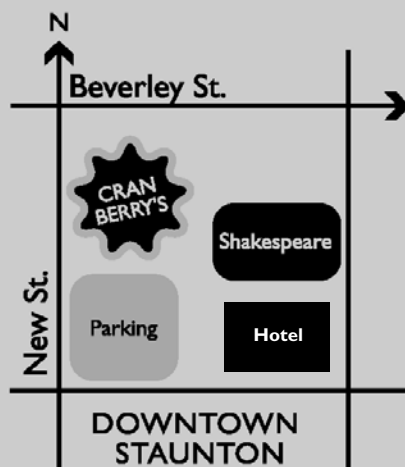


Driving to Cranberry's



- Take exit 222 off interstate 81 to Rte. 250 west.
- Follow Rte. 250 about 3 miles to New Street (second light after train overpass) and turn right.
- Cranberry's is on your right, halfway up the block.



You can reserve our upstairs room. It's perfect for birthday parties, showers, luncheons and business meetings.

CRANBERRY'S GROCERY & EATERY

GOURMET COFFEE

We are the exclusive outlet for *Lester's Best* organic coffees & espresso. We use only fresh beans locally roasted every day. Check out our house blend (Lucky No. 7), decaf, and specialty coffee of the month.

Coffee/refill	12 oz	1.99/1.99
	16 oz	2.19/1.09
Mug (includes a free refill)		1.99

ICED COFFEE DRINKS

Iced Americano	16 oz	1.99
Iced Latté/Capp	16 oz	3.29
Iced Mocha	16 oz	3.79
Frozen Mocha	16 oz	4.49

Picnic in a Bag

Wrap or sandwich of your choice, chips, big cookie of your choice & a free picnic tablecloth — all in an attractive bag with handles for easy carrying! 9.49/person

LESTER'S ESPRESSO

Espresso	single	1.99
	double	2.89
Italian Macchiato	single	2.29
	double	2.99
Americano	12 oz	2.99
	16 oz	3.69
Red Eye	12 oz	3.99
	16 oz	4.99
Cappuccino	12 oz	3.79
	16 oz	4.69
Latté	12 oz	3.39
	16 oz	4.29
Café au Lait	12 oz	2.49
	16 oz	2.79
Mocha	12 oz	3.69
	16 oz	4.49
Turtle Mocha	12 oz	4.49
	16 oz	5.29
Whipped cream		0.49
Brevé or Soy milk		0.59
Flavor shot*		0.69
Add'l espresso shot		0.89

*Almond, Blackberry, Caramel, Ginger, Hazelnut, Mint, Raspberry, Vanilla, Sugar-free Caramel & Sugar-free Vanilla.

WRAPS & SANDWICHES

- * **BLT**
Everyone's favorite bacon, lettuce, tomato and soy mayo on your choice of multi-grain, sourdough white or plain tortilla. 4.99
- †* **New Street Burrito**
Black beans, brown rice, cheddar, lettuce, tomato, red onion and salsa in a chili tortilla. 6.49
- * **Chicken Caesar**
Grilled chicken, Romaine, croutons, Caesar dressing, and parmesan cheese in a garlic 'n herb tortilla. 6.49
- †* **The Garden**
Raw veggies in a spinach tortilla with your choice of shredded cheddar and House dressing, hummus, or cream cheese. 6.79
- †* **Grilled Tempeh**
Grilled tempeh strips, quinoa, fresh spinach leaves and tamari/mirin sauce in a whole wheat tortilla. 6.79
- †* **Mediterranean Wraptatouille**
Sauteéd tomato, zucchini, red pepper, onion, capers & black olives; feta cheese, greens and balsamic basil sauce on a sun-dried tomato tortilla. 6.99
- Rockin' Roast Beef**
Roast beef slices, roasted red pepper, our special cream cheese/horseradish spread, and greens on multi-grain or in a whole wheat tortilla. 6.99
- * **Turkey Reuben**
Turkey, sauerkraut, swiss & honey mustard on rye. 7.59
- †* **Thai Chicken or Thai Tofu**
Roasted chicken or grilled peanut-ginger tofu, jasmine rice, mint, cucumber, sauteéd zucchini and onion, and spicy peanut sauce in a garlic 'n herb tortilla. 6.99
- * **The Taj Mahal – our "Signature Wrap"**
Roasted chicken or grilled peanut-ginger tofu, jasmine rice, peanuts, sauteéd garlic, carrots and onion, and sweet mango curry sauce in a chili tortilla. 7.99
- * **Quiche slice** 4.29
- Soup** cup 2.79 bowl 4.79
- * **Quiche & Wee Garden Combo** 6.99
- Quiche & Cup 'o Soup Combo** 6.79
- Bowl of Soup & Wee Garden Combo** 7.29

* Gluten-free version available upon request.
† Vegan version available upon request.



