

# SANDWICHES

SERVED WITH  
FRUIT OR CHIPS

\$6.10

## TBR

CIABATTA / SLICED TURKEY / BACON / SWISS /  
SPINACH / TOMATO / LOW-FAT RANCH

580 CAL

## VEGETARIAN

9 GRAIN BREAD / AVOCADO / SWISS /  
TOMATO / RED ONION / SPINACH / HUMMUS

520 CAL

## TURKEY

9 GRAIN BREAD / SLICED TURKEY / SWISS /  
AVOCADO / RED ONION / SPINACH

575 CAL

## CUBAN

CIABATTA / SLICED HAM / SWISS /  
PICKLES / SPICY MUSTARD

580 CAL

# BREAKFAST

SERVED ALL  
DAY LONG

\$4.10

## BUFFALO BREAKFAST

CIABATTA / SLICED HAM / BUFFALO SAUCE /  
BACON / PEPPER JACK / EGG WHITES

630 CAL

## PESTO PICK-ME-UP

PITA / SLICED HAM / EGG WHITES / TOMATO /  
MOZZARELLA / PESTO

470 CAL

## BREAKFAST CLUB WRAP

SLICED HAM / BACON /  
SWISS / EGG WHITES

630 CAL

## EARLY RISER

CIABATTA / TURKEY SAUSAGE /  
EGG WHITES / CHEDDAR

545 CAL

# BUILD YOUR OWN

SANDWICH  
WRAP OR PITA

\$6.10

## BREADS

9 GRAIN / CIABATA / PITA / TORTILLA WRAP /  
GLUTEN FREE / VEGAN

## CHEESE

CHEDDAR / MOZZARELLA /  
SWISS / PEPPER JACK

## PROTEIN

SLICED TURKEY / SLICED HAM / HUMMUS /  
TURKEY SAUSAGE / PEANUT BUTTER /  
DICED CHICKEN / EGG WHITES

## TOPPINGS

SHREDDED LETTUCE / SPINACH / AVOCADO /  
TOMATO / MATCHSTICK CARROTS /  
PICKLES / RED ONION / PEPPER MIX

## SPREADS

LOW-FAT RANCH / CHIPOTLE / BUFFALO /  
HONEY / JERK / PESTO / SPICY MUSTARD /  
SWEET THAI

# WRAPS

SERVED WITH  
FRUIT OR CHIPS

\$6.10

## BUFFALO BURRITO

DICED CHICKEN / BUFFALO SAUCE /  
MOZZARELLA / SHREDDED LETTUCE /  
TOMATO / LOW-FAT RANCH

650 CAL

## SWEET THAI CHILI

DICED CHICKEN / MATCHSTICK CARROTS /  
MOZZARELLA / PEPPER MIX /  
THAI CHILI SAUCE

570 CAL

## CARIBBEAN JERK

DICED CHICKEN / RED ONION / PINEAPPLE /  
PEPPER JACK / JERK SAUCE

490 CAL

## CALI CLUB

SLICED TURKEY / BACON / SPINACH /  
AVOCADO / CHIPOTLE SAUCE

665 CAL

## TURKEY TZATZIKI WRAP

CUCUMBER / TURKEY / TOMATO /  
ONIONS / LETTUCE / TZATZIKI

460 CAL

# PITAS

\$4.10

## CHIPOTLE CHICKEN

DICED CHICKEN / PEPPER JACK / TOMATO /  
BACON / SHREDDED LETTUCE / CHIPOTLE SAUCE

540 CAL

## PC PITA

DICED CHICKEN / MOZZARELLA /  
TOMATO / PESTO

460 CAL

## VEGETARIAN

HUMMUS / MOZZARELLA / PEPPER MIX /  
MATCHSTICK CARROTS / PESTO

430 CAL

## CHICKEN TZATZIKI

CHICKEN / TOMATO / ONIONS / LETTUCE /  
CUCUMBER / TZATZIKI

280 CAL

## PB & G

PEANUT BUTTER / BANANA / GRANOLA / HONEY

460 CAL

# SIDES

SEE ITEM FOR  
PRICING INFO

## FRUIT CUP

ASSORTED FRESH FRUIT (70 CAL)

\$1.95

## ENTRÉE SALADS

SELECTION VARIES DAILY

PRICE VARIES

## VEGGIE CUP

ASSORTED FRESH VEGETABLES (190 CAL)

\$1.95

## MIXED BERRY PARFAIT

STRAWBERRY (380 CAL) / BLUEBERRY (390 CAL)

