

Fall Semester
2008

CANTINA MENU

Operated by GBC Food Service

Hours of Operation

Monday-Thursday

Breakfast
8am-12:00noon

Lunch/Dinner/
Snacks
12noon-8pm

Daily and Weekly
Specials also
Available

*The Cantina accepts
most major credit
cards, debit cards,
and of course, cash.
Block meal plans
and declining
balance plans are
also convenient
ways to pay for your
purchases. Stop by
the Campus
Bookstore for
further information.*

GOOD MORNING, GBC!

BREAKFAST

SANDWICH.....\$3.25

Fried or scrambled egg & cheese with choice of bacon, ham or sausage on toast, English muffin or bagel (with turkey sausage add .25)

LIGHTEN UP.....\$3.75

3 scrambled egg whites, 2 turkey sausage links and 2 slices of whole grain toast with jelly

GOLDEY SUNRISE.\$3.00

2 eggs (any style), 2 slices bacon and 2 slices of toast....

FRENCH TOAST STICKS

4 pieces\$2.50 6 pieces\$2.95

BREAKFAST

BURRITO.....\$3.95

3 scrambled eggs with pepper jack cheese rolled in a flour tortilla and topped with salsa

HASH BROWN PATTY

1 each.....\$.60

2 each.....\$1.09

TOASTED BAGEL...\$.99

Cream cheese \$.50 each

BREAKFAST MEATS

1 slice ham.....\$.99

1 sausage patty....\$.99

2 slices bacon.....\$.99

2 turkey sausage links...\$1.25

YOGURT.....\$.99

ASSORTED FRESH

FRUIT...\$.85

CINNAMON SUGAR

TOAST.....\$.79

ENGLISH MUFFIN....\$.99

Weekly breakfast
specials and daily fresh
pastries are available.



THE CARVING BOARD

Fresh, made-to-order sandwiches... we make it your way! Served with your choice of chips or celery sticks.

Grab and Go specialty sandwiches, wraps & subs – try it our way!

TURKEY & CHEESE\$4.50

CHICKEN CAESAR WRAP.....\$5.95

ROAST BEEF & CHEESE...\$4.50

ITALIAN SUB.....\$5.50

HAM & CHEESE....\$4.50

TURKEY RANCH BLT\$5.50

CHICKEN SALAD...\$3.95

VERY VEGGIE...\$5.25

Seasonal fresh & roasted vegetables with a cusabi dressing on a wrap

EGG SALAD....\$3.50

TUNA SALAD....\$3.95

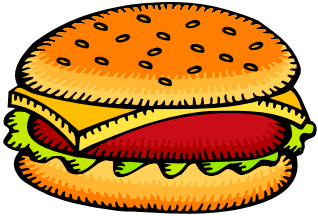
CAJUN BEEF & SWISS WRAP.....\$5.95

BLT....\$3.50

CLUB SANDWICH..\$5.00



Check out the Grab & Go case for different selections daily. Our specials are also posted on the campus web site or call 225-6333 for info.



Questions or comments
about food services?
Call The Cantina at
225-6333 or 225-6279
or email us at
stradlp@gbc.edu



LIGHTNING COMBOS served with fries

GRILLED CHICKEN SANDWICH...\$5.95

FISH & CHIPS.....\$5.75

GRILLED VEGGIE\$5.25
Seasonal roasted & fresh
veggies with provolone &
American cheese on grilled
whole grain bread

GRILLED HAM & CHEESE.....\$5.95

GRILLED TURKEY & CHEESE.....\$5.95

CHICKEN TENDER SANDWICH...\$5.50

With 2 meaty chicken tenders

SHRIMP BASKET...\$6.25

PHILLY CHEESESTEAK...6.25
Choice of beef or chicken

BEEF HOT DOG.....\$2.75

CHICKEN FRIES...\$5.25

GRILLED CHEESE \$3.75

HAMBURGER...\$4.25

CHEESEBURGER\$4.75

BACON CHEESEBURGER\$5.50

PESTO PORTOBELLO BURGER with Provolone cheese...\$6.50

TOPPINGS:

Lettuce, tomato, mayo, raw
onion, fried onions - **no charge**
Bacon...**\$.75 additional**
Extra Cheese...**\$.50 additional**
Mushrooms... **\$.75 additional**

HEALTHIER HABITS

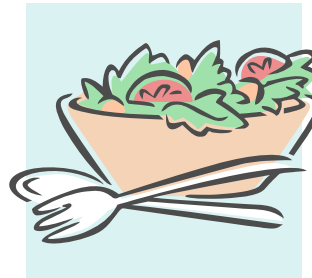
HOUSE SALAD....\$4.95

CAESAR SALAD...\$4.95
Add chicken...**\$2.00 additional**
Add shrimp...**\$3.95 additional**

SALAD PLATES
Egg Salad...\$4.50
Chicken Salad...\$4.95
Tuna Salad...\$4.95

CHEF SALAD...\$5.95

Assorted low fat & no fat
dressings available at the
register...**\$.50 each**



Check menus and the
grab & go case for our
new
DOWNSizer SPECIALS

Lighter in size
Lighter in calories
Lighter in price

Sometimes a little bit is all you
really need.

SOUP TO NUTS and some things in between...

SOUP OF THE DAY
Cup or Bowl...priced daily

CLASSIC FRIES
Small...\$1.75
Large...\$2.75
(with cheese sauce add \$1.25)

SEASONED CURLY FRIES
Small...\$2.25
Large...\$3.25

FRENCH BREAD CHEESE PIZZA...\$2.25

MOZZARELLA STICKS
With marinara sauce...\$4.25

CHICKEN TENDERS
3 piece w/2 dips ...\$4.25
5 piece w/ 3 dips...\$6.25
extra bbq or honey mustard
sauce packets...**\$.35 each**

FRESH MADE TORTILLA CHIPS...\$1.50
Salted or with cinnamon sugar

HOMEMADE BLACK BEAN HUMMUS...\$3.25
With crackers

ONION RINGS...\$3.75
With garlic chili dip