



# Sweet Cravings

## Bakery + Bistro

### Breakfast \$5.95-8.95

**Crave Burrito:** egg, potato, cheese, salsa & choice of chorizo, sausage or bacon

**Veggie Burrito:** egg white, avocado, tomato, onion, potato, spinach

**Rise & Shine Panini:** egg, bacon, cheese, churasco sauce on sourdough

**Moab Mania Panini:** egg, brie, onion, avocado, bacon, "cravin' it sauce", on sourdough

**Starting Right:** egg, cheddar, bacon on a fresh bagel

**Biscuits & Gravy:** homemade fluffy biscuits with scratch made sausage gravy

**Hot Ham & Cheddar:** ham, cheddar cheese, on a homemade roll ADD egg \$1.50

**Yogurt Parfait:** plain and strawberry yogurt with fresh fruit and homemade granola

**"Brainy Oats" Oatmeal:** blueberry, apple and raspberry; maple & cinnamon; strawberry, banana, almond; or banana & walnut

**Yummy Treats:** wild blueberry scones, cinnamon rolls, monkey bread, croissants, breakfast breads, muffins, and more!

**Daily Quiche:** fresh baked daily variety

### Coffee & Espresso Beverages \$1.95-4.25

**Lattes:** toasted marshmallow, chocolate macadamia nut, caramel, vanilla, hazelnut, sugar free

**Mochas:** white chocolate, chocolate, caramel with homemade whipped cream

Chai Americano Cappuccino Hot Chocolate Numi® Hot Teas

### Desserts & Specialties

**Pie Selections:** apple, cherry, pumpkin, pecan, coconut cream, banana cream, key lime, german chocolate or moab ribbon (inquire about today's selection)

**Cookies:** chocolate therapy, peanut butter, chocolate chip, oatmeal cranberry, oatmeal coconut pecan, or specialty selections are available

**Bars & Yummy Things:** lemon bars, temptation brownie, fudges, tres leche cake, chocolate popcorn

Call Ahead and We'll Have It Ready for Pick Up!

We Deliver! 435-259-8983

397 N. Main Street - Across from Comfort Suites

Catering • To Go Orders • Gluten Free Breakfast & Lunch Items • Delivery

Hours, Menu & Prices Subject to Change

### Lunch from \$8.95

#### Hot & Cold Specialty Items

All lunches come with chips, coleslaw, or potato salad and a "crave of the day"

**Roast Beef Sammy:** cheddar, caramelized onion spread, lettuce, tomato, on wheat

**Turkey BLT:** bacon, lettuce, tomato, turkey, tarragon aioli, toasted sourdough

**Veggie Wrap:** grilled portobello, onion, carrot, olive, spinach, tomato w/balsamic dressing

**Turkey Wrap:** turkey, lettuce, tomato, cheddar, tarragon aioli, in a spinach tortilla

**Capone Sub:** pepperoni, salami, capicola, provolone, lettuce, tomato, oil, vinegar

**Kokopelli:** turkey, bacon, avocado, red onion, cheddar, olives, bacon aioli on sourdough

**Roast Beef Samson:** blue cheese, grilled onion, bacon, roast beef, and caramelized onion spread on marbled rye

**Tuscano Turkey:** turkey, pesto, mozzarella, sun dried tomato on sourdough

**Canyon Ham:** ham, brie, spinach, tarragon aioli on marbled rye

**Adventure Inn:** turkey, cream cheese, cranberry sauce, swiss cheese, jalapeno jelly on sourdough bread

**Chef's Spicy:** roast beef, cheddar, tri colored peppers, poblanos, red onion, churasco on wheatberry bread

**Build Your Own!** The ideal way to make a scrumptious lunch Select ONE of each of the following categories

**Style:** wrap, panini or sandwich

**Bread:** spinach tortilla, sourdough, marbled rye, wheatberry or gluten free white

**Sauce:** mayo, mustard, tarragon aioli, pesto, caramelized onion, churasco honey mustard or bacon aioli

**Meat:** roast beef, ham, turkey, bacon or grilled chicken

**Cheese:** cheddar, brie, provolone, mozzarella, blue cheese, swiss or pepper jack

**Veggies:** spinach, olives, red onion, avocado, sun dried tomato, peppers, portobello, fresh tomato, carrots or lettuce

### Salads \$8.95-10.95

**Spinach Salad:** seasonal berries, red onion, pumpkin seeds, blue cheese w/balsamic dressing

**BLT Salad:** bacon, lettuce, tomato, red onion with ranch dressing

**Ultimate Chef's Salad:** olives, carrots, tomato, ham, turkey, beets, blue cheese

### Hours & Details

Open Daily 7am-5pm

[www.cravemoab.com](http://www.cravemoab.com)