\$2.85

## FRESH FRUIT

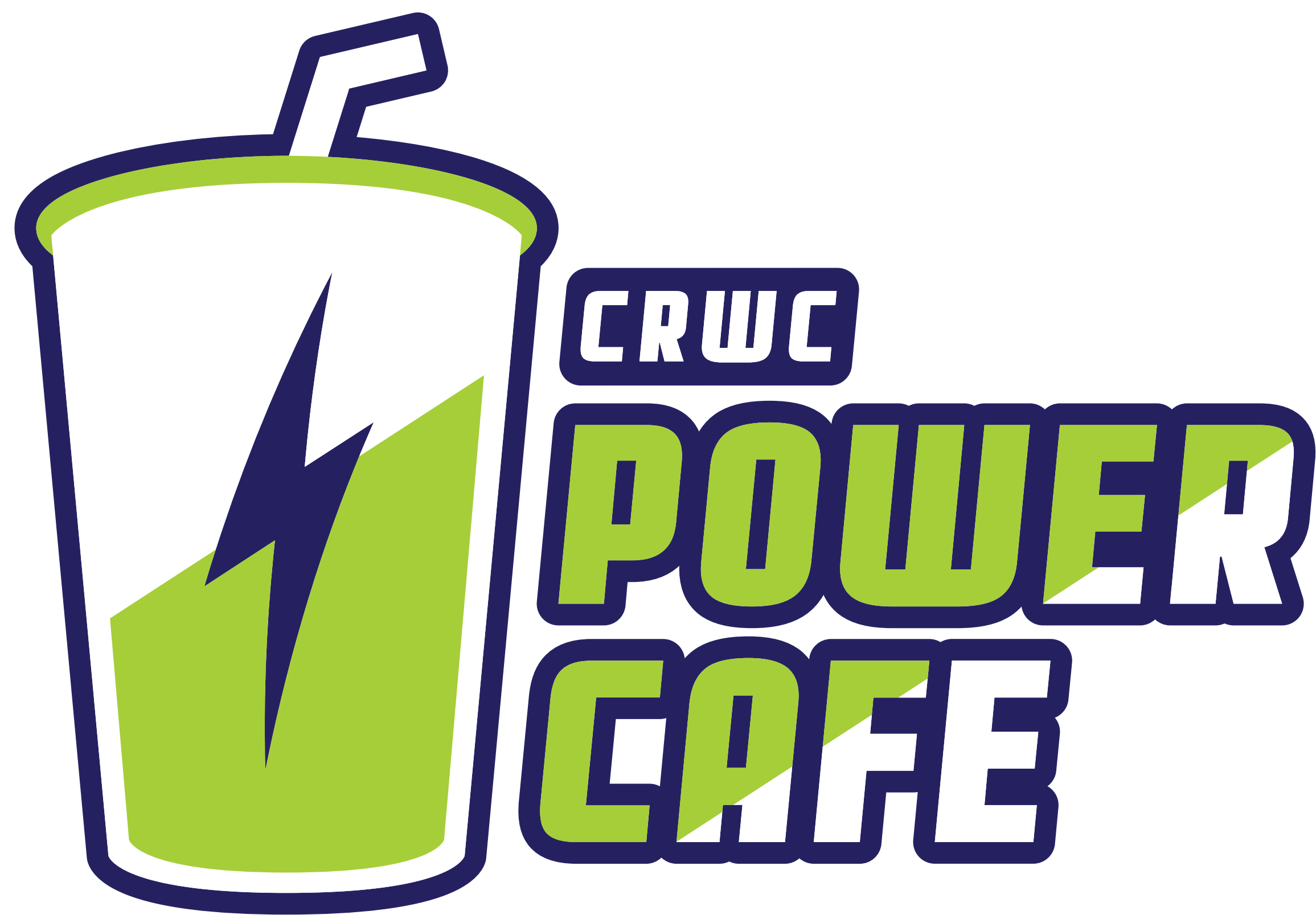
APPLE (95 CAL) / BANANA (110 CAL) / ORANGE (85 CAL)

.80¢

## CHIPS

PLAIN (140 CAL) / BBQ (140 CAL)

.80¢



Housing & Dining at the University of Iowa cannot guarantee the accuracy of nutrition information. Nutrition and ingredient information may vary due to product substitutions and formulation by the manufacturer prior to product purchase by the University of Iowa. Additionally, cross contact and other variables are beyond the University's control. Individuals with food-related dietary concerns should be aware of this risk and understand that University Housing & Dining does not assume any liability for adverse reactions to foods consumed, or items with which one may come into contact while eating at any UI dining location.

