

FRESH BREWED COFFEE

HOT		12oz	16oz	20oz
Drip	5 Cal	1.75	2.00	2.25
Latte	140-240 Cal	3.00	3.50	4.05
Mocha	400-650 Cal	3.50	3.75	4.25
White Mocha	390-510 Cal	3.70	4.25	4.80
Caramel Macchiato	340-480 Cal	3.50	3.80	4.05
Americano	0-5 Cal	2.25	2.65	3.05
Hot Tea	0 Cal	2.19	2.39	2.69

Vanilla, Sugar Free Vanilla, Caramel, Sugar Free Caramel, Hazelnut, Sugar Free Hazelnut, Seasonal

Add Syrup .50



COLD		16oz
Cold Brewed Iced Coffee	5 Cal	2.50
Iced Latte	90 Cal	3.50
Iced Mocha	320 Cal	3.75
Iced White Mocha	320 Cal	4.25
Iced Americano	5 Cal	2.85

FRESH FRUIT SMOOTHIES

STRAWBERRY OATMEAL	390 Cal	3.50
BANANA PEANUT BUTTER nuts	260 Cal	3.70
MANGO	260 Cal	3.00

*All smoothies contain dairy



*2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request

FREESTYLE FOUNTAIN BEVERAGE Reg \$1.99 Lg \$2.09 X-Lg \$2.49

BREAKFAST SANDWICHES

THE GRANDE BURRITO 630 Cal 3.29

Scrambled eggs, cheddar cheese, green onions, diced tomato, sausage served with salsa.

PESTO, BACON & EGG WHITE PANINI 420 Cal 3.49

Egg whites, roasted reds, Provolone cheese, pesto, hickory smoked bacon on tandoori naan bread

BACON, EGG & CHEESE CROISSANT 580 Cal 2.99

Hickory smoked bacon, scrambled eggs, cheddar cheese

FRESHLY BAKED BISCUITS

Egg whites and cheese 320 Cal 2.69

Egg whites, bacon and cheese 330 Cal 2.99

GOURMET OATMEAL sm 1.99 Ir 3.29

BANANA NUT (pecans and bananas)  350 Cal 600 Cal

RAISIN & BROWN SUGAR 290 Cal 540 Cal

FRESH FRUIT SMOOTHIES *All smoothies contain dairy

STRAWBERRY OATMEAL 390 Cal 3.50

BANANA PEANUT BUTTER  260 Cal 3.70

MANGO 260 Cal 3.00

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FRESH BREWED COFFEE

HOT 12oz 16oz 20oz

Drip 5 Cal 1.75 2.00 2.25

Latte 140-240 Cal 3.00 3.50 4.05

Mocha 400-650 Cal 3.50 3.75 4.25

White Mocha 390-510 Cal 3.70 4.25 4.80

Caramel Macchiato 340-480 Cal 3.50 3.80 4.05

Americano 0-5 Cal 2.25 2.65 3.05

Hot Tea 0 Cal 2.19 2.39 2.69

Vanilla, Sugar Free Vanilla, Caramel, Sugar Free Caramel, Hazelnut, Sugar Free Hazelnut, Seasonal Add Syrup .50



COFFEE™

COLD 16oz

Cold Brewed Iced Coffee 5 Cal 2.50

Iced Latte 90 Cal 3.50

Iced Mocha 320 Cal 3.75

Iced White Mocha 320 Cal 4.25

Iced Americano 5 Cal 2.85



BREAKFAST COMBO - BREAKFAST BURRITO OR CROISSANT AND SMALL COFFEE \$4.99



RISING ROLL GOURMET CATERING

We bring lunch to you!

Parties, Meetings, Study Groups

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FRESH FRUIT SMOOTHIES

**All smoothies
contain dairy*

STRAWBERRY OATMEAL

390 Cal 3.50

BANANA PEANUT BUTTER nuts

260 Cal 3.70

MANGO

260 Cal 3.00

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FRESH BREWED COFFEE

HOT

12oz 16oz 20oz

Drip

5 Cal

1.75

2.00

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Latte

140-240 Cal

3.00

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4.05

Mocha

400-650 Cal

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White Mocha

390-510 Cal

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Caramel Macchiato

340-480 Cal

3.50

3.80

4.05

Americano

0-5 Cal

2.25

2.65

3.05

Hot Tea

0 Cal

2.19

2.39

2.69

*Vanilla, Sugar Free Vanilla, Caramel, Sugar Free Caramel,
Hazelnut, Sugar Free Hazelnut, Seasonal*

Add Syrup .50

Caribou



COFFEE™

COLD

16oz

Cold Brewed Iced Coffee

5 Cal

2.50

Iced Latte

90 Cal

3.50

Iced Mocha

320 Cal

3.75

Iced White Mocha

320 Cal

4.25

Iced Americano

5 Cal

2.85



FREESTYLE FOUNTAIN BEVERAGE

Reg \$1.99

Lg \$2.09

X-Lg \$2.49

HOT SANDWICHES

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FRENCH DIP

Roast beef, provolone, caramelized onions & au jus

520 Cal 6.59

Cuban

TURKEY & BRIE

Turkey, Brie cheese, Granny Smith apples, dijon aioli

560 Cal 6.79

CHICKEN PORTABELLA PANINI

Fresh chicken, marinated portabella mushroom, roasted reds, provolone, basil pesto aioli

