

BEVERAGES

"Our Coffee Beans are roasted locally in Michigan!"

COFFEE of the DAY \$.94

*Still the **BEST**, Still a **BUCK**!*

Try one of our specialty house blends, flavored coffee or our Coffee of the Month. Six to choose from daily!

ESPRESSO BASED BEVERAGES

To insure you a quality shot, our Espresso Beans are specially blended & roasted just for Cup of the Day.

See our [Specialty Coffee Menu](#) for more options

ESPRESSO – 2 shots \$1.75

CAPPUCCINO \$ 2.25 / \$2.75

1/3 espresso, 1/3 steamed milk, 1/3 frothed milk

LATTE \$ 2.25 / \$ 2.75

Espresso w/ steamed milk or can be served iced

FRAPPUCCINO \$ 3.25 & up

2 shots espresso blended with ice

HAMMERHEAD \$ 2.50

Coffee with 2 shots espresso

AMERICANO \$ 2.25

Two shots of espresso & hot water, or iced

LATTE of the WEEK \$2.75 & up

* French Syrup add \$.50

* Soy or Rice Milk add \$.50

MORE FROM THE BARISTA

CHAI (Try a Mocha or add a flavor) \$ 3.00

A Himalayan herbal tea served hot, cold or blended

HOT CHOCOLATE 16 oz. \$ 2.25

STEAMER w/ Italian Syrup \$2.50

FLAVORED MOO w/ Italian Syrup \$1.99

HOT TEA \$ 1.75

ICED TEA fresh brewed, no sugar 24 oz. \$ 1.75

Tiny 16 oz. \$ 1.50

Fresh Florida **ORANGE JUICE** 16 oz. \$ 2.50

FOUNTAIN SODA Regular 24 oz. \$ 1.75

Tiny 16 oz. \$ 1.50

VERNORS - COKE - DIET COKE

ROOTBEER - SPRITE

ITALIAN ICED SODA 16 oz. \$ 2.00

CREMOSA 16 oz. \$ 2.50

CHOCOLATE MILK 16 oz. \$ 1.99

2% MILK 16 oz. \$ 1.50

IN THE COOLER

We offer a wide assortment of bottled teas, juices, waters and soda.

BOTTLED H₂O \$ 1.50

20-oz. BOTTLED SODA (deposit included) \$ 1.75

FRUIT JUICE or GATORADE \$ 2.29

Welcome to "The Cup"...
WHERE FRIENDS ALWAYS GATHER
and LOVERS RENDEZVOUS

Ask about our Catering

Chef Anthony and his staff can cater your next meeting or function. From his kitchen, at your facility or at a rented hall, they will prepare fantastic, mouth-watering celebrations!

YES, YOU CAN HOLD YOUR NEXT MEETING HERE AT CUP OF THE DAY. PLEASE CALL 635-7272 FOR TIMES AND AVAILABILITY.

Our Philosophy on Food and Coffee

We believe that food should be simple, fresh, wholesome and attractive. We also know that the best foods are made from the highest quality, natural ingredients. Chef Anthony & staff proudly feature more than 86 Classic Sandwiches & more than 24 salads.

In Pursuit of Great Coffee...

We take every effort to furnish you with the finest coffee imaginable. We use only the freshest 100% Arabica beans, from a nearby **Michigan Roaster**, in brewing our coffee. We also grind the beans just before brewing and then keep our priceless Java in vacuum pots to maintain its flavor and aroma. We will often **Roast our own "House Coffee"** right on premises.

The Fabulous Panini

According to myth, the ancient god Pan, was in charge of seeking out new & exciting foods for his fellow gods to enjoy. Once, while visiting a lady friend on earth, Pan was urgently summoned back to Olympus. The gods wanted a new dish for lunch. Pan had his mortal friend throw together the simple fair she had in her cottage - bread, meat, cheese and tomatoes. But in her haste, the girl dropped her food into a smoldering hearth. To Pan's relief, the gods loved the succulent new taste. Since then, the food became known as PANINI - Pan's simple creation. Today's American Panini offers flat breads, stuffed with a variety of dressing, fillings and grilled on a unique Panini grill.

Great food you feel good about eating!

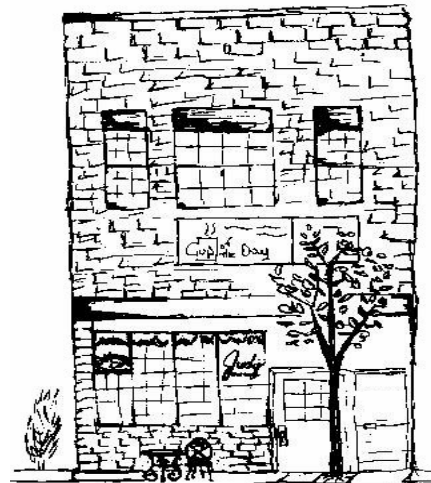
DAILY LUNCH SPECIALS & SOUP

Check our Deli boards to see what our specials are today. Each day we offer a daily "free" promotion with a qualifying purchase too!



