

MR POTATO HEAD OVER STUFFED POTATOES

BRUSHETTA Brushetta and mozzarella cheese.	\$4.95
MEXICALI Salsa, japs, and cheddar cheese.	\$4.95
MAYFLOWER Turkey, cheddar cheese and bacon.	\$4.95
ITALIANO Pepperoni, Sausage, mozzarella cheese.	\$5.45
SAUSAGE Sausage, peppers, mozzarella cheese.	\$4.95
BUCKEYS Crumbled blue cheese, bacon crumbled, onion, and nutmeg.	\$4.95
BUFFALO CHICKEN Spicy chicken, tomato, and cheddar cheese.	\$4.95
IDAHO JANE Add two toppings (one may be meat)	\$4.95

TOPPINGS: Mozzarella, Cheddar Cheese, Blue Cheese, Pepperoni, Sausage, Bacon, Chicken, Turkey, Onion, Tomato, Peppers

SOUPS

All soups served with fresh baked bread

Bowl of soup: Your choice of today's fresh soup
\$3.75/ \$15.00 (quart)

BEVERAGES

Fresh Brewed Coffee	\$1.55/\$1.85
Hot Tea (herbal assorted flavors)	\$1.35
Milk (1/2 pint)	\$1.00
Espresso (add a shot for .50)	\$1.50
Red Eye Coffee with shot of espresso	\$2.25/\$2.55
Flavored Coffee hazelnut, caramel, french vanilla, mint	\$1.50/\$1.75
Hot Chocolate	\$1.75/\$2.35
Mint Hot Chocolate	\$1.95/\$2.55
Juices	\$1.75
Bottled Water	\$1.55
Bottled Soda	\$1.95
Speciality Bottles Cappuccino & Flavor Frapuccino	\$1.55/\$1.85 \$3.95

SUGAR RUSH CAFÉ DESSERTS & SNACKS

CAKES

FRENCH MINIS
DARK SIDE OF THE MOON
LEMON TART
TIRAMISU
NEW YORK CHEESECAKE
BAILEY'S IRISH CREAM MOUSSE

ASK ABOUT OUR DAILY SPECIALS

BASSETTS ICE CREAM

*World's Finest Ice Cream Since 1861
Sundaes, Shakes, and cones. Be sure to try our fresh made waffle cones.*

SMOOTHIES

Strawberry
Banana
Strawberry Mango
Flavor of the Month
A smooth blend of strawberries, bananas, and lowfat yogurt

SNACKS

Assorted Cookies
Specialty chocolates and fudge.
Health mix, nuts and much more.

KIDS MENU

This Menu is for kids 10 and under only!

Peanut Butter & Jelly
Creamy peanut butter with grape jelly.
Kids Deli
Choice of Turkey, or Ham on fresh bread.
Grill Cheese Panini

SUGAR RUSH KIDS MEALS INCLUDE:

Choice of sandwich
Choice of chips or carrots
Choice of milk or apple juice
Chocolate chip cookie

ALL FOR JUST \$ 4.95

Menu subject to change without notice

Life is short - Make it Sweet



Sugar Rush Cafe

17 N. Chapel Street
Newark, DE 19711
302.444.4387

eatatsugarrushcafe@comcast.net

MORNING

8AM-11AM

FRITTATAS

Whipped eggs cooked open face served on a bagel	
Ham, onions, & Swiss cheese	\$3.95
Italiano-Pepperoni, tomato & provolone cheese	\$3.95
Ranchero-Chorizo, onions, & Pico de Gallo	\$3.95
Combo Deal! Add a small House coffee or OJ for just	\$4.95

BREAKFAST PANINI'S

Served on Ciabatta Bread with home fries	
- Egg and Cheddar Cheese	\$2.75
- Sausage, Egg and Cheddar Cheese	\$3.95
- Bacon, Egg, and Cheddar Cheese	\$3.95
- Peppers, onions, Egg and Cheddar cheese	\$3.95
- Ham, Egg, Swiss cheese	\$4.55
- Italian Frittata-Pepperoni, Egg, & Provolone Cheese	\$4.55
- Ranchero-Chorizo, onions, tomatoes & salsa	\$4.75

OLD FASHION BELGIUM WAFFLES

- PLAIN WAFFLE	\$4.95
- BLUEBERRY WAFFLE	\$5.95
Topped with fresh blueberries and whipped cream	
- GEORGIA WAFFLE	\$5.95
Topped with peaches and pecans	
- STRAWBERRY WAFFLE	\$5.95
Topped with strawberries and whipped cream	
- HEALTH NUT WAFFLE	\$5.95

BAGELS

Butter	\$1.75	Preserves	\$1.95
Cream cheese	\$2.25	Honey	\$1.95

Marco Polo

Cream cheese, smoked salmon, capers, red onions, tomatoes all on a toasted bagel	\$7.95
--	--------

Energy Rush

Nutella (a creamy hazelnut spread), bananas, honey	\$6.95
--	--------

Whole Fruit

Banana, apple, or orange

Assorted Parfaits

Choose from our selection-topped with granola.

