

COFFEE & ESPRESSO BAR

Drip Coffee	2.29	
Espresso, Americano	2.29	2.69
Cappuccino, Latte	3.09	3.59 4.09
Chai	3.29	3.89 4.39
Flavored Latte	3.29	3.89 4.39
Hot Cocoa, Steamer	2.59	3.09 3.59
Hot Tea	1.79	
Frappathinky	4.29	

SPECIALTY LATTES 3.79 4.29 4.69
Almond Joy – almond, coconut, chocolate
Armadillo – amaretto, caramel, chocolate
Crème Brulee – caramel, vanilla, cinnamon
Grasshopper – chocolate, mint
Turtle – chocolate, caramel, hazelnut

SMOOTHIES (16 oz.) – 4.69

Made with 100% real fruit. Choose a house flavor or build your own with up to three fruits and your choice of base: apple, grape or orange juice, milk, soy milk, yogurt.

Peaches & Cream – yogurt, peaches, strawberries, honey

Mangoes & More – orange juice, yogurt, mango, strawberry, banana

PB & J – peanut butter, apple juice, yogurt, strawberries, banana, honey

Honey High – orange juice, banana, honey

Tropical Tease – white grape juice, banana, peach, pineapple

Don't be Blue-erry – apple juice, blueberry, banana

Chocolate Nut – soymilk, banana, chocolate, espresso, peanut butter

Chocolate Covered Strawberry – soy milk, chocolate, strawberries

PASTRIES & SWEETS

Availability varies by day and season

Cinnamon Rolls – 2.29
w/Cream Cheese Icing – 2.59

Sticky Buns – 2.59
w/Walnuts and Raisins – 2.89

Scones – 2.29
 Chocolate Chip, Spinach Cheddar, Maple Walnut
 Wheat, Blueberry

Muffins – 2.49
 Blueberry, Cranberry Orange, Lemon Poppy Seed,
 Everything (carrot, apple, almond, coconut, raisin)

Cookies – 1.49
 Awesome Chocolate Chip, Oatmeal Raisin, Oatmeal
 Chocolate Chip, Magic (chocolate chip, pecan,
 coconut, marshmallow)
Dozen Cookies – 15.88 (Includes \$2 dozen discount)

INDIVIDUAL DESSERTS

Banana Pudding – 3.79
Hazelnut Mousse Pie – 4.29
Hazelnut Truffle – 1.59
Seasonal Tart – 2.99
Cherry Pie – 4.49
Crème Brulee – 3.99
Black Bottom Peanut Butter Pie – 4.49

OTHER BREAKFAST

Granola & yogurt – 3.99
 Granola & yogurt w/ fruit – 4.99

CATERING

Whether you are looking for "To Go" box lunches for 10 people or a fully catered event for 200, we will be happy to work with you to meet your needs and your budget. For information and pricing please give us a call at 265-4141.

Fall 2016



HOURS:

Monday-Saturday 7 a.m. – 8 p.m.

**211 Boone Heights Drive
 (across from the Wellness Center)**

828-265-4141

www.stickboykitchen.com



Visit our original bakery at
345 Hardin Street
(across from ASU campus)
828-268-9900
www.stickboybread.com

BREAKFAST PLATES

Quiche with Fruit Quiche of the day served with a side of fresh fruit - 6.39

Shut the French Door Toast Two slices of brioche French toast, served with fresh fruit - 7.49

***The Jump Starter** Bacon or sausage, two eggs, fried potatoes and half a classic bagel - 7.49

***Everything but the {Stick Boy}**
Kitchen Sink Bacon or sausage, two eggs, fried potatoes, French toast with house made maple syrup and fresh fruit - 9.99

***Mount Arti** Bed of spinach, topped with fried potatoes, marinated artichoke hearts, roasted red peppers, two eggs, topped with basil pesto, finished with feta cheese - 9.49

BREAKFAST ADD-ONS

Bacon - Sausage
Tempeh
Fried Potatoes - Fruit

BREAKFAST BAGELS

Butter/jam/honey - 1.89

Cream cheese/hummus/PB - 2.69

*Egg & cheese - 3.69

*Egg & meat - 4.19

*Meat & cheese - 4.19

*Egg, cheese & meat - 4.89

CHEESE

Cheddar
Gouda
Provolone
Swiss

MEAT

Bacon
Ham
Sausage
Tempeh

Our bagels are made from scratch, boiled in a kettle, and then baked fresh daily. We use King Arthur or other quality unbleached and unbromated artisan flour without any additives or preservatives. All our breads and pastries are made from scratch every day using the same quality ingredients and traditional methods too!

**Eggs are cooked to order. Consuming raw or undercooked meats, poultry, eggs or seafood may increase your risk of foodborne illness.*

SPECIALTY BREAKFAST BAGELS

***Green Eggs & Ham** Ham, cheddar cheese, basil pesto, spinach & egg - 5.49

Cool as a Cucumber Scallion cream cheese, bacon & cucumber - 4.49

***Son of a Gouda** Ham, gouda cheese, caramelized onion, garlic aioli & egg - 5.49

Lox Ness Cream cheese, lox, red onion, capers - 6.99

***Grenade** Bacon, egg, jalapeño cream cheese, Sriracha, garlic aioli & spinach on chipotle cheddar bagel - 5.49

***#Pastrami** Pastrami, caramelized onion, Swiss, fried potato, egg, Russian dressing - 7.29

ON THE GO!