406 Ashmun Street
Sault Ste. Marie, Michigan
635-7272

The Heart of Downtown Sault Ste. Marie
Since 1997



Serving the Best Lunch in Town,
Everyday !

We are the Soo's original Internet Café;
and we have on-site tech support to assist you.

Find our **NEW** updated website at:
www.cupoftheday.com



Find us on:



and

FRUIT SMOOTHIES

Our fruit drinks are **all-natural**. They start with fresh, frozen berries & Florida Orange juice; then you can add ingredients or mix n' match fruits.

We **DO NOT** use ice in our Smoothies!

TRY ONE OF THESE FAVORITIES

BASIC FRUIT - Our most **POPULAR** Smoothie...

w/ strawberries, blackberries blueberries & raspberries.

SUPER FRUIT - Quite simply... made with all the fruits!

RASPBERRY DELIGHT - A raspberry Smoothie.

BERRY MANILOW - A strawberry Smoothie.

GIVE PEACH A CHANCE - Peach & Mango.

PARADISE, MI - Banana, Pineapple & Mango.

16oz. \$ 3.75

FRUITS

Blackberries - Blueberries - Raspberries - Mango

Peaches - Strawberries - Bananas - Cherries - Pineapple

SMOOTHIE ADDITIVES

Wheat Germ - Bee Pollen - Flax Seed

Soy Protein - Apple Cider - Rice Milk - Soy Milk

add \$.50 each

BREAKFAST

Fresh Fruit Bowl \$ 3.99

Oatmeal topped w/ TC dried cherries \$ 3.99

Bagel or Toast \$ 1.99

With Peanut butter or Cream Cheese \$ 2.59

Breakfast Croissant \$ 3.50

Toasted croissant w/ ham & cheddar.

with egg add \$ 1.00

Breakfast Bagel \$ 2.95

Toasted bagel w/ ham & cheddar.

with egg add \$ 1.00

Home-made Granola \$ 3.25

Muffin \$ 1.99

Old-Fashioned Sour Cream Donut \$ 1.50

Pastries or Coffee Cake \$ 1.99

Pecan Sticky Bun \$ 2.99

Don't miss these treats in the store!

SPORTS & NUTRITIONAL BARS - ENERGY BARS

CHOCOLATE TRUFFLES - COFFEE CANDIES

FINE IMPORTED CHOCOLATES

CHEESECAKE, PIES & BARS

Peek into our refrigerated dessert cooler on the front counter for today's delicious selections.

VEGETARIAN SANDWICHES

DANNYS VEGAN	\$ 5.25
Loaded with all of your favorite vegetables, just pick your dressing; served on multi-grain whole wheat bread.	
THE ROMA PANINI	\$ 5.25
Mozzarella, Roma tomatoes and Balsamic Vinaigrette (with basil & oregano), grilled.	
HERBED VEGETARIAN	\$ 5.25
Herbed cream cheese topped w/ fresh crisp robust seasonal garden vegetables.	
VEGETARIAN WRAP	\$ 5.75
A Sun-dried tomato tortilla filled with fresh veggies and our Roasted Garlic Dressing.	
VEGETABLE CROISSANT	\$ 6.25
Herbed cream cheese on a croissant topped with cheddar cheese, tomatoes, cucumbers, sprouts, red onions & lettuce.	
GREEK BATON	\$ 5.75
Crisp leaf lettuce, feta cheese, olives, sweet red onions, cucumbers and banana peppers rolled in a tomato tortilla.	
GRILLED VEGETABLE PANINI	\$ 6.75
Zucchini, yellow squash, roma tomatoes, pepper strips, onions, Mozzarella cheese & our Sun-Dried Tomato Marinara, grilled.	

'KID at HEART' MENU

TRIPLE DECKER PBJ	\$3.95
GRILLED CHEESE (Swiss & cheddar)	\$ 3.95
GRILLED HAM & CHEESE	\$4.95

OUR HOMEMADE SOUPS

Check our deli boards for today's soups.

BOWL 12oz - served with Crackers	\$ 3.29
1/2 Sandwich & BOWL	\$ 6.25
1/2 Sandwich & Bowl of Gumbo	\$ 6.95
CHICKEN GUMBO Our Signature Soup	\$ 4.29
CHEF ANTHONY'S ' ORIGINAL RECIPE ' CHICKEN GUMBO	
Ask Chef about the history of this Sault favorite dating back to 1987.	
It's often imitated, NEVER duplicated!	

SPECIAL REQUESTS

Special requests are always possible and are never a problem at Cup of the Day. Just ask!

