# Ren Coffeehouse

(520) 638-6290

rencoffeehouse.com

## **SMOOTHIES**

BB Blast Banana, Blueberries, Coconut Milk, Keto Protein	7.79	Tropical Matcha PINEAPPLE BASE, BANANA, COCONUT MILK, SWEET MATCHA	7.29		
Chocolate PB Protein PEANUT BUTTER, CHOCOLATE WHEY PROTEIN, BANANA, ALMOND MILK	7.79	Popeye BANANA, DATES, PINEAPPLE, SPINACH, COCONUT MILK	7.29	ADD IN	S
Zipline	7.79	Strawberry Lemon	7.29	Ketogenic Protein	2.00
BANANA, DATES, CACAO NIBS, ICED COFFEE, GINGER, CINNAMON, ALMOND MILK		STRAWBERRY BASE, LEMON		Plant Protein	2.00
Frozen Hot Chocolate	6.29	Strawberry Banana Strawberry Base, Banana	7.79	Whey Protein	2.00
WHIPPED CREAM				Peanut Butter	0.50
Berry Moringa Mixed Berry Base, Blueberries, Moringa Leaf	7.79			Almond Butter	0.50

## **BREAKFAST**

#### SERVED ALL DAY

Ham and Cheese Croissant BUTTER CROISSANT, HAM, SWISS	6.50	Salmon Toast Goat Cheese, Arugula, Red Onion, Capers, Olive Oil	11.25	Bagel Locally Made, Choice of Spread	3.59
Tamale - <i>vegan</i> Green or Red, Salsa, Arugula, Tomato, Avocado	6.75	Bagel Breakfast Sandwich CREAM CHEESE, ARUGULA, TOMATO, AVOCADO, FRIED EGG. OLIVE OIL	8.25	Toast Local Sourdough, Choice of Spread	3.59
Peanut Butter Granola Toast BANANA, GRANOLA, CINNAMON, HONEY	6.75	Pear and Fig Bagel PEAR, GOAT CHEESE, FIG SPREAD, ARUGULA	6.25	Oatmeal GF Oats, Flax, Chia Seeds, Maple Syrup	5.25
AVOCADO TOAST HERB CREAM CHEESE, ARUGULA, TOMATO, OLIVE OIL	7.75	Bacon, Egg and Cheese Bagel Two Scrambled Eggs, Two Pieces of Bacon, Cheddar	9.25	Golden Oats GF Oats, Honey, Turmeric, Cinnamon, Walnuts, Bananas, Almond Milk	6.25

<sup>\*</sup> Gluten Free Bagels Available

### **PANINIS**

With MIXED GREENS
or <b>KETTLE CHIPS</b>

Green Goddess Spinach, Pesto, Avocado, Cheddar, Cream Cheese	11.49
Pear and Fig PEAR, BRIE CHEESE, FIG SPREAD, ARUGULA	11.49
Ham and Swiss	11.49
T.B.A Turkey, Bacon, Avocado, Spinach, Pepperjack Cheese, Chipotle Mayo	12.49

Market Salad
MIXED GREENS, GOAT CHEESE, WALNUTS
SUFLOWER AND PUMPKIN SEEDS,
DRIED CRANBERRIES AND TART CHERRIES,
House Dressing

Breakfast Salad

House Dressing

MIXED GREENS, TWO FRIED EGGS, BACON, TOMATO, AVOCADO, RED ONION,

# **SALADS**

10.49|

Warm Pear Salad	11.49
ARUGULA, PEAR, FRESH LEMON JUICE,	
WALNUTS, OLIVE OIL, SEA SALT	

Protein Brekky ARUGULA, AVOCADO, BACON, TWO FRIED EGGS, HERB OIL

12.49

11.49

Consuming Raw or Undercooked Meats, Poultry, Seafood, or Eggs May Increase Your Risk of Foodbourne Illness

<sup>\*</sup> Gluten Free Bread Available