

# Quench

CAFE & JUICE BAR

570-872-9292



LA FRESA



EL CHINGON



PUPUSAS



BIRRIA TACOS

## TACOS EVERY DAY!

THREE TACOS & ONE SIDE \$15.99

*Served with Rice & Beans or Street Corn!*

### GRILLED SHRIMP TACOS

with Cole Slaw and Chipotle Aioli

### BRAISED BEEF (Birria)

with oaxaca cheese

### CHICKEN

with Enchilada Sauce



FLAUTAS



MEDITERRANEAN  
SANDWICH



FALL SALAD

[QuenchJuiceCafe.com](http://QuenchJuiceCafe.com)

11 N. 6th St • Stroudsburg, PA 18360

MONDAY-FRIDAY 8AM-6PM • SATURDAY 9AM-6PM

# BREAKFAST TILL 11 AM

## Breakfast Burrito \$8

Choice of flour tortilla, spinach, cheddar cheese, onion, peppers, choice of meat.

## EL Chingon \$10

Beef chorizo, home fries, two eggs, peppers, onions.

## La Fresa \$10

Cauliflower waffle, cream cheese, avocado, smoked salmon and a fried egg.

## Quench Sandwich \$6

English muffin, spinach, tomato, cheddar cheese, egg, choice of meat.

## Pancake Panini \$7.99

Lemon crème, strawberry & bananas two pancake press on the grill.

## Avocado Toast \$13

Multi grain bread, two poached eggs, cherry tomatos, avocado, toasted sesame seeds.

## Huevos Rancheros

### Tostadas \$10

Two tostadas, refried bean, egg, salsa ranchera.

## Entomatada \$12

Crispy corn tortillas, onion, egg white, tomatillo salsa or red salsa (nut allergy).

## Baleadas \$12

Two baleadas, rice & beans Freshly made flour tortilla stuffed with refried bean scramble egg, queso fresco, avocado.

## Pupusas

(Salvadorean) \$3.50

Pork & cheese, refried beans & cheese, pickle cabbage & salsa.

## Breakfast

### Enchiladas \$12

Four enchiladas, eggs, peppers & onion, rice & bean, avocado, queso fresco.

## Torrijas \$8

(French Toast Salvadorean Style) Two torrijas, house made cinnamon syrup.

## Desayuno Tipico \$12

Scrambled eggs, refried bean, queso fresco, fried plantain, avocado. Two freshly made flour tortilla.

## Omelette \$12 Choose your ingredients:

Onion, pepper, cherry tomatoes, spinach, eggs, home fries, cheese

# JUICY CLASSICS

16 oz \$7.75 / 20 oz \$8.75

**Quench Connection** Carrots, Apples, Orange Juice

**Crouching Tiger** Carrots, Celery, Kale, Ginger

**Braveheart** Apple, Beets, Carrots, Ginger

**Pulp Fiction** Carrots, Apples, Parsley

**Iron Man** Green Apples, Celery, Parsley, Kale

**Metropolis** Green Apples, Kale

**Blade Runner** Green Apples, Celery

**A Juice to Remember** Green Apples, Celery, Grapefruit

**Raging Bull** Carrots, Beets, Oranges, Spinach



# SPECIALS

## Pasta Primavera \$12.99

Penne pasta, garlic creamy sauce, cherry tomatoes, zucchini, squash, spinach and chicken.

## Flautas \$8.99

Three chicken crunchy taquitos served with lettuce, pico de gallo, sour cream and tomatillo salsa.

## Quesadillas \$11.99

Chicken or beef Pico de gallo, sour cream and rice and beans.

## Burrito Bowl \$14.99

Lettuce, yellow cilantro lime rice, black bean and corn salsa, pico de gallo, salsa, tomatillo salsa. Choice of chicken, birria beef or roasted vegetable.

# SMOOTHIE BOWLS

## Acai \$10.99

almond milk, frozen banana, blueberries, acai puree topped with homemade nut granola, shaved coconut, goji berries, fresh blueberries, fresh bananas.

## Green Goddess \$10.99

almond milk, avocado, kale, spinach, mango topped with shaved coconut, fresh pineapple, banana, honey.

