

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 Farms 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.

Kitch'n Cook'd potato chips

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

Local produce as available

Reserve our upstairs room!

It's perfect for birthdays, showers, luncheons, & business meetings.

GOURMET COFFEE

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

	12oz	16oz		single	double
Coffee	2.39	2.59	LESTER'S ESPRESSO		
Refill	1.19	1.29	Espresso	2.39	3.29
Mug includes a free refill	2.39		Italian Macchiato	2.69	3.39
			Cappuccino	3.69	4.49
Early Bird Special	1.80			12oz	16oz
Mon-Fri, until 9:30 a.m.			Americano	3.59	4.39
			Red Eye	4.79	5.89
			Latté	3.99	4.99
			Café au Lait	2.99	3.39
			Mocha	4.49	5.29
			Turtle Mocha	5.39	6.29
EXTRAS			ICED COFFEE DRINKS		
Whipped cream	.69		Iced Americano	2.39	
Brevé, Almond or Soy Milk	.79		Iced Latté	3.89	
Additional espresso shot	1.09		Iced Mocha	4.49	
Flavor Shot	.89		Frozen Mocha	5.29	
			The Mt. Everest of coffee drinks		

BREAKFAST

Available all day.

*† Fresh Fruit of the Day	2.49		* Immigrant Scramble	7.99
Bagels	3.29		Delicious "melting pot" of Polyface Farm scrambled eggs, cheddar, diced ham, bell peppers, onion, & tomato. Served with a bagel (+.50) or Newtown multigrain toast.	
Choice of plain, whole wheat, everything, sesame, cranberry, or cinnamon raisin. Locally made. Served with butter or cream cheese.			* Nice, Normal Breakfast	7.49
Muffins	2.99		2 scrambled eggs, bacon, & toast or bagel (+.50).	
Local, of course! On display in our dessert case.			* Noah's Ark	8.29
† Kazzie's Locally-Made Gourmet Granola	3.79		2 eggs & 2 Polyface Farm sausage links & 2 slices of Newtown multigrain toast.	
Served with whole, skim, almond, or soy milk. Substitute vanilla yogurt (+1.29).			Oatmeal Bake	5.69
* Banker's Breakfast	6.19		Warm, homemade oatmeal muffin served with banana, milk, & local maple syrup.	
A sandwich with 2 Polyface Farm scrambled eggs, soy mayo, & melted cheddar on Newtown multigrain toast or a bagel (+.50). Substitute cream cheese & tomato for the mayo & cheddar (+.99), add bacon (+1.49), or order a One-Egg Banker's (4.50).			*† Southwest Tofu Scramble	7.99
* Breakfast Burrito	7.49		Scrambled scallions, bell pepper, tofu, roasted chilies, & spices. Served with a bagel (+.50) or Newtown multigrain toast.	
Scrambled Polyface Farm egg, cheddar cheese, black beans, brown rice, red onion, tomato, & salsa in a flour tortilla.			Findell's Square Deal	6.49
* Rick's Cyclops	4.95		Half-waffle, a scrambled Polyface 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."	
Invented by one of our customers! One Polyface Farm egg over easy on buttered sourdough toast with 3 strips of bacon.			Waffle	7.49
* Cheese Grit Casserole	3.99		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).	
Cheddar cheese & Grit Girl southern grits. Add green chili sauce (+.99), bacon (+1.49), and/or an egg on top (+1.69).			<i>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.</i>	
* Hash Brown Casserole	5.79		<i>* Gluten-free version available upon request.</i>	
Potatoes, onions, & cheese baked to perfection.			<i>† Vegan version available upon request.</i>	
* 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 flour tortilla.				



Healthful foods & natural remedies.
"Eat well. Feel GREAT."
 Wed-Sun 7:30-7:30 • Mon-Tue 7:30-5:30
 Winter Hours 7:30-5:30 Daily



Yes, we cater!

Ask for our Catering Menu, which includes wrap trays, fruit or veggie trays, box lunches & breakfasts.

