

Every town has one place

one special place – where locals choose to hang out. In Glenwood Springs, that place is Sacred Grounds! Come in for a bottomless mug of our special blend and a fresh bagel with schmear, slice of quiche, or homemade pastry (we serve breakfast all day). Then, let us put together one of our **boxed lunches** and backpacks for you to take on your day's adventures.

Enjoy people-watching while you relax in our **outdoor seating** area. We offer a scrumptious selection of sandwiches and wraps and fresh-fruit & yogurt smoothies, coffee shakes (*warning: the Black Forest Chiller is addictive!*) and the **best ice cream in town!**

Stop by and find out for yourself what the locals love about the **deli with a mountain soul!**



Cuisine Mountain Deli

Hours High Season: 7am - 9pm
Low Season: 7am - 5pm

Address 725 Grand Ave.
Glenwood Springs, CO

Phone (970) 928-8804

Credit Cards MC/Visa

Price Range \$ to \$\$

Alcohol No

www.sacredgrounds.biz

COUPON INSIDE

SACRED GROUND'S

Coffeeshouse & Deli



970-928-8804
YES, WE CATER!

Breakfast

Egg Bagel or Wrap

choice of bagel or tortilla and eggs.
Add cheese, bacon, sausage, ham
or turkey.

Bagel, Salmon & Cream Cheese

Bagel & Spread

bagel plus cream cheese choice: plain,
veggie, sundried tomato & basil pesto,
black bean & cilantro & green chili,
chive & scallion, jalapeno,
maple macademia, strawberry.
Or, try the spinach & artichoke
or salmon spread.

Eggs Benedict

Quiche

spinach, 3 cheeses, garlic,
onions, mushrooms, tomatoes.
Add bacon or ham.

Fresh Fruit Salad

delightful!

Bakery

baked daily!

cookies, muffins, cinnamon
rolls, lemon & blondie bars,
brownies, chocolate cake,
eclairs, and much more!

Smoothies

*made with non-fat yogurt
and real fruit*

Strawberry Wild

strawberries, banana, cranberry juice

Blueberry Spike

blueberries, strawberries, banana,
cranberry juice

Razzmatazz

Raspberries, strawberries, cranberry juice

Sea Breeze

mangoes, strawberries, banana,
orange and pineapple juices

Island Splash

mangoes, coconut, banana, orange
and pineapple juices

MENU

FREE
WIFI...
YOUR
COMPUTER
OR OURS

Sandwiches

Godfather

roast beef or turkey, mafia
cream cheese, veggies

Sunlight Club

turkey, ham, bacon, veggies & cheese

Springs Veggie

cream cheese, humus, veggies

Nova

salmon, cream cheese, capers, veggies

Turcado

turkey, bacon, avocado, Swiss, veggies

Pesto Pollo

roasted chicken, pesto, provolone, veggies

Ranchero

roast beef, bacon, cheddar, ranch dressing

Salads

Greek, Garden, Caesar

Soups

Soup of the Day or Chili *homemade!*

BOXED
LUNCHES

**FRESH
BREWED**
Coffee, Tea
all your favorites, plus our special blend!

Ice Cream, Stakes
the best in town!

Coffee Stakes

Mocha Madness

espresso, chocolate syrup and
chocolate ice cream or non-fat yogurt

Black Forest Chiller

cherry chocolate chunk ice cream,
espresso, cherry syrup

Almond Mocha

chocolate ice cream, espresso,
raspberries

CATERING

KID'S
MENU