**\*WILL ADD SUGAR UPON REQUEST. ADDING SUGAR INCREASES CALORIE COUNTS BY 110 CALORIES**

# REFRESH SMOOTHIES

SMALL  
\$3.80 / LARGE  
\$4.80

## RE-COUP

BANANA / OJ / ORANGE / MULTI-VITAMIN

171 / 350 CAL

## GO GREEN

KALE / GREEN APPLE / PINEAPPLE / LIME

113 / 220 CAL

## KALE-IFORNIA DREAM

SPINACH / KALE / BANANA / MANGO / KIWI

175 / 350 CAL

## ACAI BLAST

ACAI / STRAWBERRY / BLUEBERRY / BANANA

200 / 266 CAL

## G-TEA

KIWI / ORANGE / YOGURT / GREEN TEA

275 / 540 CAL

## KALE YEAH

KALE / GINGER / PINEAPPLE / OJ / YOGURT

183 / 360 CAL

## MOJO GOJO

MANGO / GOJI / CARROT / BANANA / OJ

240 / 480 CAL

## SUMMER BREEZE

BANANA / KIWI / MANGO / GOJI

445 / 890 CAL

## ALPHA TEA

BLUEBERRY / STRAWBERRY / ACAI / GREEN TEA

175 / 216 CAL

## CROSS CHOP

RASPBERRY / STRAWBERRY / BANANA / YOGURT / WHEY

265 / 470 CAL

# HERK-UP SMOOTHIES

SMALL  
\$3.80 / LARGE  
\$4.80

## RAZZ-MANIAN DEVIL

RASPBERRY / BANANA / OJ / YOGURT / WHEY

300 / 535 CAL

## PB&J

BANANA / BLUEBERRY / ACAI / YOGURT /  
PEANUT BUTTER / WHEY OR SOY \*

350 / 700 CAL

## TRIPLE THREAT

STRAWBERRY / BLUEBERRY /  
CRANBERRY / OATS / FLAX / SPLENDA /  
MULTI-VITAMIN / WHEY OR SOY \*

195 / 380 CAL

## THE FULL NELSON

STRAWBERRY / RASPBERRY /  
BLUEBERRY / OJ / YOGURT / WHEY

412 / 770 CAL

## PB POWER

BANANA / YOGURT /  
PEANUT BUTTER / WHEY OR SOY \*

300 / 600 CAL

## TRAIL MIX

GRANOLA / ALMOND / BLUEBERRY /  
BANANA / MANGO / WHEY OR SOY \*

195 / 520 CAL

\* ADD AN **ADDITIONAL 45 / 90 CALORIES** FOR WHEY  
OR AN **ADDITIONAL 56 / 112 CALORIES** FOR SOY

# SUPPLEMENTS

ADD A BOOST TO  
ANY SMOOTHIE

SEE ITEM FOR  
PRICING INFO

# CLASSIC SMOOTHIES

SMALL  
\$3.25 / LARGE  
\$4.25

## BLUEBERRY BEACH

BLUEBERRY / BANANA / STRAWBERRY

63 / 130 CAL

## SUPER CRAN

CRANBERRY / BANANA / STRAWBERRY

173 / 350 CAL

## CITRUS CRUSH

OJ / MANGO / KIWI / BANANA

193 / 390 CAL

## THE GORILLA

BANANA / YOGURT

223 / 450 CAL

## KICKING KIWI

KIWI / YOGURT / STRAWBERRY

81 / 170 CAL

## PINEAPPLE EXPRESS

PINEAPPLE / OJ / BANANA

120 / 230 CAL

## STRAW-BANA

STRAWBERRY / BANANA

111 / 140 CAL

## REFRESH

PINEAPPLE / BANANA / STRAWBERRY

105 / 200 CAL

## MANGO TANGO

MANGO / YOGURT / PINEAPPLE

73 / 140 CAL

## SUN UP

MANGO / STRAWBERRY / PINEAPPLE / OJ

91 / 172 CAL

## LIME LIGHT

LIMEADE / STRAWBERRY / PINEAPPLE / OJ

160 / 310 CAL

## SIMPLY STRAWBERRY

STRAWBERRY / YOGURT

121 / 240 CAL

# TREAT SMOOTHIES

SMALL  
\$3.80 / LARGE  
\$4.80

## COCONUT COVE

COCONUT / STRAWBERRY /  
PINEAPPLE / WHITE OR DARK CHOCOLATE

435 / 870 CAL

## KEY LIME

LIME / YOGURT /  
COCONUT / PINEAPPLE

290 / 580 CAL

## PEANUT BUTTER CUP

DARK CHOCOLATE / BANANA /  
PEANUT BUTTER

273 / 550 CAL

## JA-MOCHA-ME

COFFEE / CAPPUCCINO / CARAMEL /  
YOGURT / WHITE OR DARK CHOCOLATE

372 / 569 CAL

## CAST AWAY

STRAWBERRY / BANANA /  
WHITE OR DARK CHOCOLATE

123 / 250 CAL

## DREAMSICLE

WHITE CHOCOLATE / OJ /  
ORANGE SLICES / YOGURT

502 / 1005 CAL

## SAMMY K

GRANOLA / YOGURT / WHITE CHOCOLATE

501 / 890 CAL

## MOCHA CHILL

YOGURT / WHITE & DARK CHOCOLATE

341 / 680 CAL

# POWER CAFE COMBO

\$6.70

1/2 SANDWICH,  
WRAP OR PITA



CHIPS OR FRUIT



SMALL CLASSIC  
SMOOTHIE