540-885-4755

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 or sourdough white bread, in a flour tortilla, or on a bagel (+.50).
- *† **New Street Burrito** 7.29
Black beans, brown rice, cheddar, lettuce, tomato, red onion, & salsa in a chili tortilla. Also available on a bed of greens as a salad for 8.49.
- * **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.
- *† **Grilled Tempeh** 8.29
Grilled tempeh strips, quinoa, fresh spinach leaves, & tamari/mirin sauce in a whole wheat tortilla. Also available on a bed of greens as a salad for 10.99.
- † **Mediterranean Wraptatouille** 8.69
Sautéed tomato, zucchini, red pepper, onion, capers, black olives, feta, couscous, greens, & a basil balsamic sauce on a whole wheat tortilla. Also available on a bed of greens as a salad for 8.99.
- * **Rockin' Roast Beef** 8.69
Sliced, pepper-crusted roast beef, roasted red pepper, our special cream cheese/horseradish spread, & greens on Newtown multigrain bread, a whole wheat tortilla, or on a bagel (+.50).
- *† **The Thai** 8.49
Chicken or peanut-ginger tofu, brown basmati rice, mint, cucumber, sautéed zucchini & onion, & spicy peanut sauce in a flour tortilla. Also available on a bed of greens as a salad for 10.99.
- Cranberry's Club** 11.59
What a sandwich! Our newest addition to the menu: turkey, ham, bacon, lettuce, tomato, & our house-made cranberry mayo spread on Newtown sourdough bread.
- * **Turkey Reuben** 9.29
Smoked turkey, sauerkraut, swiss & honey mustard grill-pressed on rye.
- Super Chicken Caesar** 9.49
Chicken breast, romaine, house-made croutons, caesar dressing, & parmesan cheese in a flour tortilla.
- * **The Taj Mahal** — our "Signature Wrap" 9.69
Chicken or grilled 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 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)

ham	butter	multigrain bread
roast beef	soy mayo	rye bread
sautéed tofu	honey brown mustard	sourdough white
turkey	yellow mustard	gluten-free toast
	cream cheese	plain, chili, or whole
	hummus	wheat tortilla
		gluten-free tortilla

SALADS

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

Garden Salad	7.99
Caesar Salad	7.99
Chicken Caesar Salad	10.99

Design Your Own 7.99
Start with lettuce or spinach, tomato, carrots, red onion, cucumber, & red & green peppers. Extras: sunflower seeds (+.79), avocado (+.99), olives (+.99), feta cheese (+.99), sprouts (+.99), bacon (+1.29), fruit (+1.49), pecans (+1.49)

QUICHE & SOUP

Check our Specials Board for daily selections.

* Quiche gluten-free, crustless, & delicious	5.39
Bowl of Soup	5.39
Quiche & Bowl of Soup Combo	9.49

NATURAL KIDZ

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

Organic Peanut Butter & Jam	4.49
Served on multigrain bread.	

Cheese Quesadilla	4.49
Melted cheddar on a whole wheat or flour tortilla.	

Chicken 'n' Cheese Quesadilla	4.99
Chicken & melted cheddar on a whole wheat or flour tortilla.	

DESSERTS

Even our sweets have no trans fats or high fructose syrup. Selections & prices are at the dessert case. Or just ask!

* 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		

SMOOTHIES

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

The Crancherry	4.79	6.79
Our "Signature Smoothie": Cranberry juice, cherries, banana, soy protein or hemp protein power		

Blueberry Thrill	4.79	6.79
Blueberries, banana, cranberry juice, soy protein or hemp protein power		

Strawberry Banana	4.79	6.79
Strawberries, banana, cranberry juice, soy protein or hemp protein power		

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

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

GREEN DRINKS 12oz 20oz

Fountain of Youth	6.49	8.49
Granny apple juice & wheatgrass		

Lean 'n' Green Smoothie	4.79	6.79
Honeydew melon, green grapes, white grape juice & a kiss of cucumber		

Powerhouse SuperSmoothie	5.99	7.99
Raw, fresh spinach leaves, banana, local honey & a pinch of spirulina		

Wheatgrass	3.29/shot
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SPIKES!

Add to any smoothie or juice drink

Immune Booster Astragalus root, bee pollen, echinacea, vitamin C	1.39
Energizer Bee pollen, ginkgo, ginseng	1.39
Stomach Soother Freshly-juiced ginger root	.99
Chia Seed	1.19

HOT CHOCOLATE

Made with milk & the highest-quality ground chocolate. We think it's the best hot chocolate in town. What do you think?

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

TEA

Peruse our collection & sniff your way to the tea you want.

	12oz	16oz
Hot Tea	2.39	2.59
Tea Latté	2.69	2.99
Chai Latté	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

ORGANIC BEER
A full selection, including several local brews

WINE
Chardonnay or merlot

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 entrees 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 goes to Black Bear Composting, which turns it into mulch. We also recycle plastic, paper, glass, aluminum, newspaper, egg cartons, and plastic bags. We are also Virginia Green certified.

In 2015, our Grocery was named the Best Gourmet Grocery in Virginia Living magazine's Best of Virginia awards, and our Eatery finished 3rd in the voting for Best Vegetarian/Vegan Restaurant. Both our Grocery and Eatery have received numerous awards, and we have again been recognized by TripAdvisor for keeping a 4-star average rating among its reviewers.

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