

# MATÉ FACTOR

Yerba  
Maté

## Café & Juice Bar

SANDWICHES

WRAPS

SALADS

SOUPS

ESPRESSO

FRESH JUICES

BREAKFAST

### The Maté Factor Café

(In The Home Dairy Building)

143 The Commons

Ithaca, New York 14850

(607) 256-2056

## SANDWICHES

Served steaming hot on a homemade roll or whole wheat bread. Comes with a pickle and your choice of kettle cooked potato chips or our house coleslaw.

### Roast Beef Sandwiches

Roast Beef Cheddar on Rye - 8.95  
*Roast Beef on Rye, Mustard, Mayo, Horseradish, and Cheddar.*

House Beef - 8.95  
*Roast beef on a Roll, House Dressing, Mayo, Swiss, Lettuce, and Tomato.*

Original Deli Rose 8.50  
*roast beef, Onions, Tomato, Mozzarella and Pepper Jack with our Zesty Ketchup and a dash of mustard. Served on a Buttered Roll.*

### Smoked Turkey Sandwiches

The Pauper 7.25  
*Smoked Turkey, Barbeque Sauce, and Onions. Served on a Buttered Roll.*

Deli Rose 8.50  
*smoked turkey, Onions, Tomato, Mozzarella and Pepper Jack Cheeses with our Zesty Ketchup. Served on a Buttered Roll.*

House Turkey 8.75  
*Smoked Turkey on a Roll, House Dressing, Mayo, Swiss, Lettuce, and Tomato.*

Turkey Reuben 8.95  
*Smoked Turkey, Sauerkraut, and Swiss Cheese with House Dressing and Mustard on organic Rye. Also available with Roast Beef*

### Other Sandwiches

Tuna Melt 6.25  
*Homemade Tuna Salad on Whole Wheat topped with Tomatoes and Melted Cheddar.*

Toasted Cheese 3.95  
*Toasted buttered whole wheat and cheddar cheese*

BBB& H 3.95

# BREAKFAST



Organic Spelt Flour

-SERVED ALL DAY-

Our Famous Belgian Waffle	4.75
<i>Stone ground organic spelt flour served to you hot off our griddle with melted butter, real maple syrup and whipped cream!</i>	
Add Blueberry/Raspberry Sauce	1.50
Add Vanilla Ice Cream	1.50

## Bagels

*Whole Wheat, Everything, Onion or Cinnamon*

*Raisin*

w/Butter 1.50

w/Cream Cheese 1.95

## Bagel Sandwiches

Veggie 2.95

*Cream cheese, tomatoes, onions, and sprouts*

Turkey 4.50

*Cream cheese, smoked turkey, tomatoes, onions, and sprouts*

Salmon 6.95

*Smoked salmon with cream cheese, tomatoes, onions, and sprouts*

Egg and Cheese (on a bagel or roll) 3.50

w/ Turkey 4.75

Muffin of the Day 2.00

# SALADS

Made with fresh spring mix, romaine lettuce, and shredded carrots. Choose from our homemade dressings: House (Creamy Tahini), Balsamic Vinaigrette, and Greek. Served with hot organic French bread baked in house.

House Small/Large  
5.95/8.95

*Spring mix, \*Grilled chicken, sprouts, tomatoes, red onions, bell peppers, mixed nuts, kalamata olives.*

*\*Sub turk or tofu for chicken*

Tuna 5.75/8.25

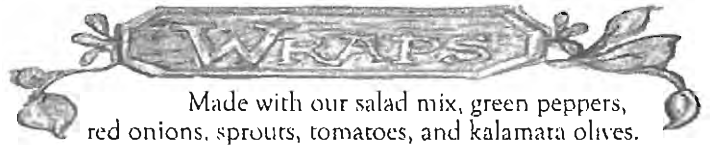
*Spring mix house tuna salad, cheddar cheese, tomato, peppers, onions, olives, cucumbers, and sprouts*

Greek 5.25/7.75

*Spring mix, feta, kalamata olives, cucumbers, red onions, bell peppers, and tomatoes.*

Tossed 4.25/5.95

*Spring mix, cucumbers, tomatoes, onions, bell peppers, topped w/ organic sprouts.*



Made with our salad mix, green peppers, red onions, sprouts, tomatoes, and kalamata olives. Wrapped in a whole wheat tortilla. Choose a dressing on the side, plus tortilla chips or our house coleslaw.

