

Welcome to Kara's Café & Cakery!

At Kara's Café we use only quality ingredients to produce healthy and delicious offerings. Local and organic products are used as often as possible.



White Heron TEA
Good Tea for Good People.  



BEVERAGES

Warm Up...

Coffee: Small 1.75 Large 2.10

Tea: Small 1.50 Large 1.75

Café Au Lait: Small 2.10 Large 2.50

Chai: Small 2.50 Large 3.00

Latte, (Regular): Small 2.50 Large 3.00
with Flavor Shot, Add .50

Honey Baby Latte: Small 3.00 Large 3.50

Milky Way Latte: Small 3.50 Large 4.00

Cappuccino: Small 2.50 Large 3.00

Steamer: Small 1.75 Large 2.25

Honey Baby Steamer: Small 2.00 Large 2.50
(Vanilla, Honey & Milk)

Hot Chocolate: Small 2.50 Large 3.00

Espresso: Single 1.50 Double 2.25

Cool Down...

Iced Coffee: Small 2.25 Large 3.00

Iced Tea: (unsweetened black or flavor of the day)
Small 2.25 Large 3.00

Iced Chai: Small 2.75 Large 3.50

Iced Latte: Small 2.75 Large 3.50
with Flavor Shot, Add .50

Iced Milky Way Latte: Small 3.75 Large 4.50

Hand Squeezed Lemonade: Small 2.25 Large 3.00
(seasonal)



48 Main Street

Meredith, New Hampshire

03253

(603) 279-8822

www.karascafe.com

Summer Hours

Open 7 Days: 7am to 6pm

Fall Hours

Open 7 Days: 8am to 5pm

Winter/Spring Hours

Monday- Saturday: 8am to 4pm

Hours are subject to change

Call ahead and we'll have your order ready!



BREAKFAST

Egg Sandwich:

Choose: Bagel or English Muffin

Egg & Cheese Melt 3.00

Egg, Meat & Cheese Melt 4.00

Egg Whites: Add .50

Quiche: \$4.50

Seasonal veggies paired with cheese served on a bed of mixed greens

The North Sandwich: 5.95

Everything bagel topped with vegetable cream cheese, tomato, bacon and sprouts topped with melted sharp cheddar

Latin Love: 6.95

Whole wheat wrap, scrambled eggs, bacon, avocado, onion, tomato, parmesan, sour cream and pickled jalapeño

Lots O' Lox: 7.95

Nova lox with plain cream cheese, sliced tomato, cucumbers and sprouts on any bagel choice

Mountain Momma Burrito: 5.95

Whole wheat wrap with egg whites, tomatoes, green pepper, onion, spinach, avocado & feta

Bagel: 1.75

Bagel with Spread:

Peanut Butter or Jam 1.95

Plain Cream Cheese, (regular or light) 2.50

Vegetable or Specialty Cream Cheese 2.75

Fresh Pastries made on site available daily

Fresh Fruit Salad: Small 2.95 /Large 4.95

LUNCH

SPECIALTY SANDWICHES

Any sandwich can be pressed: Add .50

Roasted Turkey & Avocado: 8.95

7-grain, pesto mayo, applewood bacon, cheddar, lettuce, tomato & onion

Granny Gruyere: 7.95

Roasted Turkey, bulkie roll, mayo, caramelized onion, bacon, green apple & gruyere

Croque Monsieur: 7.95

7-grain, black forest ham, tomato, gruyere & Dijon

Roast Beef: 7.95

Bulkie roll, gorgonzola, toasted walnuts, fresh basil & mayo

Chicken Salad: 7.95

Wrap, sage, red onion, celery, parsley, provolone, lettuce & tomato

Albacore Tuna Salad: 7.95

Marbled rye, red onion, lemon, lettuce & tomato

Hummus: 7.95

Lettuce, tomato, red onion, cucumbers, carrots, roasted red peppers, black olives, avocado & sprouts

Fresh Mozzarella: 5.95

Pesto mayo, caramelized red onion & sautéed spinach

Grilled Cheese: 3.95

7-grain, American & cheddar

Pb&J: 2.25

7-grain, peanut butter & raspberry jam

DESIGN YOUR OWN SANDWICH \$6.95

(includes Lettuce, Tomato & Onion)

Choose Bread: 7-grain, Marbled Rye, Bulkie Roll, Bagel, or Wrap-(**additional .75**)

Choose Protein: Roasted Turkey, Roast Beef, Black Forest Ham, Applewood Bacon, Chicken Salad, Albacore Tuna Salad, Hummus, Cheese

Choose Dressing: Mayo: Regular or Pesto, Mustard-Yellow, Honey or Dijon, Peppercorn Parmesan, Horseradish or Hot Relish (**More than 1- Add .35**)

Choose Cheese:

Add .35 Each American, Swiss, Provolone, Sharp Cheddar, Gruyere, Feta, Gorgonzola or Mozzarella

Extra Yummies: (price per ingredient)

Add .35: Spinach, Black Olives, Cucumber, Shredded Carrot, Green Bell pepper, or Pickle

Add .50: Snow Pea Sprouts or Sundried Tomato

Add 1.00 Roasted Red Peppers, Avocado or Bacon

SALADS

Garden Salad: Small 3.95 / Large 5.95

Mixed greens, shredded carrot, green pepper, tomato & cucumber

Add Chicken or Tuna Salad: 2.00

Lovely Lavender: Small 4.95 / Large 6.95

Mixed greens, tomato, cucumber, dried cranberry, almonds, avocado & fresh lavender

Caesar: Small 4.95 / Large 6.95

Green leaf with cucumber, parmesan, roasted turkey, hard-boiled egg, homemade croutons & Caesar

Cobb Salad: Small 5.95 / Large 7.95

Green leaf with roasted-turkey, tomato, hard-boiled egg, bacon, avocado & gorgonzola

Mediterranean: Small 5.95 / Large 7.95

Green Leaf with artichoke heart, roasted red peppers, garbanzo beans, green pepper, black olives & feta

Dressings: Honey Dijon, Peppercorn Parm, Creamy Caesar, Greek Feta, Raspberry Vinaigrette (lite) or Olive Oil & Balsamic