

# 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

**Staunton Coffee Company** locally-roasted coffees.

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

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

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

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

**Fireside Farm** eggs from Monterey, 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**.

**Wayside Farms** select produce from Berryville, Va.

**Malcoms Market** select produce from Staunton, Va.

## GOURMET COFFEE

Organic & fair trade beans locally roasted by the Staunton Coffee Co.

**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 |
|--|------|------|
| Coffee   | 2.39 | 2.59 |
| Mug includes a free refill                                       | 2.39 |      |
| Early Bird Special<br>Mon-Fri, until 9:30 a.m.                   | 1.80 |      |
| Hot Chocolate<br>Made with milk and ground Ghirardelli chocolate | 2.99 | 3.39 |

### EXTRAS

|  |      |
|--|------|
| Whipped cream  | .69  |
| Additional espresso shot   | 1.09 |
| Brevé, Almond, Coconut Hemp or Soy Milk  | .79  |
| Flavor Shot<br>Caramel, Hazelnut, Mint, Vanilla, Sugar-free Caramel, or Sugar-free Vanilla | .89  |

### ESPRESSO

|                   | single | double |
|-------------------|--------|--------|
| Espresso          | 2.39   | 3.29   |
| Italian Macchiato | 2.69   | 3.39   |
| Cappuccino        | 3.69   | 4.49   |
| Americano         | 2.39   | 3.29   |
| Red Eye           | 4.79   | 5.89   |
| Latté             | 3.99   | 4.99   |
| Café au Lait      | 2.99   | 3.39   |
| Mocha             | 4.29   | 4.99   |

|   |      |      |
|---|------|------|
| Turtle Mocha<br>Caramel, hazelnut & Ghirardelli chocolate | 5.39 | 6.29 |
|---|------|------|

### ICED COFFEE DRINKS

|  | 16oz |
|--|------|
| Iced Americano                                   | 2.39 |
| Iced Latté                                       | 3.99 |
| Iced Mocha                                       | 4.49 |
| Frozen Mocha<br>The Mt. Everest of coffee drinks | 5.29 |

our coffee?

Buy our beans here or online

stauntoncoffeecompany.com

BEST COFFEE IN TOWN  
**Locally Roasted**  
Only a few blocks from where you're standing

**STAUNTON COFFEE COMPANY**

Come in and grab a cup!

FRESH FAIR TRADE ORGANIC



Healthy foods. Natural remedies.  
Delicious everything.

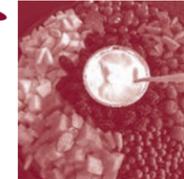
"Eat well. Feel GREAT."

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

## 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.



## BREAKFAST

Available all day.

**English Muffin** 2.99  
Served with butter, jelly or almond butter.

**Fresh Fruit Cup** 2.49

**New York Style Bagels** 3.99  
Ask about today's varieties. Served with butter or cream cheese.

**House-Made Gourmet Granola** 4.79  
Served with whole, skim, almond, coconut hemp, or soy milk. Substitute vanilla yogurt (+1.59).

**Banker's Breakfast** 6.19  
A sandwich with 2 local-farm scrambled eggs, soy mayo, & melted cheddar on 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 (5.19).

**Big Traveler's Breakfast** 13.99

A plate full of goodness to fuel your day of adventure.  
 2 local-farm eggs made to order  3 strips of bacon, or 2 links of local-farm sausage, or a heaping serving of black beans  Our baked-to-perfection Hash Brown Casserole  2 slices of multigrain, sourdough, or rye toast. Want greens? Add spinach or kale for .99. Want spice? Add green chili sauce for 1.99.

**Breakfast Burrito** 7.49  
Scrambled local-farm egg, cheddar cheese, black beans, brown basmati rice, red onion, tomato, & salsa in a chili tortilla. Add bacon (+1.49), green chili sauce (+1.99), and/or avocado (+.99).

**Rick's Cyclops** 5.49  
Invented by one of our customers! One local-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 (+ 1.99), bacon (+1.49), and/or an egg on top (+1.69).

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

**Huevos Rancheros** 8.79  
2 local-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 local-farm scrambled eggs, cheddar, diced ham, bell peppers, onion, & tomato. Served with multigrain toast or a bagel (+.50).

**Nice, Normal Breakfast** 8.49  
2 local-farm scrambled eggs; bacon; & multigrain, sourdough, or rye toast. Substitute Polyface Farm sausage for bacon +1.99. Substitute a bagel for +.50.

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

**Oatmeal Supreme** 9.29  
A powerfully healthy bowl made with 1 cup gluten-free oats, milk of your choice (whole, almond, soy, coconut hemp), organic dried figs and currants, walnuts, dried apricots, fresh fruit, vanilla, cinnamon, and Virginia maple syrup. Too much? Try a half size for 4.99.

**Southwest Tofu Scramble** 9.99  
Scrambled scallions, bell pepper, tofu, roasted chilies, & spices. Served with multigrain toast, a bagel, or sourdough (V) (+.50).