## Veggie Wraps

Tofu Avocado 8.25

*Organic Baked Tofu with Avocado plus above*

Greek 7.75

*Feta cheese and Extra Kalamata Olives plus above*

Hummus 7.75

*Our own Homemade Roasted Garlic Hummus plus above*

## Meat Wraps

BBQ Chicken 8.50

*Marinated Chicken & Barberque Sauce plus above*

Turkey 8.50

*Natural Smoked Turkey plus above*

Smoked Salmon 9.95

## BEVERAGES

	Small	Medium	Large
<b>Organic Yerba Maté</b>	1.34	1.57	1.84
<i>•Fresh Green, Dark Roast, Chai, Carob Mint, Hibiscus Lime, Lemon Ginger</i>			
Gimme! Coffee	1.34	1.57	1.84
Green, Black, & Herbal Teas	1.34	1.57	1.84
Hot Drink Refills	.78	.92	1.07
Cold Drinks	1.57	2.26	3.23
<i>Peach Maté, Lemon Maté, Hibiscus fruit cooler</i>			
Cold Drink Refills	.78	1.30	2.31
Bottled Water - Spring/Sparkling	1.25	1.75	
Bottled Sodas/Juices			1.75



*Featuring our Brazilian Yerba Maté! All espresso drinks are made with a triple ristretto.*

Espresso, Maté Espresso	1.50
Cappuccino, Iced Cappucino	2.60
Macchiato	1.90
Hot NOT Chocolate!	1.95/2.60
Americano, Braziliano (Maté)	1.95/2.60
Café Latté,	2.99/3.50
Iced Latté	2.99
Café Mocha (Hot or Iced)	3.50/4.25
Maté Latté, Iced Maté Latté	2.75/3.50
Hot Tough Chai Latté	3.50/4.25
Iced Chai	3.50
Flavorings (vanilla, hazelnut, almond, amarretto, caramel)	0.45/0.65
Soy, Rice & Almond Milk	0.45/0.65

## ORGANIC JUICE BAR

Just Carrot	2.60/3.45
Carrot Combo - choose three: <i>carrot, apple, beet, celery, &amp; ginger</i>	3.20/3.95
The Works - <i>all the above!</i>	3.50/4.25
Enhancers	.75
<i>ginseng, blue green algae, spirulina, vit. C, echinacea, ginkgo, flax oil, Maté extract</i>	



All frozen fruit smoothies. All smoothies have a banana base.

\* substitute milk with soy, rice or almond milk add .65

Strawberry	4.75
<i>Strawberries, bananas, honey, &amp; apple juice</i>	
Raspberry	4.75
<i>Raspberries, bananas, apple juice, &amp; honey</i>	
Blueberry Hill	4.75
<i>Blueberries, bananas, frozen oj, apple juice, &amp; honey</i>	
*Very Berry	4.95
<i>Strawberries, raspberries, blueberries, bananas, whole milk, &amp; berry juice</i>	
Piña Colada	5.50
<i>pineapple chunks, coconut milk, bananas, pineapple juice and honey</i>	
Island Sunset	5.50
<i>A tropical blend of bananas, strawberries, orange juice, coconut, honey &amp; vanilla</i>	
Essentially Green	5.75
<i>Blue-green algae, spirulina, bananas, orange juice, honey &amp; coconut milk</i>	
Enhancers	each-.75
<i>ginseng, blue green algae, vit. C, echinacea, ginkgo, flax oil, Maté extract, or hemp protein</i>	

## SNACKS

Chips & Salsa	2.95
Chips & Hummus	3.50
Maple Cremes	3.00
Carrot Cake	3.50
Carob Brownies	2.00
Cookies	1.25
Maté Energy Bars	2.00