

Egg & Egg White Sandwiches & Wraps

Your Choice of: Homemade Bread, Bagel, Wrap or Muesli Bread
(On a Croissant add 50¢)

Bacon, Lettuce, Tomato & Egg.....	\$5.95
Egg & Cheese.....	\$4.50
Egg, Ham, Bacon or Sausage & Cheese (Pick One Meat).....	\$5.15
Egg, Ham, Cheese & Tomato.....	\$5.15
Egg, Spinach & Cheese.....	\$5.15
Egg, Spinach, Cheese & Tomato.....	\$5.15
Additional Meat.....	Add \$1.50
Egg Patty Plain.....	\$2.00

Grilled Panini Breakfast Sandwiches

Your Choice: Egg or Egg Whites\$6.00
Meat: Ham, Crisp Bacon or Sausage
Cheese: Provolone, Swiss, Cheddar or American Cheese

Fresh Baked Croissants

All Mini Size Special Order Ahead

Butter.....	\$2.25
Mini 1/2 Size.....	\$1.25
Mini 1/3 Size.....	75¢
Double Almond.....	\$2.50
Mini 1/2 Size.....	\$1.30
Mini 1/3 Size.....	90¢
Almond.....	\$2.10
Pain au Chocolate.....	\$2.10
Blueberry.....	\$2.10
Cherry.....	\$2.10
Raspberry.....	\$2.10
Apple.....	\$2.10
Strawberry Cream Cheese.....	\$2.50
Apricot Cream Cheese.....	\$2.50
Fruit Turnovers.....	\$2.25
Cream Cheese & Honey.....	\$2.50
Mini 1/2 Size.....	\$1.30
Mini 1/3 Size.....	90¢
Raisin Brioche.....	\$1.95
Mini 1/3 Size.....	65¢
Egg, Ham & Cheese.....	\$4.50
Spinach & Feta.....	\$5.75
Ham & Cheese.....	\$4.50
Italian Vegetable.....	\$4.50
Mini 1/2 Size.....	\$2.00
Mini 1/3 Size.....	\$1.35

Fresh Baked Muffins

Fresh Blueberry (No Trans Fat).....	\$2.00
Apple & Cinnamon (No Trans Fat).....	\$2.00
Oat Bran Cranberry & Walnut (No Trans Fat).....	\$2.50
Blueberry Oatmeal Splenda/Blend (No Trans Fat).....	\$2.50
Wheat Bran Walnut (Low Sugar).....	\$2.50
Morning Glory.....	\$2.00
Lemon Poppy Seed.....	\$2.00
Orange Blossom.....	\$2.00
Banana Walnut.....	\$2.00
Zucchini.....	\$2.00
Cinnamon Crunch.....	\$2.00
Cranberry Walnut.....	\$2.00
Cappuccino Chunk.....	\$2.00
Low-fat Carrot.....	\$2.00
Pumpkin Cream Cheese (Seasonal).....	\$2.00
Mini Muffins (Special Order Ahead).....	50¢

Cravings No Sugar No Flour Muffins

High fiber 6-8 gr. • No trans fat • Low calorie 190-250

Oat Bran Blueberry w/orange zest.....	\$2.50
Oat Bran Raspberry & Almond.....	\$2.50
Oat Bran Banana Raisin.....	\$2.50
Oat Bran Glorious Morning.....	\$2.50

Cinnamon Rolls

Jumbo Cinnamon Rolls.....	\$2.50
Pecan Sticky Buns.....	\$3.00
Glazed Pecan Rolls.....	\$3.00
Mini Cinnamon Rolls.....	\$1.10
Cinnamon Twist.....	\$1.75

★ ★ ★ ★ NUT ALLERGY WARNING ★ ★ ★ ★
All bakery items processed in kitchen with nut meats

Bagels

Plain.....	\$1.25
Cinnamon Raisin.....	\$1.25
Sesame.....	\$1.25
Everything.....	\$1.25
Cream Cheese, Lowfat Cream Cheese or Preserve.....	65¢
Buy 6 for \$4.80	

Fresh Fruit Cups\$3.45

Creamy Old Fashioned Oatmeal

Cup.....\$2.75 Bowl.....\$3.95
Topped with brown sugar, raisins, walnuts, cranberries, dried blueberries or dried apples.