DOUBLE MEAT on any SANDWICH	add \$ 3.00
<u>Add</u> bacon or cheese to sandwich	add \$ 1.00
ANY SANDWICH on a BAGEL	add \$.50
on a CROISSANT	add \$ 1.00
Side of Coleslaw	\$ 1.50

Any 1/2 SANDWICH served w/ chips **\$ 3.95**

Menu & pricing subject to change.

SPECIALITY SANDWICHES

All sandwiches are served with a crisp deli pickle and chips.

STACK'S DELI SANDWICH	\$ 6.49
Your choice of Ham, Corned Beef, Chicken, Turkey or Roast Beef, topped with cheddar cheese, tomatoes and onions, smoothed w/ Chef Anthony 'Stack'poole's ' Original Recipe ' Sweet and Hot Stuff Gourmet Mustard. Tony has made this mustard from scratch in the Soo since 1994!	
"THE CUP" CLUB Our 4 th Best Seller	\$ 6.95
Ham, turkey & bacon, w/ Mayonnaise, lettuce, alfalfa sprouts & tomatoes on wheat. (ASK to add cheese)	
CROISSANT SANDWICH	\$ 7.95
Your choice of our fresh tuna or our illustrious chicken salad topped with lettuce, alfalfa sprouts & tomatoes.	
SHRIMP CROISSANT	\$ 9.95
Butterflied shrimp layered with tomato, lettuce, alfalfa sprouts and Thousand Island dressing.	
STRAWBERRY FIELDS	\$6.95
Your choice of Ham, Chicken, Roast Beef or Turkey, with tomatoes, lettuce, cucumbers and strawberry cream cheese.	
A.J.'s HERBED HAM WRAP	\$ 6.49
Our herbed cream cheese, sliced ham, black olives, lettuce, & tomatoes rolled in a sun-dried tomato tortilla.	
THE ALL AMERICAN	\$ 6.49
Ham and cheddar cheese, topped with yellow mustard, mayonnaise, lettuce and tomatoes on whole wheat.	
BLT WRAP or CLASSIC BLT	\$ 5.95
The American Classic with our Hickory Smoked Bacon in a sun-dried tomato tortilla wrap or on toasted wheat.	
CURED HAM PANINI	\$ 5.95
Ham, Swiss cheese, mustard, tomatoes & leaf lettuce grilled in our Panini Grill.	
HAM & CHEESE WRAP Our 3 rd Best Seller	\$ 6.49
Shaved ham, cheddar cheese, Ranch dressing, lettuce and tomatoes rolled in a sun-dried tomato tortilla.	
HAM CLUB	\$ 6.49
Ham, turkey, Swiss cheese, Ranch dressing, tomatoes & leaf lettuce served on whole wheat bread.	
ROY CLUB PANINI	\$ 5.50
Ham and turkey on whole wheat with cheddar cheese, Ranch dressing and lettuce grilled in our Panini Grill.	
BIG APPLE	\$ 6.95
Beef & turkey with cheddar cheese, lettuce, tomatoes and our Caesar dressing served on a toasted bagel.	
HERBED BEEF	\$ 7.49
Roast Beef, lettuce and red onions accented with herbed cream cheese.	
MARY'S MARVEL	\$ 7.49
Our lean Roast Beef topped with herbed cream cheese, horseradish, lettuce & crisp cucumber slices.	
THE METRO (a Roast Beef Reuben)	\$ 7.49
Beef, coleslaw, cheddar & Russian dressing; grilled.	
ROAST BEEF WRAP	\$ 7.49
Roast Beef, onions, lettuce, tomatoes & olives topped with our Tomato-Basil dressing, wrapped in a sun-dried tomato tortilla.	