Yogurts

Choose from our selection

SCONES	\$1.35	COFFEE CAKE	\$1.75
MUFFINS	\$1.95	SEASONAL FRUIT	\$2.95

SANDWICHES

Signature sandwiches on fresh baked bread

MONTE CARLO

Roasted turkey breast, provolone cheese, greens and tomatoes with house Caesar dressing on a Sun-dried Tomato roll.	\$7.55
---	--------

HOUSE CHICKEN SALAD

Chicken salad served on a bed of greens topped with fresh tomatoes on a Brioche roll.	\$7.35
---	--------

TUNA TEMPTER

White tuna, chopped celery, shredded carrots and low fat mayo with greens and tomatoes on a Brioche roll.	\$7.35
---	--------

MAPLE SMOKED HAM

Shaved Maple ham with imported asiago cheese topped with honey mustard sauce on a Portuguese roll.	\$7.95
--	--------

THE SABA

Roast beef, roasted red pepper, provolone, fresh basil, tomato and balsamic vinegar on a Sun-dried Tomato roll.	\$7.95
---	--------

PORKET

Pork, jack cheese, honey mustard, greens on our Portuguese roll.	\$7.35
--	--------

TURKEY CLUB

Shaved smoked turkey, lettuce, tomatoes, bacon, Swiss cheese and mayo on a Portuguese roll.	\$7.35
---	--------

TUNA ROLL-UP

White Tuna chopped celery, shredded carrots, greens, tomato and low fat mayo rolled in a non-fat lavash bread.	\$7.35
--	--------

TURKEY ROLL-UP

Roasted turkey, crisp iceberg lettuce, tomato, provolone cheese with light mayo rolled in lavash bread.	\$7.55
---	--------

CHICKEN CEASAR ROLL-UP

Grilled Chicken, Roasted Red pepper, crisp iceberg lettuce Asiago Cheese, low fat Caesar dressing, greens, rolled in Lavash bread.	\$7.55
--	--------

MARCO POLO ROLL-UP

Roast beef, roasted red pepper, provolone, crisp iceberg lettuce, and balsamic vinegar rolled in Lavash bread.	\$7.35
--	--------

TRY TWO! COMBOS \$ 4.95

SIDE SOUP · HALF HOUSE SALAD · HALF SANDWICH
(Turkey, Ham, Roast Beef)

Monday - Friday 11am - 3pm

PANINI'S

All Panini's served pressed & hot on Ciabatta bread with chips.
Add soup or salad for \$1.95

ITALIANO

Ham, salami, cappacolla, provolone, mozzarella, onion, hot peppers and special dressing.	\$7.55
--	--------

THREE CHEESES

Swiss, provolone & asiago with sun-dried tomato, pesto & fresh basil.	\$7.55
---	--------

LITTLE HAVANA

Pork loin, Swiss, ham, pickle & mustard.	\$7.55
--	--------

THE NINI

Slices of grilled vegetables, roasted peppers, and fresh mozzarella.	\$7.55
--	--------

NORWEGIAN SMOKED SALMON

Thin salmon slices, fresh plum tomatoes, spinach, parmesan cheese and chipotle spread.	\$7.95
--	--------

2 B SPICY

Spicy Chicken, plum tomato, roasted red peppers, onion, Blue cheese crumbles with a homemade Cajun sauce.	\$7.55
---	--------

SAUSAGE & PEPPERS

Peppers and onions, provolone cheese with side of our house Cajun dressing.	\$7.55
---	--------

PESTO CHICKEN

Grilled chicken, fresh mozzarella, pesto spread, greens, and tomato.	\$7.55
--	--------

ARTICHOKE PROSCIUTTO

Imported Prosciutto, provolone cheese, tomato, marinated artichokes, drizzled lightly with our house balsamic dressing.	\$8.25
---	--------

PROSCIUTTO ITALIANO

Prosciutto, mozzarella cheese, roasted red peppers, fresh basil with pesto spread.	\$8.25
--	--------

CAPRI

Mixed baby greens, roasted red peppers, tomatoes, fresh mozzarella, fresh basil and a drizzle of our balsamic vinaigrette.	\$7.55
--	--------

SALADS

ANTIPASTO

Imported meats and cheeses, roasted red peppers, mixed greens with balsamic vinaigrette dressing.	\$8.25
---	--------

CAESAR SALAD

Individually prepared to order with crisp romaine, fresh grated parmesan cheese, garlic croutons, cracked black pepper, and house Caesar dressing.	\$5.95
Add Grilled Chicken	\$7.95

ARIZONA CAESAR SALAD

Spicy chicken, romaine lettuce, parmesan cheese, red onion and garlic baked croutons tossed with a creamy Caesar dressing.	\$7.95
--	--------

BLUE SALAD

Pork Loin, bacon tomatoes and red onion over mixed greens with crumbled blue cheese dressing.	\$8.25
---	--------

SUGAR RUSH COBB

Grilled chicken breast, bacon, Asiago cheese, tomatoes, avocado and greens tossed in a fat free Italian vinaigrette dressing.	\$8.25
---	--------

NORWEGIAN SALMON

Smoked Salmon slices on a bed of greens, roasted red peppers, red onion, tomatoes, Parmesan cheese, drizzled with Italian balsamic vinaigrette.	\$8.55
---	--------