**Findell's Square Deal** 6.49  
Half-waffle, a scrambled local-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 (+1.59), 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 (+1.59) or add fruit & whipped cream (+1.99).

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

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.



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

# 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** 6.49  
A classic! Bacon, lettuce, tomato, & soy mayo on your choice of 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 (+1.99).

● **The Cubano** 9.59  
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 whole wheat tortilla with your choice of hummus or cream cheese. Add avocado (+.99) or kimchi (+1.29).

● **Grilled Tempeh** 8.29  
Organic grilled tempeh strips, brown rice, fresh spinach leaves, & tamari/mirin sauce in a whole wheat tortilla. Also available on a bed of spinach as a salad for 9.49.

● **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.

● **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 9.69.

● **Cranberry's Club** 12.59  
Turkey, ham, bacon, lettuce, tomato, & soy mayo spread on sourdough bread.

● **Turkey Melt** 9.29  
Smoked turkey, sauerkraut, Swiss cheese & 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.

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

**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).

|                      |                     |        |
|----------------------|---------------------|--------|
| multigrain bread     | butter              | ham    |
| rye bread            | soy mayo            | turkey |
| sourdough white      | whole-grain mustard | tofu   |
| gluten-free toast    | yellow mustard      | tempeh |
| chili tortilla       | cream cheese        |        |
| 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 (+1.49), fruit (+1.59), pecans (+1.49)

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

## QUICHE & SOUP

Ask for daily selections.

● **Quiche** gluten-free, crustless, & delicious 6.99  
● **Bowl of Soup** always made in-house! 6.99  
● **Quiche & Bowl of Soup Combo** 12.99

## NATURAL KIDS

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

● **Ham & Cheese Sandwich** 7.99  
Swiss or cheddar. Served on multigrain or sourdough (V) bread.

● **Organic Peanut Butter & Jam** 4.99  
Served on multigrain or sourdough (V) bread.

● **Cheese Quesadilla** 5.49  
Melted cheddar on a whole wheat tortilla. Add chicken (+.80).

● **Half-waffle** 4.25  
With butter and local maple syrup. Add whipped cream (+.69).

● **Grilled Cheese Sandwich** 4.99  
Cheddar and Swiss scrumptiously melted together on multigrain, sourdough, or rye.

# DRINKS

## JUICE BAR

Freshly squeezed while you wait. 12oz 20oz

● **Apple** 3.99 6.79  
● **Carrot** 3.99 5.99  
● **Apple-Carrot** 3.99 6.39  
● **Carrot & Celery** 3.99 5.99  
● **Orange** 5.39 8.49  
● **Carrot-Orange** 4.69 7.29  
● **Ginger 'n' Orange** 5.99 8.69

● **Celtic Elixir Our "Signature Juice"** 4.69 7.69  
Apple, carrot, & celery with a wee bit o' beet & ginger root

● **Fountain of Youth** 6.99 9.49  
Fresh-squeezed apple juice & wheatgrass

● **Wheat Grass** when available 3.59/shot

## Morning Mimosa

A flavorful way to sparkle your day.  
● **Champagne** with your choice of **Orange Juice** or **Cranberry Juice.** 7.99

## TEA

Peruse our list and make your selection. Bring your own mug/travel cup and get a discount. 12oz 16oz

● **Hot Tea** 2.39 2.79  
● **Tea Latté** 2.69 3.19  
● **Chai Latté** house-made 4.29 4.99  
● **Iced Tea, unsweetened** includes free refill 2.19  
● **Iced Chai Latté** 4.99  
● **CBD Tea** to help you relax and restore 4.99

## SMOOTHIES

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

● **Signature Smoothie** 5.99 8.49  
Banana, soy protein or hemp protein power. Made with your choice of cranberry juice, almond milk, coconut-hemp milk, or yogurt (+.50). Available in cherry, blueberry, or strawberry.

● **Snack Attack** 5.29 6.99  
Chocolate frozen soy ice cream, chocolate rice milk, tofu, banana. Add java for 1.09.

● **Grown-up Snack Attack** 8.99 11.99  
A full meal in a smoothie! Peanut butter, cacao nibs, banana, java, gluten-free oats, & dates. Try it with almond milk or coconut hemp milk. Substitute almond butter for 1.00.

● **Red 'n' Raw SuperSmoothie** 6.99 9.49  
Freshly-squeezed carrot & apple juices, banana, strawberries, cherries.

● **Powerhouse SuperSmoothie** 5.99 8.49  
Raw, fresh spinach leaves, banana, local honey, almond milk & a pinch of spirulina.

## Smoothie Spikes!

● **Enhance Your Smoothie** with these add-ons: hemp seeds, cacao nibs, coconut oil, peanut butter, almond butter, turmeric powder, kale, spinach, gluten-free oats, avocado and/or chia seeds. 1.79

● **Immune Booster** 1.59  
Astragalus root, bee pollen, echinacea, vitamin C

● **Energizer** 1.59  
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 Polyface Farm. 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, we were named Best Gourmet Grocery Store in the Shenandoah Valley by the readers of *Virginia Living* in their annual Best of Virginia awards.

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