The Lake Deli

BREAKFAST FEATURES

SMOKED WILD ALASKA SALMON 9.95
Cold-smoked salmon, Wheat Montana whole grain "Everything" bagel, romaine lettuce, fresh tomato, sliced red onion, whipped dill cream cheese, capers

VEGETARIAN QUICHE 7.95
Chef's choice, fresh melon slice

EGG AND CHEESE BREAKFAST CROISSANT 5.95
Whole grain croissant, scrambled eggs, mozzarella cheese

EGG, HAM AND CHEESE BREAKFAST CROISSANT 6.50
Whole grain croissant, scrambled eggs, diced ham, mozzarella cheese

SOUPS, SALADS AND SIDES

HOUSE-MADE BISON CHILI 6.25
Shredded cheddar cheese

VEGETARIAN CARROT GINGER BISQUE 4.50

SPINACH SIDE SALAD 3.95
Sliced cucumber, shredded carrot, grape tomatoes

GOURMET WEDGE 7.50
Crisp iceberg, natural applewood-smoked bacon, grape tomatoes, red onion

HUMMUS DIP 4.25
Baby carrots

"WAY BETTER SNACKS" CHIPS 1.75
Simply Sunny Multi-Grain, Simply Sweet Potato Tortilla chips

CHIPS 1.35
Sun Chips Multi-Grain Original, Miss Vickie's Regular Recipe, Lay's Baked Potato Chips, Doritos

SIGNATURE SELECTIONS

SMOKED WILD ALASKA SALMON B.L.T. 9.95
Cold-smoked wild Alaska salmon, organic "Great Seed" bread, natural applewood-smoked bacon, fresh romaine lettuce, tomato, wasabi mayonnaise

LOBSTER SALAD SANDWICH 12.50
Whole grain croissant, fresh lettuce, lobster salad with dill, tomato wedges

VEGETARIAN QUICHE 7.95
Chef's choice, fresh melon slice

SANDWICHES

ASIAN CHICKEN SALAD WRAP 7.50
Organic whole wheat tortilla, Asian chicken salad with pineapple sesame dressing, fresh lettuce, tomato wedges

MANDARIN WHEATBERRY WRAP 6.25
Organic whole wheat tortilla, wheatberry salad, red onion, diced tomato, cilantro

BISON HOT DOG 5.35
Stadium bun

DAGWOOD 7.90
Lean roast beef, turkey, ham, reduced fat Alpine Lace Swiss and cheddar cheeses, fresh tomato, romaine lettuce, hoagie roll

PEPPER BLEU ROAST BEEF 7.75
Roast beef, bleu cheese crumbles, fresh tomato, red onion, romaine lettuce, hoagie roll

ROASTED TURKEY AND ALPINE LACE SWISS CHEESE 7.25
Organic "Great Seed" bread, roasted lean turkey, Alpine Lace reduced fat Swiss cheese, fresh tomato, romaine lettuce

HAM AND ALPINE LACE SWISS CHEESE 7.75
Organic "Great Seed" bread, ham, Alpine Lace reduced fat Swiss cheese, fresh tomato, romaine lettuce

Menu items made with sustainable and/or organic ingredients

The Lake Deli

CONTINENTAL BREAKFAST

Cold Cereal and 2% Milk
One Box 3.00 • Two Boxes 4.00
All-Natural Vanilla Soy Milk add .50

Umpqua Oatmeal 3.95 ~ Jackpot with dried raspberries, strawberries, blackberries and pecans or Mostly Sunny with dried apples, cranberries and raisins

Wheat Montana Bagel with Cream Cheese 2.25
Whole grain "Everything" Bagel

"Sweet Street" Coffee Cake 4.25
Decadent and delicious

Organic "Great Seed" Toast 1.85

English Muffin 1.95 • Muffin 2.40 • Scone 1.95

Whole Grain Mini Cinnamon Rolls 1.25

Three Berry Trail Bar 2.25

Fresh Fruit .95

Fresh Melon 3.25 ~ Melon slices, grapes

Fat-Free Vanilla Greek Yogurt with Granola 4.00

BEVERAGES

Naked Juice 3.99 Blue Machine or Red Machine

Fruit Juice 1.85

Low Sodium V8 1.00

Starbucks Coffee 1.95/2.45/2.75

Hot Chocolate 2.05/2.80/3.55

Fine Teas from Bigelow 2.10

Tumblewood Teas Chai 2.50

Milk 1.90 ~ 2% or Chocolate

All-Natural Vanilla Soy Milk 2.40

Soft Drinks 2.35
Coke, Diet Coke, Root Beer, Sprite Zero

Iced Tea & Lemonade 2.35

Hansen's Natural Sodas 1.50
Mandarin or Diet Cola

Bottled Spring Water 2.15

Old Faithful Pale Golden Ale 4.35

Coors or Bud Light 3.55

Half Bottle Alexander Valley Vineyards Chardonnay or Syrah 16.00

ESPRESSO
FEATURING STARBUCK'S COFFEE

	SHORT	TALL	GRANDE
Cappuccino	2.85	3.10	3.85
Latte	2.85	3.10	3.85
Mocha	3.10	3.60	4.35
Americano	1.95	2.45	2.75
Pikes Place Coffee	1.95	2.45	2.75
Hot Chocolate	2.05	2.80	3.55
Steamer	2.35	2.60	3.10

EXTRAS

Extra Shot of Espresso		.80
Flavorings		.80
Soy Milk	Add	.50

FLAVORINGS

Bittersweet Chocolate
White Chocolate
Hazelnut
Vanilla
Sugar-free Vanilla
Sugar-free Caramel

SANDWICHES FOR KIDS

Peanut Butter and Jelly 2.95
On organic "Great Seed" bread

Cheese Sandwich 3.25
On organic "Great Seed" bread

TREATS

Gluten-Free Vanilla Bean Brulee Cheesecake 7.95

Elliot's of Montana Freshly Baked Cookies 1.25

Mousse Tartlet 3.95

Montana Monster Munchies 2.95

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