

Smoothies

****All SMOOTHIES - \$3.95 - 16 OZ. ****

Berry-Berry Blast

Blueberries, Strawberries, Raspberries, Yogurt & Juice

Blueberry-Banana Burst

Blueberries, Banana & Juice

Tropical Delight

Mango, Pineapple, Banana & Juice

Peaches & Cream

Peaches, Pineapple, Banana, Yogurt & Juice

Strawberry-Mango Lemonade Splash

Mango, Strawberries, & Lemonade

Protein Power

Bananas, Yogurt, Protein Powder & Peanut Butter

Strawberry-Banana Burst

Strawberries, Banana & Juice

Protein Powder Added - \$1.00

Additional Fruit - Price Varies

**Additional Yogurt, Peanut Butter -
\$0.25 / scoop**

RIA Island Oasis Cafe

Hours of Operation:

Lunch: M-F, 11:00 am - 1:00 pm

Need to have an event catered?

**Give us a call at
the Arsenal Island Clubhouse!**

309-782-4372

Find us on Facebook!

facebook

facebook.com/RIAFMWR



**RIA Island Oasis Cafe
Menu**



309-782-2805

Fitness Center - Bldg. 67

www.riamwr.com



RIA

Island Oasis Cafe



Breakfast

Assorted Muffins - \$1.00
Hard Boiled Egg - \$0.75

Drinks

Soft Drinks - \$0.75
Bottled Water - \$1.25
Coffee 16 oz - \$1.00
Coffee 20 oz - \$1.25
Fruit Juices - \$ 1.75

Lunch

Add cheese or 1 slice of bacon to any of the below for \$0.50 each.

Cold Items

Turkey or Ham Deli Sandwich - \$5.00, \$2.75 (1/2)
Tuna, or Chicken Salad Sandwich - \$5.25, \$2.75 (1/2)
Balsamic Marinated Vegetable Salad - \$5.00, \$2.75 (1/2)

Hot Items

BLT Sandwich - \$5.00
Grilled Cheese Sandwich - \$3.00, \$1.75 (1/2)
Hot Ham or Turkey & Cheese Sandwich - \$5.25, \$3.00 (1/2)
Chicken Breast Sandwich - \$4.50
Ribeye Sandwich (Thursdays Only) - \$6.00
Beef Brisket Sandwich - \$6.00
Pulled Pork Sandwich - \$5.00
Hamburger - \$4.75
Cheeseburger - \$5.00
Double Cheeseburger - \$7.00
Bacon Cheeseburger - \$5.50
Veggie Burger - \$3.50
Bratwurst - \$3.50
Hot Dog - \$3.25

Substitute white or wheat bread for a bun, add \$0.35.



Soup of the Day
Small \$2.50
Large \$4.00

Sides & Desserts

Chips - \$1.00 **Potato Salad - \$1.50**
Baked Chips - \$1.25 **Coleslaw - \$1.50**
Cookie - \$1.00 **Brownie- \$1.00**

Ordering for the entire office?



Call in your order and we'll have it ready to pick up when you get here!



309-782-2805