## Pitaya \$10.99

almond milk, frozen, banana, strawberries, pitaya puree topped with hemp seeds, chia seeds, coconut, fresh bananas.

# PANINIS

## **Tuscan** \$9

herb-marinated chicken, fire roasted red peppers, mozzarella cheese, spinach, balsamic glaze.

## **Dijon** \$9

herb-marinated chicken, provolone, spinach, homemade honey mustard.

## **Pesto** \$9

herb-marinated chicken, mozzarella, tomato, spinach, homemade nut basil pesto.

## **Chipotle** (Raw Veggies) \$9

carrots, kale, squash, tomato, cheddar cheese, homemade chipotle sauce.

# SANDWICHES

## **CLT** \$7.99

herb-marinated grilled chicken, lettuce, tomato, homemade herb-infused mayo.

## **Three Cheese & Tomato** \$7.99

cheddar, swiss, provolone, tomato

## **PB & J** \$7.99

natural peanut butter, jelly, sliced apple, pressed on the grill.

## **Mediterranean**

### **Sandwich** \$8.50

spinach, fire roasted red peppers, tomato, cucumber, tapanade, red onions, feta cheese, homemade hummus spread.

# BURGERS

## **Black Bean Burger** \$9

avocado, tomato, lettuce, homemade chipotle sauce.

## **Turkey Burger** \$9

cheddar cheese, tomato, lettuce, homemade honey mustard.

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# WRAPS

## **Chicken Salad** \$8.75

cranberries, tomato, lettuce, homemade curry infused mayo.

## **Caesar** \$8.75

herb-marinated grilled chicken, parmesan cheese, lettuce, caesar dressing.

## **Chipotle** \$8.75

herb-marinated grilled chicken, tomato, lettuce, homemade chipotle sauce.

# SALADS

## **Caesar Salad** \$9

romaine, homemade croutons, caesar dressing.

## **Cobb Salad** \$11

romaine, tomato, red onions, blue cheese crumbles, hard-boiled egg, bacon bits, avocado, blue cheese dressing.

## **Fall Salad** \$11

romaine, roasted butternut squash, pumpkin seeds, cherry tomatoes, cranberries, apples, feta cheese, apple cider vinaigrette.

## **Garden Salad** \$8.50

romaine and spinach mix, red onions, cucumbers, carrots, cherry tomatoes, homemade croutons, balsamic dressing.

# VEGAN SANDWICHES

## **Kale, Chickpea Sandwich** \$8.50

kale, chickpeas, red onions, fire roasted red peppers, homemade almond & lemon spread.

## **Eggplant ALT** \$9

breaded eggplant, avocado, lettuce, tomato, homemade tomato sauce.

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# SMOOTHIES

16 oz \$7.99 / 20 oz \$8.99

## Rock A Bye Berry

strawberry, banana, yogurt

## Yogi's Choice

mangoes, strawberries,  
banana, guava

## Purple Rain

almond milk, blueberries,  
whey protein, flax

## Mochalicious

coffee, skim milk,  
chocolate protein powder

## Blu Jazz

blueberries, banana, yogurt

## Green Day

spinach, mangoes, banana,  
apples, water/orange juice

## Nutso Banana

almond milk, peanut butter,  
banana, flax

## PBJ

peanut butter, banana,  
yogurt, grapeness

## Chocolate Grunge

skim milk, peanut butter,  
chocolate protein

## Grapezilla

blueberries, yogurt, grapeness

## Smashing Pumpkin

pumpkin, yogurt, spices

## ApplePie

apples, yogurt, oats,  
cinnamon

## Twisted Yogi

blueberries, strawberries,  
mango, guava

## Reggae Runner

peaches, mango,  
strawberries, pineapple

## Island Breeze

strawberries, mango,  
banana, apple juice

## Calypso Crush

mangoes, pineapple, yogurt

## Banana Jamma

banana, mangoes, yogurt

## Popberry

blueberries, strawberries,  
yogurt

## Peach Alternative

peaches, banana, yogurt

## Sunrise High

orange juice, banana,  
splash of cranberry

## Techno Peach

peaches, strawberries,  
apple juice

## South Beach \$7.25

coconut water, kale,  
pineapple, banana



Ask About Our  
Detox & Cleanse  
Program!