

# CRANBERRY'S GROCERY & EATERY

**No need to be in a rush.**

We serve fresh, made-to-order food — not fast food.

Have a seat or browse our Grocery while we create your order.

*Our restaurant uses a combination of conventional, organic, & local ingredients, including:*

**Polyface Farm** eggs & sausage from Augusta County, Va.

**Bubba's Sweet Nectar** raw honey from the Appalachian corridor

**Lester's Best** locally-roasted coffees from Staunton, Va.

**Eagle's** maple syrup from Highland County, Va.

**Kazzie's** granola made in Staunton, Va.

**Blue Ridge Baking** muffins from Waynesboro, Va.

**Newtown Baking** bread & bagels from Staunton, Va.

**Bells Valley Farm** eggs from Goshen, Va.

**Tuff Cookies** gluten-free desserts from Staunton, Va.

**Sweet Bliss Bakery** cheesecakes from Crozet, Va.

**Twin Oaks Community** tofu from Louisa, Va.

**Ula** traditional organic non-GMO corn tortillas from Waynesboro, Va.

Nitrate-free meats from the **Metro Deli Co.**

**Farmstead Ferments** kimchi from Scottsville, Va.

Produce from local sources here in Staunton, including the **AMI Farm** at Virginia School for the Deaf and Blind and **Geezer Farms**.

**Enjoy free Wi-Fi**  
Look for details at your table.

## GOURMET COFFEE

*We are the exclusive outlet for Lester's Best locally-roasted organic coffees & espresso.*

**GO GREEN** by bringing in your own mug, or get your own reusable Cranberry's Travel Cup. We'll give you a discount!

	12oz	16oz
<b>Coffee</b>	2.39	2.59
<b>Refill</b>	1.19	1.29
<b>Mug</b> includes a free refill	2.39	
<b>Early Bird Special</b> Mon-Fri, until 9:30 a.m.	1.80	
<b>EXTRAS</b>		
<b>Whipped cream</b>	.69	
<b>Additional espresso shot</b>	1.09	
<b>Brevé, Almond, Coconut Hemp or Soy Milk</b>	.79	
<b>Flavor Shot</b> Caramel, Cherry, Hazelnut, Mint, Vanilla, Sugar-free Caramel, or Sugar-free Vanilla	.89	

	single	double
<b>LESTER'S ESPRESSO</b>		
<b>Espresso</b>	2.39	3.29
<b>Italian Macchiato</b>	2.69	3.39
<b>Cappuccino</b>	3.69	4.49
	<b>12oz</b>	<b>16oz</b>
<b>Americano</b>	2.39	3.29
<b>Red Eye</b>	4.79	5.89
<b>Latté</b>	3.99	4.99
<b>Café au Lait</b>	2.99	3.39
<b>Mocha</b>	4.29	4.99

**Turtle Mocha** 5.39 6.29  
Caramel, hazelnut & Ghirardelli chocolate

	16oz
<b>ICED COFFEE DRINKS</b>	
<b>Iced Americano</b>	2.39
<b>Iced Latté</b>	3.99
<b>Iced Mocha</b>	4.49

**Frozen Mocha** 5.29  
The Mt. Everest of coffee drinks



**Yes, we cater!**   
We have wrap platters, fruit and veggie platters, breakfast platters, box lunches, and coffee.  
**You can also book our Upstairs Room.** It's perfect for birthdays, showers, luncheons, & business meetings. **Ask for our Catering Menu.**



Healthy foods. Natural remedies.  
Delicious everything.

**"Eat well. Feel GREAT!"**

Open 7:30-7:30 every day.  
Winter hours 7:30-5:30 daily.

## BREAKFAST

*Available all day.*

<b>● ● Fresh Fruit Cup</b>	2.49
<b>Bagels</b>	3.29
Locally made. Choice of plain, whole wheat, everything, sesame, cranberry, or cinnamon raisin. Served with butter or cream cheese.	
<b>Muffins</b>	2.99
Local, of course! On display in our dessert case.	
<b>● Kazzie's Locally-Made Gourmet Granola</b>	3.79
Served with whole, skim, almond, coconut hemp, or soy milk. Substitute vanilla yogurt (+1.29).	
<b>● Banker's Breakfast</b>	6.19
A sandwich with 2 Polyface Farm scrambled eggs, soy mayo, & melted cheddar on Newtown multigrain, sourdough, or rye toast or a bagel (+.50). Substitute cream cheese & tomato for the mayo & cheddar (+.99), add bacon (+1.49), or try a One-Egg Banker's (4.50).	