TUNA LUNA	\$ 5.95
Tuna salad w/ lettuce, sprouts & tomatoes on wheat.	
J's CHOICE	\$ 6.95
Judy's favorite! Albacore Tuna salad, cheddar cheese, tomato, onion green pepper, grilled on our Panini.	
FISH IN DAZE	\$ 6.95
Flaked albacore tuna, Swiss cheese, coleslaw and Russian dressing, on grilled Jewish rye.	
KITTY'S MEOW (<u>seasonal</u>)	\$ 11.95
Smoked King salmon, leaf lettuce, onion, tomatoes & Dijon mustard, served in a whole-wheat Pita Pocket.	
CORNED BEEF PANINI	\$ 5.95
Corned beef, Swiss cheese & yellow mustard, grilled.	
TRADITIONAL CORNED BEEF REUBEN	\$ 6.95
Corned beef, sliced thin & topped with <u>sauerkraut</u> , Swiss cheese & Thousand Island dressing.	
MANHATTAN REUBEN	\$ 6.95
Corned beef with <u>coleslaw</u> , Swiss cheese & Thousand Island dressing grilled in our Panini Press.	
CALIFORNIA PANINI 2 nd Best Seller	\$ 6.95
Turkey, cheddar cheese, guacamole, tomatoes & our Homemade Buttermilk Ranch, grilled in a Panini Grill.	
MEXICAN WRAP	\$ 6.49
Fresh tomato salsa and cheddar cheese with turkey, onions, olives & lettuce wrapped in a tomato tortilla.	
TURKEY IN A PITA	\$ 5.49
Turkey, lettuce, tomatoes, cucumber & Ranch dressing served in a whole-wheat Syrian Pocket Bread.	
TURKEY IN THE SLAW	\$ 5.95
Turkey, coleslaw, Russian & tomatoes stuffed in a Pita.	
TURKEY REUBEN	\$ 6.95
Turkey, Swiss, coleslaw & Russian dressing; grilled.	
TURKEY WRAP	\$ 6.49
Turkey, guacamole, lettuce, tomatoes, and cucumbers wrapped in a Sun-dried tomato tortilla.	
CHICKEN CAESER WRAP	\$ 6.49
Crisp lettuce tossed with, Caesar dressing, tomatoes, chicken, & cucumbers, wrapped in a sun-dried tomato tortilla.	
CHICKA-CHICKA BOOM-BOOM WRAP	\$ 6.95
Golden brown chicken breast with cheddar cheese, lettuce, tomatoes & our house Boom-Boom Sauce.	
CHICKEN IN A PITA	\$ 6.49
Chicken topped w/ Ranch, lettuce, tomatoes, cheddar cheese and cucumbers.	
SLOW SAULT BBQ	\$ 6.49
Sliced Chicken topped with Barbecue sauce, onions, tomatoes & Swiss cheese; grilled, topped w/ lettuce.	
CHICKEN MARINARA PANINI	\$ 6.49
Chicken, onions & peppers with our Sun-Dried Tomato marinara & mozzarella cheese.	
CHICKEN & RANCH PANINI Our Best Seller	\$ 6.95
Smoked Chicken breast and cheddar cheese with our Homemade Buttermilk Ranch dressing topped with lettuce and tomatoes, then grilled. (ASK to add bacon)	

ENTRÉE SALADS

All salads are served with a breadstick and dressing.

Dressing Selections

Homemade Buttermilk Ranch - Caesar - Russian	
1000 Island - FF Sun-Dried Tomato Basil	
Raspberry Vinaigrette - FF Roasted Garlic Balsamic	
Extra side of dressing:	add \$.50

TUNA or CHICKEN SALAD PLATE	\$ 9.95
Mixed greens garnished with Tuna salad or our rightly famous Chicken Salad, with fresh robust fruits & farm-fresh vegetables.	
SHRIMP SALAD PLATE	\$ 11.95
A tossed salad of mixed greens embellished with Shrimp, fresh seasonal fruits and crisp vegetables.	
GREAT AMERICAN CHEF SALAD	\$ 9.95
A tossed salad of gargantuan proportion, topped with turkey, ham, Swiss & cheddar cheeses & adorned with fresh vegetables.	
SAULT SALMON LOCKS (<u>seasonal</u>)	\$ 12.95
Gourmet greens topped with tender locally smoked King salmon, accompanied with crisp vegetables & shredded cheddar.	
"THE CUP" HOUSE SALAD	\$ 5.95
A tossed salad of enlightened proportions brimming with vigorous, fresh vegetables.	
GREEK GARDEN	\$ 6.95
Crisp gourmet greens covered with feta cheese, olives, red onions, cucumbers and banana peppers served with our Roasted Garlic Balsamic Vinaigrette.	
	With CHICKEN \$ 9.95
CHICKEN FAJITA SALAD	\$ 9.95
Southwest seasoned chicken breast served with black olives, onions, peppers and our fresh tomato salsa dressing.	
BLACKENED CHICKEN SALAD	\$ 9.95
Spicy Cajun chicken breast decorated with veggies and served with our Sun Dried Tomato-Basil dressing.	
MICHIGAN CHERRY SALAD	\$ 6.95
A tossed salad of mingled greens, cashews, dried Traverse City Cherries topped w/ feta, and Raspberry Vinaigrette.	
	With CHICKEN \$ 9.95
	With SHRIMP \$ 11.95
COBB SALAD	\$ 9.95
The traditional Brown Derby creation, with a little jazzed-up, Cup of the Day creativity.	
CAESAR SALAD	\$ 6.95
Crisp romaine lettuce hand tossed with our house-made Caesar vinaigrette, topped w/ grated Parmesan cheese, tomato wedges, sliced onions and olives.	
	With CHICKEN \$ 9.95
	With SHRIMP \$ 11.95
RAW VEGETABLES AND DIP	\$ 4.25
SIDE SALAD (Tossed or Caesar)	\$ 4.25