Healthful foods & natural remedies.
"Eat well. Feel GREAT."
Mon-Wed 7:30-5 • Thu-Sat 7:30-7:30
Winter Hours (Dec-Mar) 7:30-5

DESIGN YOUR OWN

A	B	C
ham turkey roast beef sauteéd tofu	butter salsa soy mayo ranch dressing Italian dressing oil & vinegar honey mustard yellow mustard ancho chipotle spicy peanut sauce curry mango sauce mango pineapple vin.	multi-grain bread rye bread sourdough white gluten-free toast plain tortilla whole wheat tortilla gluten-free tortilla

Choose one from column A, B, and C for 5.99

Then add:

avocado (as available)	.89	tomato	.59
bacon	1.19	lettuce or sliced onion	.39
swiss, cheddar or feta	.79	sprouts (as available)	.69
cream cheese or hummus	.69		

SALADS

- Wee Garden or Wee Caesar** 3.49
- Whole Garden** 6.99
- Chicken Caesar** 9.99
- Chef Salad** 7.99
- Linda's Special (as available)** 5.99
- The Mediterranean** 6.99
- South of the Border** 7.59
- Thai Chicken or Tofu** 9.99
- Grilled Tempeh on Greens** 9.99
- The Taj Mahal** 9.99



Take a stroll around the grocery while you are here. We feature natural and organic foodstuffs, gourmet items, local foods, and an apothecary chock full of the best vitamins, supplements and herbal remedies on the market.

CRANBERRY'S GROCERY & EATERY

BREAKFAST

Available all day except for waffles, which we serve 'til noon.

Fresh Fruit of the Day	3.49
Bake Umm... Bagels organic cranberry, cinnamon raisin, or whole wheat with butter, or cream cheese.	2.99
Muffins Fruity bran flax delights we make right here.	2.49
* Organic Multigrain Toast with Jam	2.49
Supernatural Granola with whole, skim or soy milk	3.19
* Banker's Breakfast Two scrambled eggs, soy mayo and melted cheddar in a multigrain toast sandwich.	4.99
* The Baron Two scrambled eggs, cream cheese, & tomato in a multigrain toast sandwich.	5.69
* Breakfast Burrito Scrambled egg, cheddar cheese, black beans, brown rice, red onion, and salsa in a flour tortilla.	5.99
* Immigrant Scramble A delicious melting pot of scrambled eggs, cheddar cheese, diced ham, bell peppers, onion, and tomato. Served on a plate with multigrain toast.	6.49
Square Deal One waffle square with a scrambled egg and three strips of bacon.	4.99
* Noah's Ark 2 eggs + 2 sausage links + 2 slices multigrain toast.	6.99
* Hog Wild Biker Breakfast Two scrambled eggs, sourdough white toast, sausage, bacon & a slice of ham.	9.99
* Nice, Normal Breakfast Two scrambled eggs, bacon & toast.	5.99

Join us for Waffles

Our famous homemade yeast 'n malt waffles with local maple syrup.

4.99

CHILDREN'S MENU

Organic Peanut Butter & Jam on multigrain bread	3.49
Cheese Quesadilla Melted cheddar cheese on a flour tortilla	3.49
Chicken n' Cheese Quesadilla Grilled chicken & melted cheddar on a flour tortilla	3.79
Fruit smoothie with soy protein powder Please see our Smoothies menu	

DESSERTS

Selections & prices are at the deli case. Or just ask!

Gourmet Ice Cream local, artisan, unbelievable
† Big Cookie in a number of marvelous flavors
* Gluten-free Cookies chocolate chip or cinnamon thins
Rum Cake of the Day homemade and amazing
Chef's Surprise wowie zowie!

* Gluten-free version available upon request.

