 W \$5.99 C/C Panini \$6.99

## Seafood

### 26. Cajun Shrimp Melt

Five Steamed Shrimp, TABASCO-mayo, tomatoes, pepperjack cheese.

PB \$5.29 W \$6.29 C/C Panini \$7.29

### 27. Thai Shrimp

Steamed shrimp, red pepper mayo, coconut flakes, cucumber, roasted red peppers & onions.

PB \$5.29 W \$6.29 C/C Panini \$7.29

### 28. Premium Albacore Tuna Salad/Melt

Chunk white Albacore Tuna salad with crunchy celery, boiled eggs, and our special spices and sauce, lettuce (onions on request)

Make it a Melt-add cheese \$.29

PB \$5.49 W \$5.99 C/C Panini \$6.99

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