



MENU

Sandwiches*

Hot Dogs	3.50
Brats	4.00
Hamburgers.....	4.25
Cheeseburgers	4.50
Chicken Sandwich.....	5.00
The Ridge Runner.....	4.50
Roast Beef & Cheddar.....	4.50
Tuna & Dilled Havarti.....	4.50
Italian Grinder	4.50
Mediterranean Veggie Wrap....	4.50
Chicken Caesar Wrap.....	5.00

*Add a meal deal with chips and a soda for an additional \$2.50.

Salads

Market (small).....	\$3.25
Chef.....	5.50
Caesar	4.50

Fruit Options

Fruit Cup.....	\$3.75
Yogurt Parfait.....	4.50
Whole Fruit.....	1.25

Ice Cream

Single Scoop	\$2.50
Double Scoop	3.50
Kid Cone.....	2.00
Waffle Cone	add .75
Root Beer Float -Single Scoop	3.75

Candy

Assorted Candy Bars	\$1.50
Taffy25
Fireballs.....	.25
Jawbreakers.....	.25
Cow Tales.....	.25
Bubble Gum25

Snacks

Chips & Cheese	\$2.75
Assorted Chips.....	1.50
Pretzels	1.50
Granola Bars	1.50
Trail Mix.....	1.50
Energy Bars	2.00

Soft Drinks


Aquafina Water	\$1.75
Pepsi	1.75
Diet Pepsi.....	1.75
Mountain Dew.....	1.75
Diet Mountain Dew	1.75
Sierra Mist	1.75
Sierra Mist Free	1.75
Mug Root Beer.....	1.75
Iced Tea	1.75
Lemonade.....	1.75
Gatorade	2.25
Assorted Juices	2.50

Daiquiris

Non-alcoholic.....	\$4.50
With alcohol	7.50

Flavors: Mango, Strawberry, Berry Blast, or Pina Colada
Alcohol: Rum, Vodka, or Tequila available

Smoothies

 Peak Performance Smoothies	
Bananas, blueberries, blackberries, raspberries, mangos, peaches, or strawberries blended with low-fat yogurt.	\$4.75
Add a shot of protein powder to any smoothie or daiquiri	\$1.50

Beer

Bud Light	\$2.75
Budweiser.....	2.75
Coors Light	2.75
Michelob Ultra.....	2.75
Miller Lite	2.75
O'Doul's.....	2.75
Labatt Blue.....	2.75
Labatt Blue Light	2.75
Amstel Light	4.50
Corona	4.50

Mixed Drinks

Castillo Rum.....	\$4.25
Crystal Palace Vodka.....	4.25
El Toro Tequila	4.25

Wine

Crystal Mountain's Own Private Label Wine
Chardonnay & Cabernet Sauvignon
Weibel Vineyards Lodi, California
\$5 glass