

DAILY BUZZ

STARTERS

GREAT GOODIES

Fresh muffins, scones, biscotti and baked goods are available daily. Check the pastry case for selection.

GRANOLA SUNDAE

Fabulous Buzz granola layered with fat free yogurt and topped with fresh fruit \$4.00

BUZZ YUMMY QUICHE

Ask about our current tempting flavor offerings.
\$5.75 with a side

SALADS

BUZZ HOUSE SALAD

Fresh greens with apples, grapes, candied pecans & Gorgonzola tossed in raspberry vinegrette \$6.50

COBB SALAD

Ham, Turkey, Crumbled Bacon, Blue Cheese and a hard boiled egg \$7.95
Add Avocado for .75¢

MEDITERRANEAN TUNA

A zesty take on tuna salad with lemon, tomatoes and a hint of jalapeno. Served as a salad, wrap or sandwich \$7.25

CURRY CHICKEN SALAD

Chicken in a sassy lime curry dressing with apples, grapes and cashews. Great as a salad or wrap \$7.95

BUZZ WRAPS, etc.

SOUTHWESTERN CHICKEN WRAP

Grilled garlic chicken with our secret spicy sauce wrapped with corn and black bean salad \$7.75

CAESAR CHICKEN WRAP

Chicken breast meat tossed with parmesan cheese in our tasty Caesar dressing and wrapped in lettuce inside a garlic herb wrap \$7.75

RANCH CHICKEN WRAP

Chicken breast meat and crispy bacon tossed with Ranch dressing and fresh tomatoes and wrapped in lettuce inside a garlic herb wrap \$7.75

SPICY CHICKEN QUESADILLA

Southwestern spiced chicken and loads of cheese sandwiched between two Jalapeno-Cheddar tortillas \$7.75 Add a side for \$1.00

SEE OUR CHALK BOARDS FOR SPECIALS

SANDWICHES & PANINI

ATHLETIC CLUB CLUB

Toasted sourdough bread with Turkey, Bacon, Ham, Tilamook Cheddar, Tomato and Lettuce \$7.75 Add Avocado for .75¢

BLT OR BLTA

That is: Bacon, Lettuce, Tomato served with mayo on toasted sourdough. \$7.25
Add the 'A' for Avocado for .75¢

ITALIAN VEGGIE PANINI

Roasted red peppers and goat cheese with a splash of balsamic fig vinegrette grilled on ciabatta \$6.25

GRILLED CHEESE

Simple comfort food. Tilamook Cheddar on SD or Wheat bread. w/ side \$5.75

GROWN-UP GRILLED CHEESE

Gruyere and apple on grilled ciabatta or sourdough w/ side \$6.95

CARVED DELI SANDWICH

Delicious sandwiches made with Deli sliced meats on Ciabatta or Sourdough or Whole Wheat bread. Your choice of toppings; grilled or cold.

Black Forest Ham Turkey Breast
Cheddar, Swiss, Provolone,

Served with a side \$5.75 half \$7.75 whole

BUZZ KIDS

SAY CHEESE!

Kraft Mac & Cheese or a half grilled cheese sandwich served with chips and a cookie \$4.50

QUENCHERS

BEVERAGES

Fiji Bottled Water	\$2.20	*Iced Tea	\$1.50
Orangina.....	\$1.50	Milk	\$1.00
Red Bull or Rockstar	\$2.20	Sodas.....	\$1.50

*Free refills on Iced Tea

BEER & WINE

Buzz offers an excellent selection of bottled beer and wine. On tap are Fat Tire, Blue Moon Amber Ale and Longhammer IPA

Drafts 3.00 Pitchers 11.00

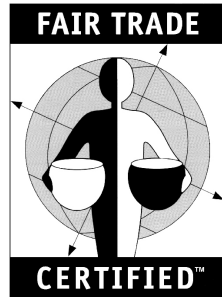
COFFEE & SPECIALTY DRINKS

Please refer to the back of this menu or our chalk board for more info. on our coffee selections.

FREE WIRED & WI-FI INTERNET ACCESS

BREWED COFFEE

Buzz serves and sells Grounds For Change™ Fair Trade Certified, shade grown, organic certified coffees which ensures producers earn a livable wage, supports sustainable farming practices, and helps protect natural habitats and the environment. Unique selections of our great tasting coffee is offered daily in regular and decaf.



Cup to savor \$1.55 (free refill)

Cup to go 12 oz \$1.55 16 oz \$1.75 20 oz \$1.95

SPECIALTY COFFEE DRINKS

	single shot	double shot	
Cappuccino	--	\$2.85	
Espresso	--	\$1.65	
X-TRA SHOT	.50	Soy Milk	.40
X-TRA FLAVOR	.40		
	12 oz	16 oz	20 oz
	double shot	double shot	double shot
Latté	\$2.55	\$3.15	\$3.35
Americano	\$1.95	\$2.20	\$2.40
Breve	\$2.85	\$3.55	\$3.85
Mocha	\$2.85	\$3.55	\$3.85
Mexican Mocha	\$2.85	\$3.55	\$3.85
Caramel Machiato	\$2.85	\$3.55	\$3.85
Steamer (1 flavor)	\$1.75	\$2.00	\$2.25
Hot Chocolate	\$1.75	\$2.00	\$2.25

All Iced Coffees can also be blended

Iced Coffee	\$1.55	\$1.65	\$1.95
Iced Latté	\$2.55	\$3.15	\$3.35
Iced Americano	\$1.95	\$2.20	\$2.40
Iced Mocha	\$2.85	\$3.55	\$3.85
Iced Caramel Machiato	\$2.85	\$3.55	\$3.85
Monin Chai™	\$2.95	\$3.35	\$3.60

BUZZ SMOOTHIES

\$2.75 - 12 oz. \$3.75 - 20 oz.

(add Protein or Creatine for \$1 per scoop)

Orange BUZZ - great to wake up to or for a refreshing break: raspberries, banana and orange juice

MEGA Berry - berries, berries, berries, with some banana and juice blended to tangy perfection

Old FAITHFUL - a familiar favorite with strawberries & banana

FREE WIRED & WI-FI INTERNET ACCESS

MENU

a little less talk a little more conversation

BUZZ

COFFEE & CAFE

**FREE WIRED & WI-FI
INTERNET ACCESS**

Hours:

Mon-Thur.: 6 AM to 9 PM

Friday: 6 AM to 10 PM

Sat: 8 AM to 10 PM

Sunday 8 AM to 3 PM
(breakfast served all day Sunday)

LIVE MUSIC

7-9 PM Friday & Saturday

FREE WINE TASTING

6-8 PM Friday & Saturday

2999 N. LAKEHARBOR LANE
on State Street at the Idaho Athletic Club
tel 344.4321 fx 345.5930