Whole Untoasted Bagels - 1.35

Half Dozen Bagels - 6.49

/with an 8 oz tub of Cream Cheese - 9.99

One Dozen Bagels - 11.59

/with two 8 oz tubs of Cream Cheese - 18.59

Tub of any Cream Cheese - 3.79

BAGEL FLAVORS

Classic - Everything - Onion - Poppy Seed
Garlic - Sesame Seed - Honey Wheat
Jalapeno Cheddar - Spelt - Cinnamon Raisin
Blueberry - Cranberry Apple Pumpkinseed
& More

CREAM CHEESE FLAVORS

Plain - Scallion
Reduced Fat Plain - Jalapeño
Honey Walnut - Veggie

KID'S MENU - 5.25

Served with a side of fruit or chips

Nut 'n Honey Peanut butter and honey on Stick Boy Sourdough bread (jam or almond butter available upon request)

Gobble Turkey and white cheddar cheese on Stick Boy Sourdough. Substitutions are welcome so get what you want!

Say Cheese White cheddar cheese melted on Stick Boy Sourdough

HOT SANDWICHES

Served with a pickle

French Dip Pastrami, caramelized onion and provolone on a French baguette. Served with Au Jus - 8.99

Goudaness Gracious! Ham, caramelized onions, melted gouda cheese, garlic aioli, lettuce and tomato on toasted Stick Boy Honey Wheat - 8.99

Soo Cheesy White cheddar, provolone and smoked gouda melted on grilled Stick Boy Sourdough - 5.99

Kluckin' Kop Grilled or fried chicken, bacon, melted provolone, honey mustard, mayonnaise, lettuce, tomato and red onion on toasted Stick Boy Sourdough - 8.99

Hearty Arti Artichoke hearts and roasted red peppers marinated then grilled, tempeh, Swiss cheese, basil pesto, garlic aioli, and baby Organic spinach on toasted Stick Boy Country French - 8.49

The Melt Chicken salad with melted white cheddar cheese on an open faced bagel of your choice with lettuce, tomato and red onion on the side - 8.49

Stick Boy Reuben Pastrami, Swiss, homemade sauerkraut, homemade Russian dressing on Stick Boy Seeded Rye - 8.99

SIDES - 1.59

Fresh Fruit - Chips
Hummus with Carrots
And Seasonal Specials

FRENCH FRIES - 2.39

- 6.29/Kitchen side
- 8.39/Specialty

Basil Pesto OR
Bacon, Sriracha, Bleu Cheese

KITCHEN MADE SOUPS

Two soups served daily offering a variety of flavors (at least one is vegetarian).

Bowl - 5.59 served w/ a chunk of bread

Cup - 4.29 **Quart** - 9.49

At Stick Boy Kitchen we use all natural chicken, turkey and ham on all of our sandwiches. All of our dressings, spreads, cream cheeses, hummus, and other sides are made from scratch using quality ingredients. Rest assured, when we make food at the "Kitchen" it's just like you would make food at home in your kitchen.

COLD SANDWICHES

Served with a pickle

The Chick Pea Traditional hummus, basil pesto, baby spinach, tomato, cucumber, red onion and avocado on Stick Boy Multigrain - 6.99

Rowdy Rooster Chicken salad, lettuce and tomato on Stick Boy Multigrain - 7.79

Sassy Turkey Turkey, jalapeño cream cheese, sun dried tomato pesto, organic spinach and red onion on Stick Boy Country French - 7.79

El Presidente Turkey, bacon, Swiss cheese, avocado, garlic aioli, spinach, tomato and red onion on Stick Boy Country French - 8.99

Ain't your Mamá's BLT Four slices of thick bacon, avocado, sriracha, mayonnaise, lettuce and tomato on Stick Boy Sourdough - 7.49

The Basic Choice of turkey, pastrami, or ham, white cheddar, mayonnaise, lettuce, tomato and red onion on Stick Boy Sourdough - 7.79

SALADS

Stick Boy House Organic baby spinach with feta crumbles, pecans and dried cranberries.
Side - 4.59 Large - 7.99
Entrée with grilled chicken - 10.99

Sweet Of Granny Hanging Garden Farms bibb lettuce, bleu cheese crumbles, sliced Granny Smith apple and candied walnuts.
Side - 4.59 Large - 7.99
Entrée with grilled chicken - 10.99

Harvest Salad Kale, organic spinach, apples, bacon, avocado, dried cranberries, sliced almonds
Large - 8.49
Entrée with grilled chicken - 11.49

The Bomb Bibb lettuce, bleu cheese crumbles, avocado, red onion, sunflower seeds, grape tomatoes, sliced hard boiled egg.
Large - 8.49
Entrée - 11.49 with sliced turkey and crumbled bacon

SALAD DRESSINGS

(all Kitchen made)

Kitchen Poppy Seed - Ranch
Balsamic Vinaigrette - Bleu Cheese
Honey Mustard