

## Juices

Nature created these succulent fruits and vegetables; we just put our spin on it when we juice them up especially for you! Nothing added, all organic and overflowing with fresh flavor.

	8 oz.	16 oz.
<b>Carrot Juice .....</b>	<b>\$1.99.....</b>	<b>\$3.89</b>

<b>Orange Juice .....</b>	<b>\$1.99.....</b>	<b>\$3.89</b>
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<b>Orange &amp; Carrot Juice Combo .....</b>	<b>\$1.99.....</b>	<b>\$3.89</b>
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<b>Ginger Wabbit .....</b>	<b>\$1.99.....</b>	<b>\$3.89</b>
Carrot, apple & ginger		

<b>Beetnik .....</b>	<b>\$2.59.....</b>	<b>\$4.59</b>
Carrot, beet & celery		

<b>Hot off the Press .....</b>	<b>\$2.59.....</b>	<b>\$4.59</b>
Carrot, apple, beet, lemon & ginger		

<b>The Green Dream .....</b>	<b>\$2.99.....</b>	<b>\$4.99</b>
Wheatgrass, cucumber, granny smith apples & lime		

<b>Kalekiwi Apple .....</b>	<b>\$2.99.....</b>	<b>\$4.99</b>
Kale, granny smith apples, kiwi fruit & lime		

<b>Veggie .....</b>	<b>\$2.99.....</b>	<b>\$4.99</b>
Wheat grass, parsley, cucumber, carrot & spinach		

<b>Growing Power Wheatgrass Shot (1 oz.).....</b>	<b>\$2.59</b>
served with a 1 oz. shot of organic orange juice	

## Outpost Catering –

*We offer a full range of party and meeting food from trays to entrées. Contact our catering manager 414.755.3202 ext. 452 • aviec@outpost.coop*

## Coffee & More

Any hot drink can be iced!  
Soy milk available upon request.

<b>Organic Espresso .....</b>	<b>\$1.09</b> single
	<b>\$1.49</b> double

	12 oz.	16 oz.
<b>Organic Coffee.....</b>	<b>\$1.49.....</b>	<b>\$1.79</b>

<b>Organic Café Latte .....</b>	<b>\$2.49.....</b>	<b>\$3.99</b>
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<b>Organic Café Breve.....</b>	<b>\$2.49.....</b>	<b>\$3.99</b>
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<b>Organic Café Mocha ....</b>	<b>\$2.49.....</b>	<b>\$3.99</b>
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<b>Organic Chai.....</b>	<b>\$2.99</b>
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<b>Hot Tea or Iced Tea .....</b>	<b>\$1.79</b>
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<b>Hot Cocoa .....</b>	<b>\$1.99</b>
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*We are proud to feature local products from Rishi Tea & Alterra Coffee Roasters*

**Add a flavor shot or whipped cream to any drink .....50¢**



## Capitol Drive

100 E. Capitol Drive  
Milwaukee, Wisconsin  
414.961.2597  
Open daily

*Don't miss our other convenient locations!*

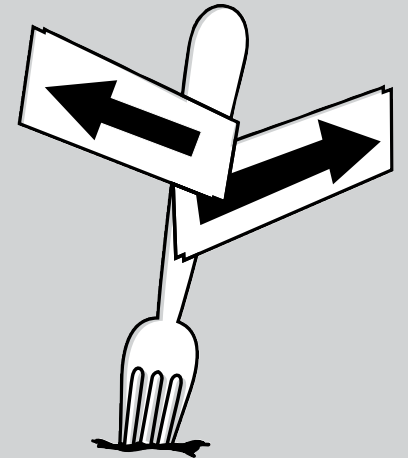
*On the corner of 70<sup>th</sup> & State*  
7000 W. State Street  
Wauwatosa, Wisconsin  
414.778.2012  
Open daily

*Just south of California Street*  
2826 S. Kinnickinnic Avenue  
Milwaukee, Wisconsin  
414.755.3202  
Open daily

[www.outpost.coop](http://www.outpost.coop)

# Menu

*Fork in the Road*  
**Café**  
**Capitol Drive**



*Your healthy road map to exciting new flavors!*



100 E. Capitol Drive  
Milwaukee • 414.961.2597

# Sandwiches

## Dine in or carry out

All sandwiches served with our homemade potato salad and dill pickle spear.

### Mozzarella, Tomato & Basil..... \$6.99

Fresh Wisconsin mozzarella and our homemade walnut basil pesto with organic tomatoes and shredded fresh basil. Served warm. Vegetarian

### Golden Temple ..... \$5.99

Avocado slices, organic tomatoes, organic red onions and Parmesan cheese lightly drizzled with balsamic vinegar and topped with organic sprouts. Served on grilled multi grain bread. Vegetarian - contains gluten.