750 Cal 6.49

CHICKEN MILANO nuts

Homemade chicken salad, mozzarella, cheddar, roasted reds, fresh basil on Tandoori naan bread

1070 Cal 6.49

CUBAN

Mojo pork loin, ham, Swiss, pickles, mustard on Cuban bread (*Swap pepperjack & jalapeños for a spicy kick!*)

670 Cal 6.49



WRAPS

BUFFALO WRAP

Fresh chicken, cheddar, tomato, romaine lettuce, buffalo sauce, blue cheese dressing

750 Cal 6.39

Chicken Salad Wrap

TUSCON WRAP nuts

Fresh chicken, hickory smoked bacon, cheddar, romaine lettuce, tomato, toasted almonds, creamy ranch dressing

1090 Cal 6.39

TURKEY, BACON, AVOCADO WRAP on a whole wheat tortilla

Turkey, hickory smoked bacon, fresh avocado, romaine lettuce, tomato, basil pesto aioli

540 Cal 6.29

CHICKEN SALAD WRAP nuts

Homemade chicken salad, tomato, romaine lettuce

720 Cal 6.29

ASPARAGUS & BASIL WRAP on a whole wheat tortilla V

steamed asparagus, fresh basil, romaine, lettuce, cucumber, tomato, balsamic vinaigrette

440 Cal 6.99

MAKE IT A COMBO
Add chips and a drink to any
hot sandwich or wrap

140-580 Cal 2.49

PICK-A-PAIR SELECT 2 \$6.99

*all 1/2 sandwiches served on sliced honey wheat bread



GOURMET SANDWICHES

TURKEY CHEEZER on a French roll	730 Cal	6.09
Oven-roasted turkey, provolone, romaine lettuce, tomato, mayo		
ROAST BEEF CHEEZER on a French roll	640 Cal	6.29
Sliced lean roast beef, cheddar cheese, romaine lettuce, tomato, brown mustard, mayo		
ALBACORE TUNA SALAD on sliced honey wheat bread	760 Cal	6.29
All white meat albacore tuna salad, romaine lettuce, tomato		
GRILLED CHEESE on Texas Toast		4.99
Melted cheddar and provolone cheese		

GLUTEN REDUCED WRAPS

FIRECRACKER ROAST BEEF WRAP	510 Cal	7.99
Roast beef, roasted reds, pepper jack cheese, firecracker sauce, lettuce		
CHICKEN OR TUNA MELT WRAP nuts	840-890 Cal	7.99
Homemade chicken or tuna salad, melted cheddar, hickory smoked bacon, romaine lettuce, tomato		
POTATO SALAD	150 Cal	.99

All Gluten Reduced Wraps are served on a Udi's Gluten Free Tortilla

SALADS and SOUPS

HARVEST nuts	130 Cal	6.49
Romaine lettuce , turkey breast, raisins, pecans, mandarin oranges		
MAUI nuts	250 Cal	6.49
Romaine lettuce, chicken breast, blue cheese, Mandarin oranges, pecans		
COBB	370 Cal	5.99
Romaine lettuce, chicken breast, hickory smoked bacon, tomatoes, crumbled blue cheese		
PECAN & FRUIT VEGAN SALAD nuts V	160 Cal	6.99
Romaine lettuce, Granny Smith apples, pear, pecans, raisins, mandarin oranges		
SOUPS	sm 3.49	lg 5.49
Homemade Chicken Noodle	160-320 Cal	320-640 Cal
Daily Special		
MAC & CHEESE BREAD BOWL on a French roll		4.99
Homemade creamy cheese sauce over spiral pasta		

SIGNATURE SANDWICHES

Chicken Salad & Apples

CHICKEN SALAD & APPLES on a multi-grain roll nuts
Homemade chicken salad, blue cheese dressing, hickory smoked bacon, and Granny Smith apples

810 Cal

6.39

CADILLAC CHICKEN on a multi-grain roll
Fresh chicken breast, Provolone, hickory smoked bacon, romaine lettuce, tomato, honey mustard

860 Cal

6.49

CURRY CHICKEN SALAD on a croissant nuts
Homemade sweet & spicy curry chicken salad, romaine lettuce, tomato

690 Cal

6.49

TURKEY & PEAR WITH GOAT CHEESE on a multi-grain roll
Sliced turkey, pear, goat cheese, romaine lettuce, and sweet chili sauce

580 Cal

6.79

FIRECRACKER CHICKEN on a French roll
Fresh chicken breast, roasted reds, pepper jack cheese, firecracker sauce, romaine lettuce

750 Cal

6.49

CHICKEN OR TUNA MELT on a French roll nuts
Homemade chicken salad or all white meat albacore tuna salad, cheddar, tomato, hickory smoked bacon, romaine lettuce

880-930 Cal

6.39

ORIGINAL VEGGIE on a French roll
Fresh avocado, romaine lettuce, tomato, cucumber, roasted reds, Provolone, mayo

560 Cal

6.19

EGG SALAD on a French roll
Homemade egg salad, romaine lettuce, tomato

640 Cal

6.19



Turkey & Pear



MAKE IT A COMBO

Add chips and a drink to any
hot sandwich or wrap

2.49

140-580 Cal