



Lunch Menu

Paninis (Grilled Sandwich)

Chicken, Tuna, Meatloaf & Onion, Chicken Bacon Ranch, Club, Pesto Chicken, Turkey Bacon Guacamole, BBQ Chicken. **7⁹⁵**

Ham & Swiss, or Veggie **7³⁵**

Wraps

Club Wrap, Chicken Fajita Wrap, Spicy Chicken Caesar, Chicken Caesar, Greek Chicken, Thai Mango Chicken, or Turkey Bacon Guacamole. **6⁹⁵**

Southwestern Veggie or Greek Wrap. **6³⁵**

Add Soup or Salad **2²⁵**

Sandwiches

Tuna, Meatloaf & onion, Club, Turkey Bacon Guacamole, or Turkey. **6⁵⁰**

Bacon, Lettuce and Tomato, Ham & Swiss, Veggie. **5⁹⁵**

Add Soup or Salad **2²⁵**

Soup of the Day **5⁹⁵**

(Served with a Multigrain Bun)

Chili and a Bun **6⁹⁵**

Side Chili **4⁹⁵**

Salads

Chili Nacho	7⁵⁰
Greek Salad	7⁹⁵
With Chicken Breast	9⁵⁰
Caesar Salad	6²⁵
With Chicken Breast	8²⁵
Fruit Salad	5²⁵
Soup & Sampler	5⁷⁵

**Every
Wednesday
Butter Chicken
with Basmati Rice
7⁹⁵**

Two locations to serve you!

Downtown Vernon Location

3903 27th Street Vernon, B.C. V1T 4X8

Phone: **250-503-2222**

Fax: **250-503-2211**

Silver Star Mountain Resort

in the Lord Aberdeen Hotel

Phone: **250-542-2289**

The Battle of Coffee and Tea in America:



Although the Dutch introduced coffee in America during the 1660's, tea was still the beverage of choice among the American colonists. The boycott of tea due to taxes imposed by the King of England led to the Boston Tea Party in 1773. This important fight for freedom established coffee as the traditional democratic drink of the Americans.

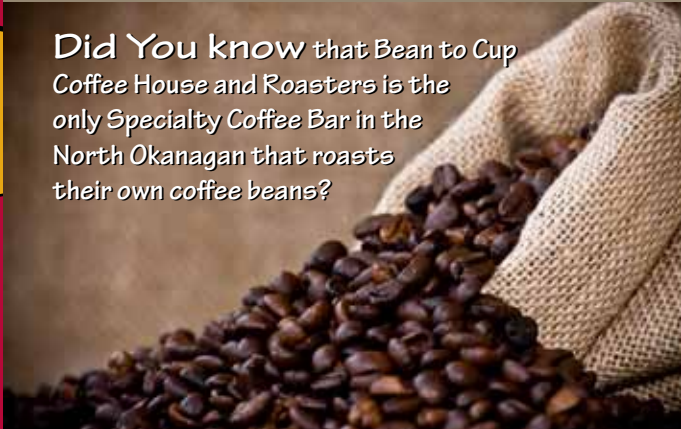
Coffee quickly became the beverage of choice around the world. In the United States alone, an estimated 45 million cups are brewed a day.

- Phone ahead for even speedier service.
- Ask about our kids meal
- Brand New Downstairs
- New Espresso Machine
- Diedrich Roaster
- Bulk Beans Sold in Store

**FREE
Wireless
Internet!**

In-House 2.50/
15 minutes

Did You know that Bean to Cup Coffee House and Roasters is the only Specialty Coffee Bar in the North Okanagan that roasts their own coffee beans?



