

BREAKFAST

<u>Muffins</u>	\$2.30
<u>Cinnamon Rolls</u>	\$2.60
<u>Scones</u>	\$1.99
<u>Bagel & Cream Cheese</u>	\$1.99
<u>Breakfast Sandwich</u>	\$3.50
<i>Egg & cheese with your choice of ham, bacon or sausage on buttery croissant, bagel or wheat toast.</i>	
<u>Breakfast Burrito</u>	\$3.45
<i>Scrambled eggs, olives, tomato & cheese in a tomato basil tortilla with a side of fresh salsa.</i>	
<u>Biscuits & Gravy</u> ... (half order)	\$1.59
<u>Sausage Biscuit</u>	\$1.85
<u>Breakfast Quiche</u>	\$2.49

LUNCH

HOME MADE - SOUP OF THE DAY

Served with crackers

<u>Bowl</u> (12 oz).....	\$4.40
<u>Cup</u> (8oz.).....	\$3.00

SALADS

<u>Side Salads</u>	\$2.99
<u>House Salad</u>	\$4.49
<u>Chicken Caesar Salad</u>	\$7.25
<i>Crisp Romaine lettuce tossed in Caesar dressing, topped with Chicken, Parmesan cheese & croutons</i>	
<u>Greek Chicken Salad</u>	\$7.45
<i>Baked chicken, olives, tomato, cucumber & feta cheese on romaine lettuce.</i>	
<u>Chef Salad</u>	\$7.25
<i>The classic. Loaded with meat & cheese.</i>	
<u>“Sufficient” Salad</u>	\$7.45
<i>Choice of meat piled on top of all manner of vegetables & sprouts, topped with Colby-Jack cheese and croutons.</i>	
<u>Chicken Fajita Salad</u>	\$7.69
<i>Fajita chicken, onion, black olive, tomato, bell pepper, jalapenos & guacamole on romaine lettuce served with sides of fresh salsa and ranch dressing.</i>	

SANDWICHES

*Served with reg. or baked chips & pickle.
Loaded potato salad or fresh fruit salad \$1.00*

<u>Cucumber Sandwich</u>	\$5.25
<i>Fresh cucumber slices, cream cheese, tomato and sprouts. . Served Cold</i>	
<u>3 – Cheese Melt</u>	\$5.25
<i>Swiss, American and Pepper Jack with a slice of tomato on toasted honey wheat berry bread. .</i>	
<u>BLT</u>	\$6.55
<i>Crispy bacon, green leaf lettuce, tomato & mayo on toasted honey wheat berry bread. .</i>	
<u>Jive Turkey</u>	\$6.89
<i>Smoked breast of turkey, Pepper Jack cheese, lettuce, tomato, sprouts & guacamole on honey wheat berry bread. . Served Cold</i>	
<u>Portabella Sandwich</u>	\$7.25
<i>Marinated Portabella caps, Pepper Jack cheese & fire roasted red bell peppers on a toasted hoagie roll</i>	
<u>Southwest Chicken Club</u>	\$7.29
<i>Chicken, bacon, American cheese, lettuce & tomato with ranch dressing on toasted hoagie. Served Hot</i>	
<u>Ham & Swiss</u>	\$6.50
<i>Black Forest Ham, Swiss cheese, lettuce, tomato & Dijon mustard, Cold or Toasted.</i>	
<u>Spicy BBQ Chicken Hoagie</u>	\$6.89
<i>Chicken, bacon, pepper jack cheese and jalapenos with smoky BBQ sauce on a toasted hoagie roll.</i>	
<u>French Dip</u>	\$7.29
<i>Hand sliced hot roast beef, Swiss cheese & Bistro sauce on a toasted hoagie roll with Au Jus. .</i>	
<u>Turkey & Pepper Jack</u>	\$7.29
<i>Smoked breast of turkey, Pepper Jack cheese, lettuce & tomato with mayo, Cold or Toasted. .</i>	

Half sandwiches available.

WRAPS

*Served with reg. or baked chips & pickle.
Loaded potato salad or fresh fruit salad \$1.00*

<u>The “Weedeater” Wrap</u>	\$5.25
<i>Fresh mushrooms, bell peppers, tomato, cucumber, sprouts, onion, black olive, Colby-Jack cheese & guacamole. Served with a side of Cattleman’s sauce</i>	
<u>Chicken Caesar Wrap</u>	\$5.25
<i>Baked Chicken, crisp romaine lettuce, tomato, croutons & creamy Caesar dressing on a tomato basil wrap</i>	
<u>Club Wrap</u>	\$6.45
<i>Smoked breast of turkey, ham, bacon, lettuce, tomato, American cheese & mayo</i>	
<u>Chicken Club Wrap</u>	\$6.45
<i>Baked chicken, bacon, Swiss cheese, lettuce, tomato & mayo</i>	
<u>BLT Wrap</u>	\$6.45
<i>Loaded with Crispy bacon, lettuce, tomato, Swiss cheese & guacamole</i>	
<u>Asian Wrap</u>	\$6.45
<i>Chicken, crisp romaine, cucumber, bell pepper, sprouts & chow mein noodles with Sesame sauce</i>	
<u>Turkey Wrap</u>	\$6.45
<i>Smoked breast of turkey, Colby-Jack cheese, mushroom, tomato, black olive & Cattleman’s sauce</i>	
<u>Chicken Fajita Wrap</u>	\$6.45
<i>Our Famous chicken fajita wrap- made with fajita chicken, tomato, black olive, bell pepper, jalapenos, Colby-Jack cheese, guacamole & ranch served with a side of fresh salsa</i>	
<u>Tuna Or Chicken Salad Wrap</u> ...\$6.45	
<i>Our fresh, homemade chicken curry OR tuna salad, lettuce & tomato on tomato basil wrap or on honey wheat berry bread.</i>	

