

## Tea Time

Inspirations Café is a partner of Teavana—"a heaven of tea." We want to introduce the aromas, textures, and beneficial qualities of loose leaf teas to others. After much research and enjoyment we offer the teas which have rich flavors and superior health benefits.



### Silver needle – \$2.99

Very high in antioxidants and aids in detoxifying the body. Teavana studies show white tea is excellent for skin by reducing fine lines and wrinkles. The most tender part, white downy tea buds, are harvested only two days out of each year.

### Rooibos Tropical – \$2.49

A red tea, improves digestion, good for skin and allergies, high in vitamin and minerals, and more antioxidants than green tea. A flavorful and fragrant blend of fresh green Rooibos complemented with strawberry and peach pieces, sunflower, rose, cornflower petals, and orange peel.

### Empress of China – \$2.29

Blend of green and black tea, lowers cholesterol, gentle stimulant, prevents tooth decay, and good for the heart.

A delicious fusion of green and black tea with guava fruit pieces, marigold, rose, and violet flowers

### Almond Biscotti – \$2.59

A favored black tea that lowers cholesterol, is a gentle stimulant, and good for the heart.

Black tea with the scrumptious cookie-like flavor of almonds and cinnamon bits. Sweetened with raw sugar and a splash of soy milk, it's especially tempting.

### MateVana – \$2.79

A caffeinated infusion, cardiovascular aid, hunger suppressant, mental and physical stimulant of toasted yerba Mate, almond bits, cactus blossoms, cornflower and sunflower petals, crushed cocoa beans, chocolate bits, and Rooibos tea. A coffee lover's favorite! (Contains milk and nuts.)

### Green Tea Heaven – \$2.29

A green tea that may help prevent certain types of cancer, lower cholesterol, regulate blood sugar level, good for digestion, and slows down aging.

### Caribbean Breeze – \$2.79

A herbal infusion, high in vitamin C and antioxidants, and naturally caffeine free. Great for kids! A mélange of strawberries, raspberry pieces, elder berries, apple bits, kiwi passion fruit pieces, citrus peels, rose hips, hibiscus, rose petals, and blue mallow flowers.

### Diet Blend – \$2.95

Pu-erh (a diet tea good for digestion and weight reduction), Mate Lemon Blast (an energizing blend of yerba mate with lemon grass), Monkey Picked Oolong (its legendary name refers to the Buddhist monks who trained monkeys to harvest the youngest leaves from the top of the wild tea trees), and Blueberry Bliss (the distinctive tart flavor of blueberries married to the fresh citrus taste of green Rooibos, make this tea pure joy in a cup).

### Green Tea/Coffee K-Cups – \$1.69

Keurig is the leading gourmet single-cup tea/coffee system across North America. This perfect cup of tea/coffee is a pleasant surprise you can enjoy in less than one minute, without any preparation hassles. Keurig's green tea is a delicate and healthy blend made from unfermented leaves and contains a very high concentration of powerful antioxidants due to their unique processing method.

## Smoothies & Shakes



Selections are 100% Crushed Fruit

100% natural flavor, fat free, lactose free, no artificial flavors, no artificial colors, free of preservatives, free of added sugar made of whole fruit

### Strawberry Classic

### Four Berry

(Strawberry, Blackberry, Raspberry, Acai)

### Tropical

### Mango

### Chocolate Banana

### Mocha Chocolate

### Chocoholics Choice

## Nutritional Add Ins

### Soy Protein Isolates

### Whey Concentrate & Isolates

### Myoplex Protein

(Chocolate, Strawberry or Vanilla)

### Brown Rice Protein

### Herbal Life Formula 1

### Fat Burner

### Flax & Fiber

(recommended daily allowance)

### Creatine

(Punch flavored – assists in the production of energy & muscle building)

### Energizer

(White willow bark, Ginkgo, Bee Pollen – renewed energy)

### Oat Flakes

### Peanut Butter

### Wheat Grass

(Vitamins A, B, C & E – purifies & detoxifies the body, adds metabolizing nutrients)

### Immune Blend

(Zinc, Echinacea, Vitamin C – excellent for the immune system)

## Refreshing Drinks

### Fountain Juices – \$1.29

Orange, Apple

### Milk – \$.95

Whole Milk, Vanilla Soy Milk

### Iced Tea – \$1.29

Black tea, Peach tea blend, Sweetened & Unsweetened Lipton Tea

### Lemonade – \$1.99

Strawberry, Lime Cucumber

### Mineral Water – \$1.99

Sparkling waters, Flavored water

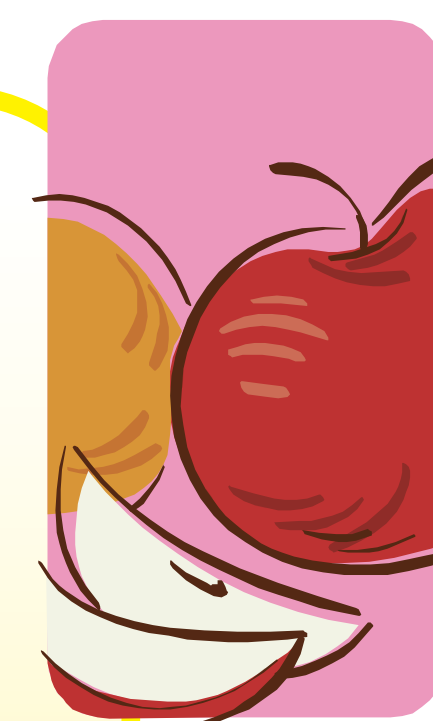
### Zephyrhills Spring Water – \$.93

### Columbian Coffee – \$.93/\$1.40

Regular and Decaffeinated: Freshly ground dark and light roast.