Cravings Homemade Daily Granola

Michigan Dried Cherry w/Roasted Pecans, Almonds & Walnuts 8 oz.....	\$5.00
Mixed Berry w/Pumpkin Seeds 8 oz.....	\$5.00
Cranberry Orange w/Sliced Almonds & Walnuts 8 oz.....	\$5.00
Michigan Cherry & Sliced Almonds.....	\$5.00
Apricot, Blueberry, Coconut & Macadamia.....	\$5.00
Gluten Free Michigan Cherry with Roasted Nuts.....	\$5.00

Cakes, Bars & Breads

Cinnamon Coffee Cake.....	\$3.00
Confetti Brownie.....	\$2.50
Double Chocolate Brownies.....	\$2.25
Chewy Chocolate Brownies.....	\$2.25
M&M Chewy Brownies.....	\$2.50
Walnut Chewy Brownies.....	\$2.50
Peanut Butter Bars.....	\$2.75
Carrot Cake.....	\$3.00
Pumpkin Squares (Seasonal).....	\$3.00
Lemon Squares.....	\$3.00
Red Velvet Cake.....	\$3.00
Outrageous Chocolate Brownie.....	\$2.75
Sour Cream & Cherry Bread.....	\$12.00
Lemon Bread.....	\$12.00
Cappuccino Bread.....	\$12.00
Banana Nut Bread.....	\$12.00
Pistachio Bread.....	\$12.00
Cranberry Walnut (Seasonal).....	\$12.00
Harvest Pumpkin (Seasonal).....	\$12.00

Gluten Free Baked Goods

Brownies, Red Velvet Cake, Cookies, Sweet Breads, Granola & More!



Buy 6 - Get 1 FREE!

Mini Cookies (Special Order).....	65¢
Chocolate Chippers.....	\$1.20
Chocolate Chippers with Walnuts.....	\$1.25
Mom's Oatmeal Chewies.....	\$1.20
Oatmeal Raisin Walnut.....	\$1.20
Grandma's Molasses Crinkles.....	\$1.20
Peanut Butter Gems.....	\$1.20
White Chocolate Macadamia.....	\$1.30
M&M Chocolate Chip.....	\$1.25
Cranberry Orange Oatmeal.....	\$1.20
Heath Bar Chocolate Chip.....	\$1.30
Decorated Sugar Cookies.....	\$1.60
Oatmeal Breakfast Bars (14 varieties).....	\$2.50

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All bakery items processed in kitchen with nut meats

Special Occasion Cookies

Gift Tins & Boxes
Complete Mail Order Service
Ask for a Catalog

~ Or Visit Us On-Line ~

www.cravingsbymail.com

www.cravingscookies.com www.cravingsinc.com

Now view menu on-line!

Gourmet Coffee & Tea Drinks

9 Fresh Brewed Coffees Daily

French Roast, Colombian, Seattle's Best, Starbucks,
and Craving's Nut Blend
Decaf Colombian, Decaf Flavor & Decaf Seattle's Best

Flavored Daily Feature

12 oz.\$1.65 16 oz.\$2.00 20 oz.\$2.25

Regular & Herbal Tea Selection\$1.65

- Espresso • Cappuccino • Latte • Chai-Tea Latte •
- Mochas • Americano • Breve • Shot in the Arm •
- Coffee Coolers • Iced Coffees •

All Available Iced

Tall - Grande - Vente

Frozen Coffee Drinks

Creamy Espresso Delights

Cappuccino Flurry with Yogurt or Ice Cream.....\$5.75

Big Train Low Carb & Low Calorie Frappes\$4.25

(Mocha, Vanilla, Caramel, Peanut Butter)

Frozen Fruit Smoothies

Raspberry, Mango, Banana,	
Strawberry, Pina Colada.....	\$4.00
Extras Add Fresh Fruit.....	\$1.00
Yogurt.....	\$1.50
Wheat Germ.....	50¢
Protein Powder.....	\$2.00
◆ Low Carb Smoothie / No Sugar Added.....	\$5.00

Made with Fresh Fruit

Your Choice: Orange Juice or Skim Milk, Sugar or Splenda

Beverages

Natalie's Fresh Squeezed O.J.

Fresh Brewed Iced Tea, Lipton Teas, Perrier

Bottle Water, Gatorade

Milk, Chocolate Milk, Hot Cocoa, Lemonade

Pepsi-Cola, Iced Coffees

Arizona Teas

Ice Cream Counter

24 Flavors of Working Cow Homemade Ice Cream

Sundaes, Shakes, Floats

Ice Cream Sandwiches & More



Home of the Original Big
Olaf Waffle Cone!