### Big Traveler's Breakfast 12.99

A plate full of goodness to fuel your day of adventure.  
 2 Polyface Farm eggs made to order  3 strips of bacon, or 2 links of Polyface Farm sausage, or a heaping serving of black beans  Our baked-to-perfection Hash Brown Casserole  2 slices of Newtown multigrain, sourdough, or rye toast. Want greens? Add spinach or kale for .99. Want spice? Add green chili sauce for 1.49.

**● Breakfast Burrito** 7.49  
Scrambled Polyface Farm egg, cheddar cheese, black beans, brown basmati rice, red onion, tomato, & salsa in a chili tortilla. Add bacon (+1.49), green chili sauce (+1.49), and/or avocado (+.99).

**● Rick's Cyclops** 4.95  
Invented by one of our customers! One Polyface Farm egg over easy on buttered sourdough toast with 3 strips of bacon.

**● Cheese Grit Casserole** 3.99  
Cheddar cheese & southern grits. Add green chili sauce (+ 1.49), bacon (+1.49), and/or an egg on top (+1.69).

**● Hash Brown Casserole** 5.79  
Potatoes, onions, & cheese baked to perfection.

**● ● Huevos Rancheros** 7.79  
2 Polyface Farm eggs over easy & black beans smothered in our homemade New Mexican green chili sauce, served with a warm whole wheat tortilla or organic traditional corn tortillas. Make it vegan by substituting tempeh or tofu. Add avocado (+.99).

**● Melting Pot Scramble** 7.99  
Delicious melting pot of Polyface Farm scrambled eggs, cheddar, diced ham, bell peppers, onion, & tomato. Served with Newtown multigrain toast or a bagel (+.50).

**● Nice, Normal Breakfast** 7.49  
2 Polyface Farm scrambled eggs; bacon; & Newtown multigrain, sourdough, or rye toast. Substitute Polyface Farm sausage for bacon +3.19. Substitute a bagel for +.50.

**● Oatmeal Bake** 5.69  
Warm, homemade oatmeal muffin served with banana, milk, & local maple syrup.

**● Oatmeal Supreme** 7.49  
New to Cranberry's! A powerful, healthy bowl of gluten-free oats, milk of your choice (whole, almond, soy, coconut hemp), dried figs and currants, walnuts, dried apricots, fresh fruit, vanilla, cinnamon, and Virginia maple syrup. Too much? Try a kids' size for 3.49.

**● ● Southwest Tofu Scramble** 7.99  
Scrambled scallions, bell pepper, tofu, roasted chilies, & spices. Served with Newtown multigrain toast or a bagel (+.50).

**Findells' Square Deal** 6.49  
Half-waffle, a scrambled Polyface Farm egg, & 3 strips of bacon. (Invented by the owners' brother, lead singer of the Findells.) For another customer creation, order the egg over easy & call it a "Dennis." Add fruit (+1.39), or fruit & whipped cream (+1.99).

**Waffle** 7.49  
Our famous large homemade yeast 'n' malt waffle served with butter & local maple syrup. Add fruit (+1.39) or add fruit & whipped cream (+1.99).

## COFFEE

*Selections are on the back of the menu.*

The Virginia Department of Health would like us to remind you that consuming raw or undercooked meat or eggs may increase your risk of foodborne illness.

● Gluten-free version available upon request.  
● Vegan version available upon request.

# WRAPS & SANDWICHES

All Wraps & Sandwiches come with Kitch'n Cook'd potato chips. Substitute fruit for 1.49. Add side salad (garden or caesar) for 4.19.

● **BLT** 5.99  
A classic! Bacon, lettuce, tomato, & soy mayo on your choice of Newtown multigrain, rye, or sourdough white bread; in a whole wheat tortilla, or on a bagel (+.50).

● **New Street Burrito** 7.29  
Black beans, brown basmati rice, cheddar, spring mix, tomato, red onion, & salsa in a chili tortilla. Also available on a bed of spring mix as a salad for 8.49. Add avocado (+.99) or green chili sauce (+1.49).

● **The Cubano** 9.59  
Applewood smoked ham, Cuban roast pork, natural cured pepperoni, pickles, monterey jack cheese, & yellow mustard, grill-pressed on sourdough bread.

● **The Garden** 8.29  
Raw veggies in a chili tortilla with your choice of hummus or cream cheese. Add avocado (+.99) or kimchi (+1.29).

● **Grilled Tempeh** 8.29  
Organic grilled tempeh strips, quinoa, fresh spinach leaves, & tamari/mirin sauce in a whole wheat tortilla. Also available on a bed of spinach as a salad for 10.99.

