



HEGG HEALTH CENTER  
**BISTRO 67 & GIFTS**

**BREAKFAST**

- BREAKFAST BURRITO \$5.75  
choice of sausage or bacon
- BREAKFAST PLATTER \$7.00  
includes eggs, toast & choice of sausage or bacon
- BREAKFAST SANDWICH \$4.75  
choice of sausage or bacon
- YOGURT PARFAIT \$4.25  
vanilla yogurt, berries, honey, granola
- OMELET \$6.50  
two eggs, bacon or sausage, peppers, onions, mushrooms, and cheese
- EGG IN A NEST \$7.00  
egg made your way in a batch of hashbrowns

**GRAB AND GO**

- ALL SALADS \$7.00
- PROTEIN BALLS \$4.25
- YOGURT PARFAITS \$4.25
- TUNA SALAD SANDWICH \$6.25
- CHICKEN SALAD SANDWICH \$6.25
- EGG SALAD SANDWICH \$6.25
- BARS \$2.75
- DESSERTS \$4.00
- CARAMEL/CINNAMON ROLLS \$3.00
- TOSSED SALAD \$3.75

**SANDWICHES & WRAPS**

*served with choice of:  
 - kettle chips and dip OR fresh veggies and dip*

- BUILD-A-BURGER \$9.50  
beef patty, applewood bacon, cheese, lettuce, onion, tomato and pickle on a soft baker bun
- CHICKEN BACON RANCH \$9.75  
grilled chicken breast, cheddar cheese, bacon, lettuce, tomato, onion and ranch on a baker boy bun
- GRILLED CHEESE SANDWICH \$6.00  
provolone and cheddar cheeses served on sourdough bread
- OVEN ROASTED SOUTHWESTERN CHICKEN \$8.75  
southwest seasoned chicken breast, roasted red peppers, chipotle mayo, habanero jack cheese on garlic tandoori naan bread
- PATTY MELT \$8.75  
beef patty, swiss cheese, caramelized onions on rye bread
- PHILLY CHEESESTEAK \$9.50  
sliced philly meat with onions, peppers and provolone cheese on a hoagie bun
- HAWAIIAN GRILLED CHEESE \$9.25  
sliced turkey, applewood bacon, cheddar cheese, tomato, mayo and lettuce on sourdough bread
- CLUB SANDWICH \$8.75  
slice turkey and ham, applewood bacon, cheddar cheese, tomato, mayo and lettuce on ciabatta bread
- STEAK FAJITA PANINI \$9.75  
grilled steak, diced onion, fajita peppers, sliced tomato, swiss cheese and special sauce on naan bread
- 1/2 GR CHEESE & SOUP \$5.75

SOUP (SEASONAL) - \$3.50

WRAPS, SALADS, ADDITIONAL  
 GRAB-N-GO ITEMS AVAILABLE  
 IN OUR COOLER



## COFFEE & ESPRESSO

	12oz.	16oz.	20oz.	32oz.
DRIP COFFEE	\$1.95	\$2.00	\$2.25	
AMERICANO	\$2.75	\$3.15	\$3.65	
BREVE	\$3.95	\$4.55	\$4.95	
CAPPUCCINO	\$3.45	\$4.25	\$4.85	
FRAPPE		\$4.75	\$5.00	
ICED BREVE		\$4.55	\$5.05	\$8.45
ICED LATTE		\$4.95	\$5.45	\$8.95
ICED MOCHA		\$4.25	\$4.75	\$8.95
LATTE	\$3.45	\$4.25	\$4.95	
MOCHA	\$3.85	\$4.75	\$5.25	

## BLENDERS

	16oz.	20oz.
ICE CREAM SHAKES	\$4.75	\$5.25
SMOOTHIE	\$4.25	\$4.50
CREAMSICLE	\$3.85	\$4.75
ORANGESICLE	\$3.85	\$4.75
RED BULL	\$5.45	\$5.85
STRAWBERRY ENERGY	\$4.75	\$5.25

## OTHER BEVERAGES

	12oz.	16oz.	20oz.	32oz.
CHAI TEA	\$3.45	\$4.25	\$4.85	\$8.05
HOT CHOCOLATE	\$3.25	\$4.25	\$4.45	
STEAMER	\$3.25	\$3.85	\$4.45	
LEMONADE		\$4.00	\$4.25	\$5.00
MILK	\$2.00			
FOUNTAIN SODA	\$1.75	\$2.75		
PROTEIN SHAKES		\$4.75	\$5.25	
SPECIAL TEAS				\$8.05



## EXTRAS

ESPRESSO	\$1.15
CREAM	\$0.15
FLAVOR	\$0.50
ALMOND MILK	\$1.75
OAT MILK	\$2.00
COLD FOAM	\$0.75

## SYRUPS & SAUCES

ALMOND  
 BROWN SUGAR CINNAMON\*  
 BUTTER PECAN  
 CARAMEL\*  
 CINNAMON  
 COCONUT  
 CREME DE MENTHE  
 DARK CHOCOLATE\*  
 FRENCH VANILLA\*  
 HAZELNUT\*  
 PEPPERMINT  
 PISTACHIO  
 RASPBERRY\*  
 TOASTED MARSHMALLOW  
 VANILLA\*  
 WHITE CHOCOLATE\*

\*SUGAR FREE AVAILABLE

MONDAY - FRIDAY 7:00 A.M. - 3:00 P.M.  
 GRILL SHUTS OFF AT 1:30 P.M.  
 CLOSED SATURDAY AND SUNDAY  
 VIEW DAILY SPECIALS ON OUR FACEBOOK!  
 1202 21ST AVENUE ROCK VALLEY, IA 51247  
 712-476-8300 | WWW.HEGGHC.ORG