1983-2010

3149 OCEAN DRIVE, VERO BEACH, FLORIDA 32963

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Sandwich & Ice Cream Cafe

SERVING

7AM - 9:30 PM DAILY

7AM - 10:00 PM FRIDAY & SATURDAY

CALL AHEAD TO FAX ORDER

BREAKFAST, LUNCH
DESSERTS & MORE



Join the
Cappuccino
&
Lunch
Club
Buy 9,
get the
10th one
FREE!

Gourmet Java

Cappuccino • Cappuccino Flurry • Espresso • Latte
Mocha • Iced Cap • Iced Latte • Italian Soda
Fresh Fruit Smoothies • Frappes • Frappiccinos

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View Menu On-line: cravingscookies.com



LUNCH MENU

Soup of the Day

Cup w/crackers \$3.00 Bowl w/crackers..... \$4.50

Homemade Chili

Cup w/crackers \$4.50 Bowl w/crackers \$5.95
Add Cheese 50¢

Grilled Baguette or Milano Sub Roll \$1.75

Daily Specials

Available Salads: Garden, Caesar, Spinach & Cravings House

Soup & Bagel (Includes cream cheese) \$4.75

Soup & 1/2 Sandwich \$7.00

Soup & 1/2 Salad (see available salads) \$7.50

1/2 Sandwich & 1/2 Salad (see available salads) \$7.50

Soup & Lunch Croissant..... \$6.75

Soup & Butter Croissant..... \$5.00

Salads Made Fresh To Go

Served with Flat Bread Crackers Grilled Chicken add \$2.25

Extra Dressing add 65¢

◆ = Low Carb Lunches

◆ Garden Salad \$6.50 1/2 Garden Salad \$4.95
Crisp romaine lettuce, sprouts, carrots, red & green peppers,
tomato & cucumber.

◆ Cravings House Salad \$6.50 1/2 House Salad \$4.95
Fresh greens, red onion, red peppers, mandarins oranges, pecans & almonds.
Best served with our poppyseed dressing.

◆ Spinach Salad \$6.50 1/2 Spinach Salad \$4.95
Baby spinach, sliced hard boiled eggs, raisins, crisp bacon.
Served with poppyseed dressing.

Caesar Salad \$5.50 1/2 Caesar Salad \$4.50

Caesar w/Chicken \$7.25

Crisp romaine lettuce, croutons & Parmesan cheese.

◆ California Chicken Salad \$7.95 1/2 California Salad \$6.50

Fresh greens, grilled chicken, artichokes, roasted red peppers, red onions, sprouts,
& your choice of dressing.

◆ Chef Salad..... \$7.95 1/2 Chef Salad \$6.50
Crisp romaine lettuce, sprouts, cucumber, carrots, red & green peppers, tomato,
ham, turkey, cheese & hard boiled egg.

Summer Delight Salad \$6.50 1/2 Summer Delight \$4.95
Fresh greens, walnuts, Gorgonzola cheese, garbanzo beans & cranberries,
served with raspberry walnut dressing.

Oriental Chicken Salad \$7.95 1/2 Oriental Chicken \$6.50
Fresh greens, red onions, grilled chicken, water chestnuts,
red peppers, toasted sesame seeds, Mandarin oranges,
crispy Asian noodles & Mandarin oriental dressing.

◆ Chicken, Tuna or Egg Salad Plate Whole \$7.95

Crisp romaine lettuce with mixed veggies & your choice of salad.

Fresh Fruit Salad Plate Whole \$7.95

Fresh greens with a scoop of chicken salad, egg salad or tuna salad, and fresh

melon and grapes. Your choice of dressing.

Salad Trio Whole \$7.95

A trio of chicken salad, egg salad, and tuna salad on a bed of fresh spring mix

with mixed vegetables. Your choice of dressing.

◆ w/o croutons or sweet dressing

Dressings

Ranch, Italian, Light Italian, Balsamic Vinaigrette, Poppyseed, Caesar,

Raspberry Vinaigrette, Honey French, Mandarin Oriental,

Sugar-Free Poppyseed

**Join the Lunch Club
Buy 9, Get the 10th One - FREE!**

Build Your Own Sandwich or Wrap

Comes with chips & a pickle

▲ Half Sandwiches are available on these types of bread:

White, Wheat, Rye, and Multigrain Only.