● **Mediterranean Wraptatouille** 8.69  
Sautéed tomato, zucchini, peppers, onion, capers, black olives, feta, couscous, spring mix, & a basil balsamic sauce on a whole wheat tortilla. Also available on a bed of spring mix as a salad for 8.99.

● **Rockin' Roast Beef** 8.69  
Sliced, pepper-crusting roast beef, roasted red pepper, our house cream cheese/horseradish spread, & lettuce on Newtown multigrain bread, a whole wheat tortilla, or on a bagel (+.50).

● **The Thai** 8.49  
Chicken or organic peanut-ginger tofu, brown basmati rice, mint-basil seasoning, cucumber, zucchini & sautéed onion, & spicy peanut sauce in a whole wheat tortilla. Also available on a bed of greens as a salad for 10.99.

● **Cranberry's Club** 11.59  
Turkey, ham, bacon, lettuce, tomato, & our house-made cranberry mayo spread on Newtown sourdough bread.

● **Turkey Reuben** 9.29  
Smoked turkey, sauerkraut, swiss & organic whole-grain mustard grill-pressed on rye.

● **Super Chicken Caesar** 9.49  
Chicken breast, spring mix, house-made croutons, caesar dressing, & parmesan cheese in a whole wheat tortilla.

● **The Taj Mahal** — our "Signature Wrap" 9.69  
Chicken or grilled organic peanut-ginger tofu, brown basmati rice, peanuts, sautéed garlic, carrots & onion, & sweet mango curry sauce in a chili tortilla. Also available on a bed of greens as a salad for 10.99.

**Design Your Own Sandwich or Wrap** 7.99  
Choose one item from each column. Lettuce, tomato, & onion included. Extras: avocado (+.99); bacon (+1.49); swiss, cheddar, feta or monterey jack cheese (+.99); sprouts (+.89)

multigrain bread	butter	ham
rye bread	soy mayo	roast beef
sourdough white	whole-grain mustard	turkey
gluten-free toast	yellow mustard	sautéed tofu
chili tortilla	cream cheese	tempeh
whole wheat tortilla	hummus	
gluten-free tortilla		

## SALADS

Most of our wraps are available as "unwraps" — served as a salad on a bed of greens.

**Caesar Salad** 7.99  
**Chicken Caesar Salad** 10.99

**Garden Salad** 7.99  
Spring mix, spinach or kale; tomato, carrots, red onion, cucumber, and peppers.

**Design Your Own Salad** 7.99  
Start with a Garden Salad and add whatever you want: turkey (+3.59), tofu (+2.69), tempeh (+2.69), sunflower seeds (+.79), avocado (+.99), olives (+.99), feta cheese (+.99), bacon (+1.29), fruit (+1.49), pecans (+1.49)

**Our Flavorful Dressings**  
House basil balsamic, Caesar, ranch, oil & vinegar, curry mango, spicy peanut, lemon tahini

## QUICHE & SOUP

Check our Specials Board for daily selections.

● **Quiche** gluten-free, crustless, & delicious 5.39  
**Bowl of Soup** always made in-house! 5.39  
**Quiche & Bowl of Soup Combo** 9.49

## NATURAL KIDS

Available for grown-ups, too! Served with a child-sized fruit side.

● **Organic Peanut Butter & Jam** 4.49  
Served on multigrain bread.

● **Cheese Quesadilla** 4.49  
Melted cheddar on a whole wheat tortilla.

● **Chicken 'n' Cheese Quesadilla** 4.99  
Chicken & melted cheddar on a whole wheat tortilla.

**Half-waffle** 4.25  
With butter and local maple syrup. Add fruit (+1.39), or fruit & whipped cream (+1.99).

● **Grilled Cheese Sandwich** 4.69  
Cheddar and Swiss scrumptiously melted together on Newtown multigrain, sourdough, or rye.

● Gluten-free version available upon request.  
● Vegan version available upon request.

# DRINKS

## JUICE BAR

Freshly squeezed while you wait. 12oz 20oz

**Apple** 3.99 5.99  
**Carrot** 3.99 5.99  
**Apple-Carrot** 3.99 5.99  
**Carrot & Celery** 3.99 5.99  
**Orange** 4.59 6.59  
**Carrot-Orange** 4.59 6.59  
**Ginger 'n' Orange** 4.99 6.99

**Celtic Elixir Our "Signature Juice"** 4.49 6.59  
Apple, carrot, & celery with a wee bit o' beet & ginger root

**Fountain of Youth** 6.49 8.49  
Granny apple juice & wheatgrass

## HOT CHOCOLATE

Made with milk & high-quality ground chocolate.

