

## House Smoothies

\$4.25 (16oz) \$4.75 (20oz)

### Big Red

Fresh strawberries and bananas with a splash of orange juice. (Y)

### Very Berry

A blend of fresh strawberries, blueberries and raspberries. (Y)

### Banana Nana

Fresh bananas with a hint of honey. (Y)

### Pena Colada

An savory blend of pineapples and coconuts. (Y)

### Garfield Special

A perfect blend of strawberries and chocolate. (Y)

### Crazy Melon

Fresh honeydew and cantaloupe.

### Just Peachy

Just peaches!

### Banana Split

A classic blend of bananas and chocolate. (Y)

### Mango Madness

Mango, mango and more mangoes!

### Kiwi Strawberry

Fresh strawberries and kiwi. (Y)

### Supplements (optional) +\$0.75

Vitamin C    Calcium    Whey Protein  
Soy Protein    Potassium    Echinacea

(Y) Fat Free Yogurt

\*All smoothies can also be made without yogurt.

### Fresh Fruit Parfait \$4.50

Seasonal fresh fruits with yogurt, granola and honey.

## House Salads \$6.00

### Chicken Caesar Salad

Fresh romaine lettuce, home-style croutons, parmesan cheese and grilled chicken breasts with a Caesar dressing.

### Mandarin Orange Chicken Salad

Fresh iceberg lettuce, Mandarin oranges, red onions, crispy noodles and grilled chicken breasts with an Asian sesame dressing.

### Greek Salad

Romaine lettuce, black olives, feta cheese, grilled chicken breasts, cucumbers, tomatoes and red onions with a Greek dressing.

## House Wraps \$6.00

### Chicken Caesar

Fresh romaine lettuce, home-style croutons, parmesan cheese and grilled chicken breasts with a Caesar dressing.

### Tuna Salad

Fresh romaine lettuce, lite tuna, red onions and celery with lite mayonnaise.

### Tzatziki

Fresh romaine lettuce, tomatoes, cucumbers, red onions, feta cheese and grilled chicken breasts with tzataiki sauce.

### Texas Hold 'Em

Black beans, green peppers, white rice, Monterrey Jack cheese and grilled chicken breasts with BBQ sauce. (H)

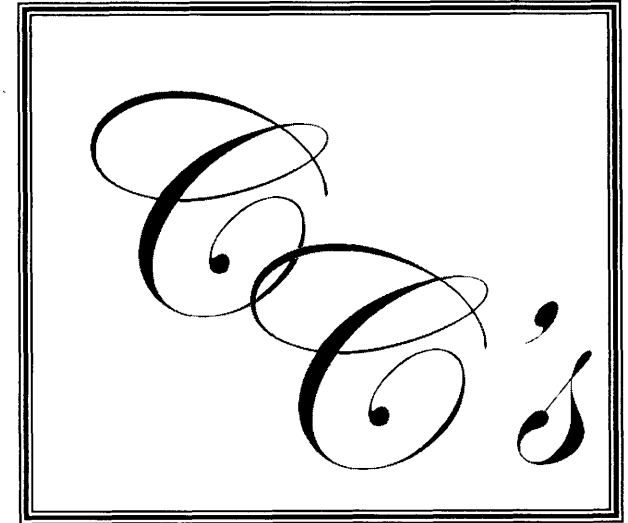
### The Mexican

Sweet corn, jalapeno, cheddar cheese, white rice and grilled chicken breasts with salsa dressing. (H)

### Teriyaki Chicken

Fresh onion, mushroom, rice and grilled chicken breasts with teriyaki sauce. (H)

(H) Heated Wraps



208 Dryden Road  
Ithaca, NY 14850  
(607) 218-2851

\*Across from the Palms

For delivery, go to:  
[www.ccsmenu.com](http://www.ccsmenu.com)

Hours: 11AM-Midnight  
7 days a week

**Custom Smoothies** \$4.25 (16oz) \$4.75 (20oz)

**STEP 1: Choose 3 fruits** (+\$0.50 for each extra fruit)

- Strawberry  Raspberry  Blueberry  Banana  Honeydew  Cantaloupe  Pineapple  Mango  Peach  Kiwi

**STEP 2: Choose 1 addition** (+\$0.50 for extra additions)

- Fat-Free Yogurt  Orange Juice  Coconut Syrup  Hershey's Chocolate Syrup

**(Optional) STEP 3: Choose a supplement** (+\$0.75 each)

- Vitamin C  Calcium  Whey Protein  Soy Protein  Potassium  Echinacea  Ginseng

**Custom Wraps or Salads** \$6.00

**Tortillas** (wraps only, choose 1)

- 12" Flower  12" Wheat  12" Tomato  12" Spinach

**STEP 1: Choose your lettuce**

- Romaine  Iceberg  Baby Spinach  Mesclun Baby Greens

**Step 2: Choose up to 4 items for wraps and up to 6 items for salads** (+\$0.50 for each extra items)

- Tomato  Cucumber  Broccoli  Carrot  Red Onion  Red Cabbage  Celery  
 Mushroom  Green Pepper  Bean Sprouts  Sweet Corn  Peas  Water Chestnuts  Roasted Red Peppers  
 Beets  Artichoke Hearts  Chick Peas  Black Beans  Kidney Beans  Black Olives  Jalapeños  
 Croutons  Crispy Noodles  Raisins  Apple  Pineapple  Pecan  Mandarin Oranges  
 Mozzarella  Monterey Jack  Cheddar  Feta  Parmesan  Bacon Bits  Sun Flower Seeds

**(Optional) STEP 3: Choose your meat** (+\$1.00 each)

- Grilled Chicken Breasts  Lite Tuna  Hard Boiled Eggs  Egg Whites

**STEP 4: Choose your dressing** (+\$0.50 for each extra Dressing)

- BBQ Sauce  Teriyaki Sauce  Tzatziki  Salsa  Mayonnaise  Sweet & Sour Riviera  
 1000 Islands  Buttermilk Ranch  Honey Mustard  Honey Dijon  Blue Cheese  Parmesan Peppercorn  
 Caesar  Hot Bacon  Mandarin Ginger  Asian Sesame  Poppyseed  Fat-Free Italian  
 Balsamic Vinegar  Balsamic Vinaigrette  Fat Free Raspberry Vinaigrette  Fat-Free Sun Dried Tomato Basil Vinaigrette