Additional Meat \$2.00 Extra Chips 50¢

Turkey, Ham, Roast Beef or Corned Beef

Grilled Upon Request

Whole (Homemade Bread) \$6.95

Half (White, Wheat, Multigrain, Rye) \$4.50

▲ Whole (Italian Sub Roll) \$6.95

▲ French Baguette \$6.95

▲ Croissant \$6.95

▲ Wrap (Tomato, Spinach, Wheat) \$6.95

Vegetarian Sandwich

Grilled Upon Request

Whole (Homemade Bread) \$6.95

Half (White, Wheat, Multigrain, Rye) \$4.50

▲ Whole (Italian Sub Roll) \$6.95

▲ French Baguette \$6.95

▲ Croissant \$6.95

▲ Wrap (Tomato, Spinach, Wheat) \$6.95

Egg Salad, Tuna or Chicken Salad

Grilled Upon Request

Whole (Homemade Bread) \$6.95

Half (White, Wheat, Multigrain, Rye) \$4.50

▲ Whole (Italian Sub Roll) \$6.95

▲ French Baguette \$6.95

▲ Croissant \$6.95

▲ Wrap (Tomato, Spinach, Wheat) \$6.95

Grilled Chicken Sandwich

(No 1/2 Sandwiches) • Grilled Upon Request

▲ Whole (Homemade Bread) \$6.95

▲ Whole (Italian Sub Roll) \$6.95

▲ French Baguette \$6.95

▲ Croissant \$6.95

▲ Wrap (Tomato, Spinach, Wheat) \$6.95

HOMEMADE BREAD

- White
- Whole Wheat
- Multigrain
- NY Jewish Rye
- French Baguette
- Italian Sub Roll
- Croissant
- Wraps- Tomato, Spinach & Wheat Wrap

VEGGIES

- Lettuce
- Tomato
- Sprouts
- Cucumbers
- Carrots
- Red Onion
- Green Pepper
- Black Olives
- Banana Peppers
- Red Peppers
- Roasted Red Peppers
- Pickles

CHEESE

- Swiss
- Cheddar
- Provolone
- American

CONDIMENTS

- Mayo
- Mustard
- Hors. Mayo
- Br. Must.
- Honey Must.
- Balsamic Vinaigrette
- Russian Dressing
- Italian Dressing
- Dijon Must.
- Pesto Mayo
- Salt/Pepper
- Ketchup

Salads to go by the Pound

Chicken Salad.....\$12.95 Tuna Salad.....\$10.95

Egg Salad.....\$8.95

Grilled Panini Sandwiches

Your choice of hearth baked ciabatta, sub roll, French baguette, or wrap.

All breads are lightly brushed with olive oil.

Available until 8:00 p.m. (No 1/2 Sandwiches)

Meat & Cheese Grilled Panini \$6.95

Your Choice of one or two: Ham, Turkey, Roast Beef or Corned Beef.

Your Choice of: Swiss, Mozzarella, Provolone, Cheddar or American Cheese.

Your Choice of: Mayo, Pesto Mayo, Mustard, Honey Mustard, Horseradish

Sauce, Brown Mustard or Dijon.

The Grilled Italiano \$7.50

Sliced salami, ham, turkey, Swiss cheese, roaster red peppers, balsamic vinaigrette
and baby lettuce.

The Grilled Campagnolo \$7.50

Grilled chicken breast, roasted red peppers, provolone cheese, creamy pesto mayonnaise,
tomato and baby lettuce.

My Grilled Honey..... \$7.50

Sliced honey baked ham, swiss cheese, fresh tomato & Cravings homemade honey mustard.

The Grilled Roma..... \$7.00

Sliced tomatoes, bruschetta, fresh mozzarella cheese, fresh sweet basil, baby lettuce and
pesto mayonnaise.

Grilled Chicken Bruschetta \$7.50

Grilled chicken, bruschetta, fresh mozzarella and fresh sweet basil.

Grilled Roast Beef & Horseradish..... \$7.50

Sliced roast beef, provolone cheese, tomato, baby lettuce and horseradish sauce.

Cravings Chicken Italiano \$7.95

Grilled chicken, honey baked ham, provolone cheese, roasted red peppers, baby lettuce,
tomato, honey mustard & drizzled with balsamic vinaigrette.