Add whipped cream for .69 12oz 16oz  
2.59 2.89

## TEA

Peruse our collection & sniff your way to the tea you want. Bring your own mug/travel cup and get a discount.

12oz 16oz  
**Hot Tea** 2.39 2.59  
**Tea Latté** 2.69 2.99  
**Chai Latté** house-made 4.29 4.79  
**Iced Tea, unsweetened** includes free refill 2.19  
**Iced Chai Latté** 4.29

## ALSO AVAILABLE

"Mexican" Coca-Cola made with real sugar, instead of high fructose corn syrup

**Beer** a full selection, including local and organic brews

**Wine** Chardonnay or merlot

**Wheatgrass** when available 3.29/shot

## SMOOTHIES

Made fresh from scratch. No mixes. 12oz 20oz

**The Crancherry** 4.99 6.99  
Our "Signature Smoothie": Cherries, banana, soy protein or hemp protein power. Made with your choice of cranberry juice, almond milk, coconut-hemp milk, or yogurt.

**Blueberry Thrill** 4.99 6.99  
Blueberries, banana, soy protein or hemp protein power. Made with your choice of cranberry juice, almond milk, coconut-hemp milk, or yogurt.

**Strawberry Banana** 4.99 6.99  
Strawberries, banana, soy protein or hemp protein power. Made with your choice of cranberry juice, almond milk, coconut-hemp milk, or yogurt.

**Snack Attack** 4.79 6.79  
Chocolate frozen soy ice cream, chocolate rice milk, tofu, banana. Add java for 1.09.

**Grown-up Snack Attack** 5.29 7.29  
Our newest smoothie! Peanut butter or almond butter, cacao nibs, banana, java, gluten-free oats, & dates. Try it with almond milk or coconut hemp milk.

**Red 'n' Raw SuperSmoothie** 5.99 7.99  
Freshly-squeezed carrot & apple juices, banana, strawberries, cherries.

**Lean 'n' Green Smoothie** 4.99 6.99  
Honeydew melon, green grapes, white grape juice & a kiss of cucumber.

**Powerhouse SuperSmoothie** 5.99 7.99  
Raw, fresh spinach leaves, banana, local honey, white grape juice & a pinch of spirulina.

**Smoothie Spikes!** \$1.49  
**Build Your Own Smoothie** with these add-ons: hemp seeds, cacao nibs, coconut oil, peanut butter, almond butter, turmeric powder, goji berries, kale, spinach, gluten-free oats, avocado and/or chia seeds.

**Immune Booster** 1.39  
Astragalus root, bee pollen, echinacea, vitamin C

**Energizer** 1.39  
Bee pollen, ginkgo, ginseng

**Stomach Soother** .99  
Freshly-juiced ginger root

**CRANBERRY'S GROCERY & EATERY** was born on the Fourth of July in 2003 with the goal of making you healthier with organic, natural, and delicious foods. Cranberry's was founded by Kathleen Stinehart, former dean for academic outreach at Staunton's Mary Baldwin College. Kathleen and her husband, Alan, retired in 2015 and sold Cranberry's to Joseph White, an avid hiker whose parents ran a country store in rural North Carolina for 22 years.

We are all about taste and nutrition. Our menu is fashioned around fruits, vegetables and organic grains — simple but powerful foods that add more get-up-and-go to your get-up-and-go.

We eliminated trans fats and high fructose corn syrup from our cafe and grocery years ago, and we can prepare certified gluten-free and vegan entrées as requested.

We also don't like to waste food, so most of our menu is made-to-order. The food waste we do generate is composted into mulch in an arrangement with our friends at the Pampered Palate cafe on Beverley Street. We also recycle plastic, paper, glass, aluminum, newspaper, egg cartons, and plastic bags. We are Virginia Green certified.

Both our Grocery and Eatery have won numerous kudos. Most recently, our Grocery placed 2nd in Virginia Living magazine's Best of Virginia balloting for Best Gourmet Grocery Store in the Shenandoah Valley. If you like us, give us a shout-out on TripAdvisor, where we maintain a 4-star average rating.

We believe the store truly belongs to its customers. So before you go, tell us what we're doing right and what we're doing wrong. And be sure to tell us what you like to eat and buy and what you'd like to see us get that we don't have. Here's to your health and a wonderful time at Cranberry's.

**OUR BUILDING** was constructed in 1758 and is thought to be the oldest commercial building in Staunton. Originally a stone structure, it now sports a brick façade added during the Victorian era to modernize its appearance.

Over the years the building has served as a women's clothing store, 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, just smile and say "Hi".

JOIN OUR BIRTHDAY CLUB & GET A FREE MEAL!  
DETAILS AT THE COUNTER