### Falafel ..... \$5.99

Three generous falafel, organic tomatoes, organic red onions, organic cucumbers and organic sprouts topped with tahini lemon sauce in a warm, whole wheat pita. Big enough to share! Vegan - contains gluten.

### Joey's Fabulous Tofu Steak ..... \$5.99

Marinated local tofu is tossed in a cornmeal breading and fried then served with caramelized organic onions, Veganise mayo and red chili sauce. Best on toasted Italian Flat bread. Vegan - contains gluten.

### Veggie Stack ..... \$5.99

Organic baby spinach, organic carrot slaw, creamy cucumber spread topped with organic tomatoes, organic red onions and organic sprouts. Vegan.

### Artichoke Chicken Breast ..... \$6.99

Marinated and grilled all-natural Amish chicken breast and melted smoked baby Swiss topped with spinach artichoke spread, organic baby greens and organic tomato slices. Served warm.

### Build Your Own #1 – The Whole Shebang \$6.99

#### Choose 1 of these –

- Black Forest ham • smoked turkey • bacon
- marinated chicken breast • beef burger
- curry mango chicken salad • tofu steak
- falafel

#### Choose a bread –

- Rye • Whole Wheat • Multi-grain • French
- Whole Wheat Pita • Sprouted Wheat Tortilla
- Gluten-free Flatbread

#### Choose 1 cheese –

- smoked baby Swiss • goat cheese
- shredded Parmesan • fresh mozzarella

#### Choose up to 3 organic vegetables –

- baby greens • baby spinach • tomato
- roasted organic tomatoes • carrot slaw
- sprouts • red onion • cucumber

#### And top with 1 sauce –

- mayonnaise • Veganise mayo
- Dijon mustard • yellow mustard
- cucumber cream cheese
- lemon tahini • spinach artichoke spread

### Build Your Own #2 – Cheese Lovers \$5.99

#### Choose 1 cheese –

- smoked baby Swiss • goat cheese
- shredded Parmesan • fresh mozzarella

#### Choose a bread –

- Rye • Whole Wheat • Multi-grain • French
- Whole Wheat Pita • Sprouted Wheat Tortilla
- Gluten-free Flatbread

#### Choose up to 3 organic vegetables –

- baby greens • baby spinach • tomato
- roasted organic tomatoes • carrot slaw
- sprouts • red onion • cucumber

And top with 1 of the sauces listed above

### Curried Mango Chicken Salad....\$6.99

Outpost's Own Curried Mango Chicken Salad is topped with organic baby spinach, organic tomatoes and organic sprouts.

### Smoked Turkey with Goat Cheese and Fig .....\$6.99

All-natural smoked turkey breast and melted goat cheese topped with Outpost's Own mission fig preserves, organic red onions, organic baby greens and organic tomatoes. Served warm.

### Turkey Club... .....\$6.99

All-natural smoked turkey breast and nitrate-free bacon topped with oven-roasted organic tomatoes, Swiss cheese, organic baby greens and smoked paprika mayonnaise. Served warm.

### BLT .....\$5.99

Oven-roasted organic tomatoes, nitrate-free bacon, organic baby greens with smoked paprika mayonnaise.

### The Cuban .....\$6.99

All-natural Black Forest ham and all-natural smoked turkey, topped with Swiss cheese, mustard and dill pickles then grilled. Our twist on a Miami classic. Served warm.

## Taste the Difference!

*We make our menu items from scratch using fresh natural and organic ingredients including seasonal produce, whole grains and other wholesome foods. Our eggs are local and organic, our coffee is locally roasted organic fair trade and even our tofu is produced locally in small batches. We guarantee you'll taste the difference!*

# Smoothies

Our smoothies are made with real frozen fruits and juices, and wholesome and organic ingredients.

Plus, we don't add ice or fillers!

16 oz.

### Strawberry Supurb ..... \$3.59

Strawberries, banana, apple & orange juice

### Monkey Shake ..... \$3.59

Banana, cocoa, tofu, soymilk & honey

### Maui Wau Crush..... \$4.59

Mango, banana, pineapple juice & soy protein powder

### Peach Ginger ..... \$4.59

Peaches, ginger, green tea, lemon sorbet & white grape juice

### Blue Moon ..... \$4.59

Blueberries, banana & pineapple

### Carribbean Dreaming ..... \$3.59

Strawberries, banana, pineapple, coconut and lemon sorbet

### Cranberry Sunrise ..... \$4.89

Cranberries, raspberries, banana and apple juice

**For coffee & juices,  
see other side!**