† Vegan version available upon request.

BEVERAGES

JUICE BAR

Freshly squeezed while you wait.

	12oz	20oz
Apple	3.29	5.29
Carrot	3.29	5.29
Apple-Carrot	3.29	5.29
Carrot & Celery	3.29	5.29
Orange	3.29	5.29
Carrot Orange	3.29	5.29
Ginger 'n Orange	3.39	5.39
Celtic Elixir our "Signature Juice Drink" Apple, carrot and celery with a wee bit o' beet and gingerroot	3.69	5.69
Fountain of Youth Granny apple & wheatgrass	5.49	7.29
Wheatgrass		2.79/shot

SMOOTHIES

Made fresh from scratch. No mixes.

Small (12 oz) 3.99 Large (20 oz) 5.99

The Crancherry – our "Signature Smoothie" Cranberry juice, cherries, banana, vanilla soy protein powder
Blueberry Thrill Blueberries, banana, cranberry juice, vanilla soy protein powder
Strawberry Banana Strawberries, banana, cranberry juice, vanilla soy protein powder
Snack Attack Chocolate rice frozen dessert, chocolate rice milk, tofu, banana
Java Snack Attack Coffee, chocolate rice frozen dessert, chocolate rice milk, tofu, banana
Lean 'n Green Honeydew melon, green grapes, white grape juice & a kiss of cucumber

SUPER SMOOTHIES

Extra nutritious, extra delicious.

Small (12 oz.) 4.99 Large (20 oz.) 6.99

Red 'n Raw	Freshly squeezed carrot and apple juices, banana, strawberries & cherries
The Powerhouse	Raw, fresh spinach leaves, banana, local honey & a pinch of spirulina

SPIKES!

Add to any smoothie or juice drink 1.19

Stress Reliever	Chamomile, skullcap
Immune Booster	Astragalus root, bee pollen, echinacea, vitamin C
Energizer	Bee pollen, ginkgo, ginseng

WINES

chardonnay or merlot 3.99/glass

BRITISH BEERS

4.19/glass

ORGANIC BEER

4.49/glass

HOT CHOCOLATE

We think we have the best hot chocolate in town.

What do you think?

	12 oz	1.99
	16 oz	2.29
Top it with whipped cream for		.49

TEA

Ask to see our exquisite tea menu. Or peruse our collection and sniff your way to the tea you want.

Hot Tea	12 oz	1.99
	16 oz	2.19
Chai Latté	12 oz	3.49
	16 oz	3.99
Iced Tea, unsweetened (includes free refill)	16 oz	1.79
Iced Chai Latté	16 oz	3.49

Yes, we cater, too!
Ask us about handling
your next event.
885-4755

Our restaurant uses a combination of conventional, organic and local ingredients including Polyface Farm pastured eggs & sausage, Mountain Valley honey, local maple syrup, Bake Umm organic bagels and Kitch'n Cook'd potato chips.

CRANBERRY'S GROCERY & EATERY

was launched by Kathleen Stinehart, former dean for academic outreach at nearby Mary Baldwin College on the fourth of July, 2003.

We are all about taste (hooray!) and nutrition (whoopie!). Our menu is fashioned around fruits, vegetables and organic grains – simple but powerful foods that will have you leaping tall buildings in a single bound.

In 2004, we merged with the former Cool Spot locally-roasted coffee shop and began opening for breakfast.

In 2008, we received a Virginia Green designation for our recycling and non-toxic efforts.

In 2009, we became a certified gluten-free restaurant, and also began staying open for supper the latter half of the week.

All of us who work here believe our store really belongs to its customers. That's why our menu and inventory reflect what Staunton-area shoppers, diners and tourists are currently buying and eating.

Before you go, be sure to tell us what you like to eat and buy these days. Here's to your health and a wonderful time at Cranberry's!

ABOUT THE BUILDING

Our building was constructed in 1758 and may be the oldest commercial building in Staunton. Originally a stone structure, it now sports a brick façade that was added during the Victorian era to modernize its appearance.

Over the years the building has served as a women's clothing store (hence the large mirror on the stair landing), New York deli, tailor's shop, taxi garage, Chinese laundry and general mercantile. The staff here is convinced there are friendly ghosts about. If you sense one, smile and say "Hi."