### Sodas – \$1.20

Cola, Root Beer, Ginger Ale, Coke, Sprite, Diet Coke, Diet Sprite



## Kid's Breakfast

Available 6:00 a.m. - 9:30 a.m.

### Breakfast Combo – \$2.69

Choice of biscuit, muffin, toast with jelly, oatmeal or grits and milk

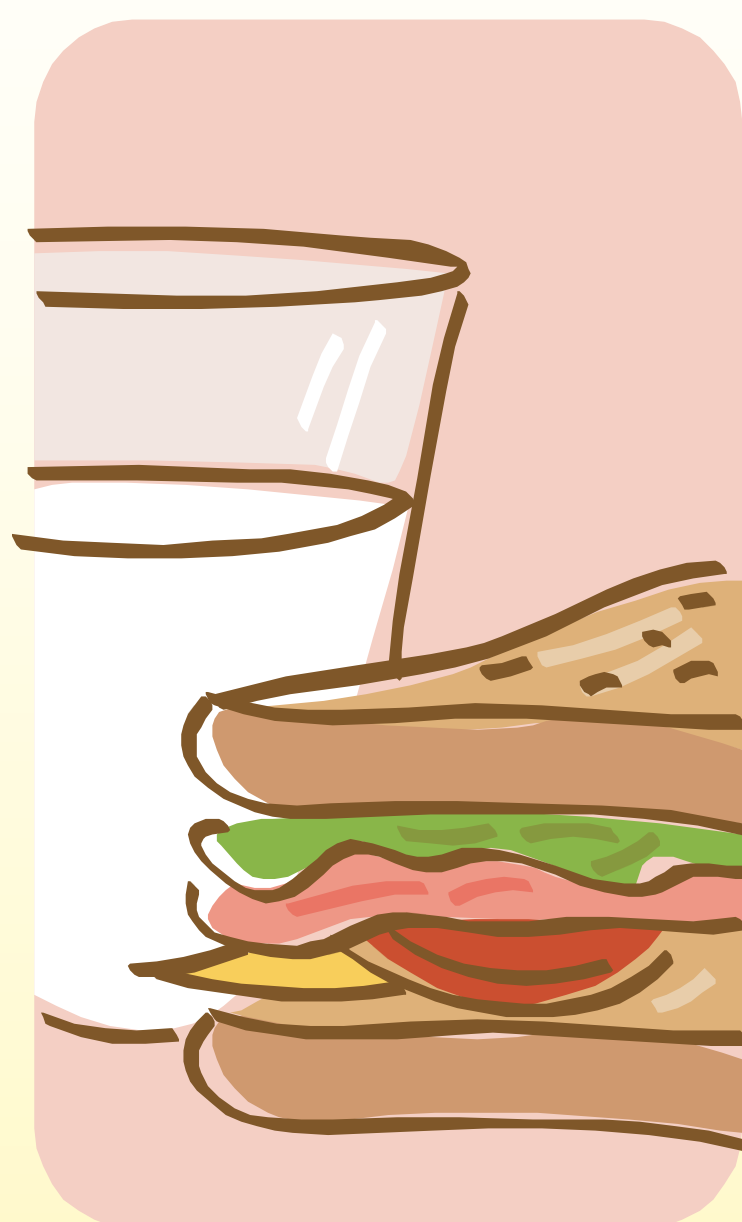
### Add additional \$.45

Your choice of turkey sausage, pork bacon, turkey bacon, or boiled egg



## Kid's Meals

11:00 a.m. – 2:00 p.m.



### Kids Chef Salad – \$3.29

For the sensitive kid's taste-buds  
Shaved salad mix, bacums, shaved chicken crumbles,  
vegetable sticks with seasoned ranch dressing

### Hot Dog or Chili Dog – \$1.50

Your choice of dog on wheat bun with meatless chili

### Chicken Noodle Soup – \$1.50

Bowl of soup with crackers

## Kid's "Shoestring Budget Meal Deal"

### Choice of sandwich, side, and drink – \$2.99

Sandwiches are served on your choice of  
wheat or white bread with fruit gems.  
Your choice of milk (whole or vanilla soy), orange, or apple juice

### Peanut Butter and Jelly

All natural peanut butter with grape jelly and sun chips

### Pressed Grilled Cheese

White Swiss and American cheese with Gummi worms or sun chips

### Kids Deli

White American cheese with turkey and crackers

### Turkey Wrap

Roasted turkey with your choice of fruit or sun chips

## Back to Basics

### Bacon, Lettuce & Tomato Sandwich (BLT) – \$3.29

Turkey or real bacon, our own field garden greens, seasoned mayonnaise, lettuce, tomatoes with cracked black pepper on thick toast

### Ham & Cheese – \$3.49

Deli ham shaved, American and Swiss American cheese, stacked between harvest wheat bread

### Peanut Butter & Jam Wrap – \$2.89

Peanut butter, strawberry preserves and chopped fresh banana rolled in honey wheat wrap

### Fried Bologna Sandwich – \$2.99

All meat bologna, pan fried, our own field garden greens, seasoned mayonnaise, lettuce and tomatoes stacked between white wheat bread

### Pastrami on Rye – \$4.69

Smoked beef pastrami, mustard and sauerkraut on toasted rye bread