So much more
COFFEE HOUSE
BEAN TO CUP
AND ROASTERS
than just GREAT coffee

Coffee Specialty Coffee
Fruit Blenders Lunch Menu
Breakfast Menu Catering

beantocup.com



All Day Breakfast Menu

Breakfast Panini

Our home made panini bread, mayo, Egg omelet with ham, Cheddar Cheese, lightly grilled. **6⁹⁵** add fruit cup **2²⁵**

Breakfast Wrap

Whole wheat tortilla with mixed peppers, salsa, tomatoes, mayo, egg omelet, Cheddar cheese and ham rolled and heated. **6²⁵** add fruit cup **2²⁵**

Bacon & Egger

Your choice of 9 grain or white bread, whole wheat or Cheddar bagel or Croissant Toasted with mayo egg omelet cheddar Cheese and bacon. **4⁹⁵** add fruit cup **2²⁵**

Southwest Ham & Egger

Your choice of 9 grain or white bread, whole wheat or Cheddar bagel or Croissant Toasted with mayo, tomatoes, egg omelet, ham cheddar cheese, seasoning and banana peppers. **5²⁵** add fruit cup **2²⁵**

Healthy Breakfast

Layered Granola, Yogurt topped with fruit and served with a slice of 9 grain toast. **5⁹⁵**

Toast **2³⁵**

(White or 9 Grain)

Scone or Bagel **2⁰⁰**

(with Cream Cheese or Butter)

Cinnamon Bun **2²⁵**

Butterhorn **2²⁵**

Muffin **1⁹⁵**

Fruit Cup **5²⁵**

(with yogurt or whip)

Kunals' Favorites

Mocha **3⁹⁵**

Meat Loaf & Onion Panini **7⁹⁵**

Chicken Caesar Wrap **7⁷⁵**

Greek Salad **7⁹⁵**

English Toffee Latte **3⁹⁵**

Fruit Blenders

Create your own blender Strawberry, Mango or Raspberry Or any combination of these three flavors, Frozen fruit or banana, and your choice of ice cream, orange juice or skim milk. **or try a Staff Favorite!**

Berry Blast

Raspberry & Strawberry pure Fruit Puree, Cranberries, Blueberries, Raspberries and strawberries with your choice of Ice Cream, or Orange Juice.

Strawberry Juicifier

Strawberry Pure Fruit Puree, Strawberries and Banana with your choice of Ice Cream, or Orange Juice.

Tropical Blueberry

Mango Pure Fruit Puree, Blueberries and Banana with your choice of Ice Cream, or Orange Juice.

Mocha Madness

Espresso, Chocolate, and Ice Cream.

Caramel Madness

Espresso, Caramel, and Ice Cream.

Skor Blender

Espresso, Chocolate, Milk, Skor Chunks.

12 oz **4⁰⁵** | 16 oz **4⁶⁵** | 20 oz **5³⁵**



Catering Menu

Sandwich Platter

4 quarter Sandwiches with assorted delicious fillings. Meatloaf & Onion, Ham & Swiss, Roast Turkey, BLT, Club and Veggie. **6¹⁵** per person

Sampler Party Platter

Assorted Sandwiches and wraps cut in quarters. **6³⁵** per person

Wrap Platter

Assortment of our best selling Wraps. Chicken Fajita, Club, Caesar, Pesto Chicken, and Veggie, cut in half. **6⁵⁰** per person

Panini Platter

Assortment of our famous Paninis. Chicken Breast, Ham & Swiss, Club, Meatloaf & Onion and Veggie, cut in half. **7²⁵** per person

Green Salad **2⁰⁰** per person

Caesar Salad **2⁵⁰** per person

Greek Salad **3⁰⁰** per person

Cup of Soup **2⁵⁰** per person

Chili and a Bun (Vegetarian or Meat)

Cup **3⁹⁵** per person

Bowl **5⁹⁵** per person



Veggies and Dip **2³⁵** per person

Fresh Fruit Tray **2⁸⁵** per person

Assorted Muffins **1⁷⁵** each or **18⁰⁰** dozen

Cinnamon Buns **2²⁵** each or **23⁰⁰** dozen

Cookies or Brownies **10⁹⁵** dozen

Bean to Cup Coffee **1⁴⁵** per person

Fruit Juice **1⁹⁵** per bottle

Pop **1²⁵** per can

Dasani Water **1⁵⁰** per bottle

Prices do not include GST

Free Delivery for orders over **18⁰⁰**