Grilled Three Cheese Sandwich \$7.00

Swiss, Monterey Jack & Cheddar Cheese, fresh tomato on asiago or ciabatta bread.
(Great with pesto mayo.)

Grilled Tuna Melt \$7.50

Hearth Bread with Swiss Cheese, tomato and tuna salad.

Grilled Turkey or Chicken Club..... \$7.95

Crisp bacon, turkey or chicken, Swiss cheese, lettuce, tomato and mayo.

Grilled Cubano..... \$7.95

Seasoned pork, ham, Swiss cheese, pickles and mustard sauce

Grilled Chicken Caesar Wrap..... \$6.95

Grilled chicken, onions, spring mix, parmesan cheese and caesar dressing on your choice of
wrap. (Tomato basil, Spinach, & Low Carb WW)



For Kids ONLY!

White or Whole Wheat Bread

Served with chips, pickle, milk or juice, and cookie.

Under 12 years only! No sugar cookie.

Grilled Cheese \$5.50

Egg Salad \$5.50

Tuna Salad \$5.50

Turkey \$5.50

Ham \$5.50

Peanut Butter & Jelly..... \$5.50

Grilled Peanut Butter & Jelly \$5.50

Peanut Butter & Honey \$5.50

Dog \$5.50

Specialty Sandwiches

(Comes with chips & a pickle) (No 1/2 Sandwiches)

1. California Chicken \$6.95
Grilled chicken breasts, artichokes, sweet red peppers, red onions, sprouts & balsamic
vinaigrette. Served on French bread.

2. Oriental Asian Chicken Wrap (Grilled or Ungrilled) \$7.95
Fresh greens, red onions, grilled spicy chicken, water chestnuts, roasted red peppers,
Asian noodles and mandarin dressing on your choice of wrap.

3. Tuna Seashore Sub \$6.95
Tuna salad, black olives, lettuce & tomato on an Italian sub roll.

4. Reuben (Warm or Cold.....) \$6.95
Lean corned beef, sauerkraut, Swiss cheese & Russian dressing on rye toast.

5. Turkey Reuben \$6.95
Turkey, sauerkraut, swiss cheese & Russian dressing on rye toast.

6. Roast Beef Horseradish \$6.95
Roast beef, Swiss cheese, horseradish mayo, lettuce & tomato on an Italian sub.
Warm or Cold.

7. Chicken Salad Oceanside..... \$6.95
Homemade chicken salad, sweet roasted red peppers, cucumbers & alfalfa sprouts on
a flaky butter croissant.

8. The Corner Vegetarian \$6.95
Tomato, artichokes, cucumbers, roasted red peppers, capers, cream cheese, sprouts
and carrots drizzled with balsamic vinaigrette.
(Your choice of regular bread or wrap)

9. Cravings Killer Sub..... \$7.50
Turkey, ham, salami, swiss cheese, banana peppers, red onions, lettuce, tomato,
balsamic vinaigrette or other condiments.

10. BLT Bacon, lettuce & tomato w/mayo. (Your choice of toast) \$6.95

11. Chicken Club (Your choice of toast) \$6.95
Grilled chicken with bacon, swiss cheese, lettuce, tomato, mayo.

12. Turkey Club (Your choice of toast) \$6.95
Sliced turkey breast with crisp bacon, swiss cheese, lettuce, tomato and mayo.

13. Chicken Spinach Melt (Your choice of regular bread) \$6.95
Grilled chicken, fresh spinach, swiss or provolone cheese & honey mustard.

14. Dog 1/4 lb. pure Black Angus Beef Dog \$4.50

15. Dog Dog..... \$5.00
1/4 lb. pure Black Angus Dog with kraut & cheese.

16. Bad Dog..... \$5.95
1/4 lb. pure Black Angus Dog with chili & onion.

17. Grilled Cheese Your choice of bread & cheese. \$4.95

18. Grilled Cheese Bacon & Tomato \$6.95

19. American Submarine Sandwich..... \$7.95
Smoked ham, turkey, salami, roast beef, cheese, onions, tomatoes, pickles, Italian
dressing on a sub roll.

20. Turkey Cranberry Wrap \$6.95
Sliced turkey, dried cranberries, provolone cheese, baby greens & creamy Italian
dressing.

21. Grilled Chicken Caesar Wrap (Grilled)..... \$6.95
Grilled chicken, onions, spring mix, parmesan cheese and caesar dressing on your
choice of wrap. (Tomato basil, Spinach, & Low Carb WW)