



LUCIE MONROE'S  
*cafe & bakery*

1600 ROANOKE ST  
CHRISTIANSBURG, VA  
540.381.0909.



# COFFEE

Ask what's 'on drip' today!  
one free refill on house mugs



12oz \$2.00                      16oz \$2.25

Single Origin/Manual Brew    add \$.75

Ask your barista for a recommendation.

*Weigh Station Friendly (WSF) if unsweet or sweetened with stevia.*

## ESPRESSO/LATTE

We brew our espresso the traditional way. All drinks are made with whole milk unless otherwise specified. Ask for Weigh Station Friendly (WSF)! Milk choices: whole, skim, soy, almond.

\*\$.50 extra for almond milk (WSF)

ESPRESSO \$2.75

2oz traditional espresso

MOCHA/WHITE MOCHA

12oz \$4.00      16oz \$4.50

MACCHIATO \$3.00

2oz espresso 'marked' with a touch  
of steamed milk

CAPPUCCINO \$3.00

Served the traditional way (6 oz)

LATTE/FLAVORED LATTE

12oz \$3.25      16oz \$3.75

2 oz of espresso with your  
choice of steamed milk - flavor (\$.50)

\*Available iced

AMERICANO

12oz \$2.75      16oz \$3.25

Espresso + hot water

FRAPPE \$4.50

2 oz of espresso blended with your  
choice of flavor, cream and ice

AFFOGATO \$3.25

1 scoop of vanilla ice cream topped with  
2 oz of espresso (add caramel drizzle \$.50)

## LUCIE MONROE'S SPECIALTY DRINKS

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LUCIE MONROE \$4.50

Vanilla latte with caramel drizzle

LUCILLE BALL \$4.50

Vanilla/hazelnut latte

MARILYN MONROE \$4.50

White chocolate latte

RASPBERRY HOWLER \$4.50

Raspberry/white chocolate latte

NUTTY IRISHMAN \$4.50

Hazelnut/irish cream latte

THE GREAT PUMPKIN \$4.50

Pumpkin spice latte

\*\*ALL AVAILABLE ICED\*\*

# ORGANIC RISHI LOOSE LEAF TEAS

\$2.25

*Ask your barista for a recommendation. The asterisk indicates \*decaf.*

*Weigh Station Friendly (WSF) if unsweet or sweetened with stevia.*

## BLACK

CHINA BREAKFAST  
EARL GREY  
VANILLA BLACK

## OOLONG\*

IRON GODDESS OF MERCY  
COCONUT  
WUYI

## GREEN

DRAGON WELL  
MOROCCAN MINT  
EMERALD LILY

## WHITE

PEACH BLOSSOM  
WHITE PEONY  
SILVER NEEDLE

## ROOIBOS\*

BLUEBERRY  
JAMAICAN RED  
PEPPERMINT  
ORGANIC  
EARL GREY

## BOTANICALS\*

TANGERINE GINGER  
CINNAMON PLUM  
CHAMOMILE

## CHAI

MASALA  
WEST CAPE\*  
VANILLA MINT

## PU-ERH

PU-ERH GINGER



## SMOOTHIES

*We use Dr Smoothie's fresh fruit & no added sugar blended for all of our smoothies! Mix and match your favorite flavors!*

STRAWBERRY, PINEAPPLE, LEMONADE, MANGO,  
FOUR BERRY, PEACH PEAR APRICOT | \$4.50

## MIX & MATCH FLAVORS!

SYRUP FLAVORS: vanilla, hazelnut, caramel, irish cream,  
pumpkin spice, raspberry, white chocolate, mocha,  
peppermint, lavender, gingerbread and cinnamon  
(ask about our special monthly flavors!)

SUGAR FREE SYRUP FLAVORS: vanilla, caramel,  
white chocolate, hazelnut, mocha and raspberry

ASK ABOUT OUR BEER SELECTION!

# BREAKFAST MENU

Served ALL DAY!