Ask about our Daily Lunch

Special – Only \$6.00

OTHER GOOD STUFF

Giant 1LB. potatoes served your way. Loaded.....\$5.25
Steaming hot with butter, sour cream, bacon, cheese & chives
Add - Broccoli & Cheese.....\$1.89
Add - Beef Steak & Cheddar.....\$2.50

Chicken & Cheese Quesadilla.....\$6.35
Our famous quesadilla served with salsa, sour cream and guacamole.
Home Made Quiche.....\$6.45
Our fresh Homemade Quiche. Flavors Vary daily. Served w/ fresh fruit salad.

COMBOS

Quiche & Soup OR Salad.....\$7.95
Our fresh Homemade Quiche with a cup of our soup of the day OR side salad
Soup & Salad.....\$7.25
A cup of our soup of the day & a side salad and crackers
Sandwich & Soup OR Salad.....\$8.25
Your choice of sandwich OR wrap with a cup of our soup of the day OR side salad

**Continually Voted
Best Coffeehouse in
Metro Downtown**

*Arkansas Times & Arkansas Democrat
Gazette Readers Choice Awards*

**We have a Portable Espresso Bar....Enjoy
us at your next party!**

**Catering & Delivery
available**

*Find out more at
WWW.SUFFICIENTGROUNDSAFE.COM*

“We’ve got your Java covered”, with.....

Today’s Coffee.....\$1.60/\$1.90

Fresh premium Regional and Flavored varieties - .50 refills all day.

Café au Lait.....\$2.35/\$3.15

Your choice of today’s coffee with steamed milk.

Mocha Joe.....\$2.15/\$2.95

Your choice of today’s coffee with chocolate syrup.

Flavored Cow..... \$2.95/\$3.55

Café au Lait with your choice of flavored syrup & topped with whipped cream.

Espresso Based Coffees

Espresso.....\$1.65

House Jolt.....\$2.75/\$3.00

Shot of espresso with our house blend coffee

Café Americano.....\$2.50/\$2.95

Espresso with steamed water

Cappuccino..... \$3.45/\$4.00

Latte.....\$3.50/\$4.15

Mocha.....\$3.75/\$4.45

Chocolate Monkey.....\$3.75/\$4.45

One of our signature blends- Espresso, steamed milk, chocolate & banana flavors topped with whipped cream

Milky Way.....\$3.75/\$4.45

Another popular concoction- Espresso, steamed milk, chocolate & caramel flavor topped with whipped cream

Turtle Latte.....\$3.75/\$4.45

Creamy caramel, chocolate and hazelnut topped with whipped cream

-CREATE YOUR OWN FROM THE LARGEST SELECTION OF FLAVORS AROUND

SOY MILK75¢

ESPRESSO SHOT.....75¢

ADDITIONAL FLAVOR SHOT...75¢

OTHER FAVORITES

Steamer.....\$2.75/\$3.25

Steamed milk, flavor & whipped cream

Oregon Chai®.....\$3.50/\$4.15

Exotic blend of vanilla, honey & black tea from India combined with milk, served hot or cold

Hot Tea.....\$2.00

Hot Chocolate.....\$2.75/\$3.25

SUFFICIENTLY COLD

“Java Freeze®”.....\$4.50

Our signature ice blended coffee sensation, perfect for a hot day or a nagging sweet tooth!

Heart Healthy Smoothies.....\$4.50

Your choice of flavors with non- fat yogurt

“Chai Freeze”.....\$4.50

Just like the original Java Freeze , but instead of coffee, we tempt you with the exotic flavors of the east!

Milk Shakes.....\$3.40

Iced Coffee/ Chai.....\$3.15

Iced Latte/ Chai Latte.....\$3.45

Iced Mocha.....\$4.15

Iced Flavored Latte.....\$4.15

Italian Soda.....\$3.25

Italian Cream Soda.....\$3.75

Chocolate Milk.....\$3.00

Milk.....\$1.50/\$2.00

China Mist ® Iced Tea.....\$1.75

Make it better...add some flavor!

Soft Drinks.....\$1.75

Orange Juice.....\$1.75

DESSERTS

Fresh baked from scratch, Cookies, Pies, Cakes, Brownies & Dessert Bars.



124 West Capitol Ave.
Union Plaza Building
Capitol & Louisiana
372- 1009
244-2382- Fax
Monday-Friday
7:00 AM till 4:00 PM

425 West Capitol Ave.
Metropolitan Bank Tower
6th. & Broadway
372-0969
372-4594 - Fax
Monday-Friday
7:00 AM till 3:30 PM