

RAPIDS CAFE MENU

UKROP'S HOMESTYLE FOODS

Individual Sandwiches

- Roasted Turkey and Bacon Wrap...\$6
- Vegetable Wrap...\$6
- Chicken Salad on WHR...\$4
- London Broil on WHR...\$4
- Seasoned Grilled Chicken Breast on WHR...\$4
- All American Sub...\$6
- Italian Style Sub...\$6

Sides

- Mixed Fresh Fruit Cup...\$3
- White WHR - 2pack...\$1.50
- Marinated Cucumber Salad...\$3

Muffins

- Chocolate Chip Muffins...\$2
- Blueberry Muffins...\$2

Cookies

- Jumbo Chocolate Chip Cookie...\$2
- Jumbo Oatmeal Raisin Cookie...\$2
- Rainbow Cookies Grab & Go...\$3

Green Entrée Salads

- Chef Salad...\$6
- Chicken & Bacon Cobb Salad...\$6.50
- Garden Salad...\$5
- Chicken Caesar Salad...\$6

Pasta Salads

- Grilled Chicken Caesar Pasta Salad...\$5
- Mrs. Marshall's Potato Salad...\$4
- Low Fat Broccoli and Pasta Salad...\$4
- Rotini Pasta Salad...\$5

Entrée Bowls

- Fettuccine Alfredo w/grilled chicken...\$6
- Traditional Mac & Cheese...\$6
- Penne w/meat sauce...\$6

PAPA JOHN'S PERSONAL PAN PIZZA'S

- Cheese...\$7
- Pepperoni...\$7

BREAKFAST ITEMS

- Chick-fil-A Chicken Biscuits...\$4
- Chick-fil-A Sausage Biscuits...\$4
- Simple Truth Instant Oatmeal Natural Maple & Brown Sugar...\$2
- Simple Truth Instant Oatmeal Regular...\$2
- Thomas Everything Bagels w/cream cheese...\$2
- Thomas Plain Bagels w/cream cheese...\$2
- Thomas Cinnamon Raisin Bagels w/cream cheese...\$2
- Simple Truth greek yogurt-Strawberry...\$2
- Simple Truth greek yogurt-Blueberry...\$2



SNACK AND SIDE ITEMS

- Simple Truth Uncured Pepperoni Packs...\$3
- Simple Truth Uncured Hard Salami Packs...\$3
- Simple Truth Lunch Kit...\$4.50
- Simple Truth Mac & Cheese Cup...\$2.50
- Simple Truth Popcorn Low Sodium...\$1
- Simple Truth Yogurt covered Raisins (Family Size)...\$5.25
- Simple Truth Sweet & Salty Mix (Family Size)...\$6.25
- Simple Truth Fruit & Nut Trail Mix (Family Size)...\$7.50
- Simple Truth Peanut Butter Crunch Energy Bar...\$2
- Simple Truth Chocolate Chip Energy Bar...\$2
- Simple Truth Protein Bar Double Chocolate...\$2
- Kroger Snack Medley...\$2
- Kroger Sharp Cheddar cheese single serve...\$1
- Kroger Colby Jack cheese single serve...\$1
- Kroger String Cheese...\$1
- Simple Truth Cheese Square Box (Family Size)...\$3.50
- Simple Truth Wheat Snack Crackers Box (Family Size)...\$3.50
- Kroger Mini Cheese Sandwich Crackers...\$1
- Kroger Mini Peanut Butter Sandwich Crackers...\$1
- Simple Truth Cheddar Kangaroos snack Crackers...\$1
- Simple Truth Animal Crackers...\$1
- Simple Truth Fruit Flavored Snacks...\$1
- Kroger Xtreme Trail Mix Granola Bar...\$1
- Kroger Chewy Chocolate Chip Granola Bar...\$1
- Individual cream cheese packets...\$0.50
- M&M Peanut...\$2
- M&M Plain...\$2
- Skittles...\$2
- Peppermint patties...\$0.50

FRUITS & VEGGIES

- Simple Truth Dried Bananas...\$5.50
- Simple Truth Dried Apricots...\$5.50
- Simple Truth Freeze Dried Mangos...\$5.50
- Simple Truth Freeze Dried Strawberry's...\$5.50
- Simple Truth Freeze Dried Strawberry & Bananas...\$5.50
- Kroger Fresh Selections Veggie Tray w/dip...\$3.50
- Simple Truth Cinnamon Applesauce pouches...\$1.50
- Mixed Fresh Fruit Cup...\$3
- Apples...\$1
- Bananas...\$1

DRINKS

- Coffee...\$1
Provided by Coca Cola
- Coca Cola...\$2
- Diet Coke...\$2
- Coke Zero...\$2
- Minute Maid Lemonade...\$2
- Sprite...\$2
- Powerade Orange...\$2
- Powerade Mountain Berry...\$2
- Powerade Fruit Punch...\$2
- Gold Peak Sweet Tea...\$2
- Diet Gold Peak Tea...\$2
- Yup Chocolate Milk...\$2.50
- Dasani Water...\$1.50
- Vitamin Water - XXX...\$2
- Vitamin Water Power C...\$2
- Minute Maid Orange Juice...\$2

Protein Shakes

- Core Power - vanilla...\$4
- Core Power - chocolate...\$4

Support SwimRVA!
Reusable Water Bottle \$5



Elevate swimming in the Richmond region making water safety
and aquatic fitness more accessible to all.