*Choose flaxseed bread to make your sandwich WSF!*

THE EGG & THE APPLE \$4.00

*2 boiled eggs, apple slices, slice of wheat or flaxseed toast.*

EGGS & BACON \$4.50

*2 eggs with heavy cream, scrambled & topped with cheese. Side of bacon. WSF*

EGGS ON TOAST \$4.50

*Two eggs with heavy cream, scrambled, & topped with cheese.  
Served with toast and butter. Add strawberry jam (\$0.50)*

EGG & CHEESE SANDWICH \$4.60

*Egg & cheese on your choice of bread:  
croissant, bagel, flaxseed (ham, bacon, or turkey \$1.00 ea.)  
(+ tomato, onion, bell pepper, banana pepper, olives \$0.30 ea.) (feta \$0.50)*

APPLE SAUSAGE \$5.25

*Sausage meatballs with celery, apple, onion and cheese. WSF*

SPINACH QUICHE \$5.25

*Egg, spinach, onion, cottage cheese, spices & feta,  
sprinkled with cheddar, baked without a crust WSF*

QUICHE LORRAINE \$6.50

*Egg, cheddar, ham, nutmeg baked without a crust WSF*

FRUIT PARFAIT \$5.25

*Fruit & housemade granola, layered with vanilla yogurt,  
blackberries and blueberries.*

OATMEAL \$4.50

*Oats, milk & brown sugar.  
(Dried cranberries, blackberries, blueberries,  
apples, walnuts, almonds or pecans \$0.35 ea)*

ADD SAUSAGE \$1.50 ea

ADD BACON \$0.50 ea

BAGEL \$2.00

*with your choice of butter or cream cheese*

# LUNCH MENU

Lunch starts at 11 am

## Boar's Head

### HOUSE SANDWICHES/WRAPS

add fruit (\$1.00) or add an 8oz soup (\$2.50) or bag of chips (\$1.75)

*Bread options: croissant, wheat or white panini bread  
housemade flaxseed (WSF/zero carbs), wrap*

#### TURKEY + BACON \$7.50

*Turkey, bacon, cheddar, mixed greens, tomato + spicy mustard on a wheat panini*

#### HAM + SWISS \$6.50

*Ham, swiss and mayo on a panini (ask to add lettuce/tomato)*

#### HAM + CHEDDAR \$7.00

*Ham, balsamic reduction, cheddar + spinach on panini bread*

#### CHICKEN SALAD \$8.60

*Housemade chicken salad + mixed greens on a toasted croissant*

#### HUMMUS WRAP \$7.50

*Housemade hummus, feta, cucumbers, black olives,  
bell pepper, onions, mixed greens + tomato*

#### GRILLED CHEESE \$6.25

*Cheddar & provolone grilled on a panini*

#### THE WARM & COZY \$8.00

*Our grilled cheese + bacon, tomatoes & onion + 8oz side of soup*

#### CURRY CRANBERRY EGG SALAD \$6.00

*Our house egg salad on a crossant with mixed greens*

# LUNCH MENU

*Lunch starts at 11 am*

## SALADS \$9

*Dressings: Housemade Balsamic, Raspberry Vinaigrette, Ranch, Boar's Head Peppercorn (\$0.50), Bleu Cheese*

### WALNUT CRANBERRY + CHICKEN

*Chicken breast, walnuts, dried cranberries, feta & croutons*

### CHICKEN SALAD

*Housemade chicken salad, boiled egg, onion and croutons*

### CHICKPEA CHICKEN SALAD

*Chicken breast, roasted chickpeas, feta + red pepper on spinach*

### GARDEN CHICKEN SALAD

*Chicken breast, mixed greens, tomatoes, olives, cucumbers, red pepper, green pepper, red onion, celery, monterey jack or cheddar (add bacon \$1.00)*

### SIDE SALAD \$2.99

*Mixed greens with cheese and tomato (add veggies \$.30 ea)*

## SOUPS

*SOUP DU JOUR*

8oz \$3.75    12oz \$4.00

8oz soup + half salad of your choice \$8.00

## PIZZA

*SERVED MONDAY, WEDNESDAY AND SATURDAY ONLY!*

*Available on a housemade 9 inch carb-free cheese crust (WSF)*

VEGGIE \$7.50

MEAT \$8.75

SUPREME \$9.00

# Boar's Head



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