

**Sodes Perk Central
Coffee House & Cafe**

7 Goethe
Guttenberg, IA 52052
563-252-3301



Iowa Café Menu

Breakfast (served 7:00 -10:30 a.m.)

- **Breakfast Sandwich** - Biscuit, sausage patty, hard egg, and slice of cheese*
- **Biscuits & Gravy** - Biscuit covered with sausage gravy with 2 eggs (made to order)*
- **Quiche**
- **Breakfast Plate**- 2 Eggs (made to order)* with the choice of sausage or ham and 2 pieces of toast
- **Pancake & Parfait** - Pancake served with Greek yogurt, mixed berries, and granola.
- **French Toast** - 2 slices whole grain French toast, choice of sausage or ham and 2 sides.
- **Denver Scramble** - 2 scrambled eggs with green pepper, onion, black olives, ham, cheese and 2 slices whole grain toast.

*All breakfast items served with: Choice of fruit; mixed berries, peaches, pears, and applesauce.
Choice of beverage: Coffee, white milk, or juice (apple, cranberry, orange)
One refill on coffee, no refills on milk or juice.*

Lunch (served 10:30 a.m. - 6:30 p.m.)

- **Grilled Tuna** - Tuna, American cheese, on grilled wheat bread, fresh tomato on side.
- **Fresh Tuna** - Tuna, lettuce and tomato on wheat bread)
- **Grilled Turkey Berry** - Smoked turkey with Swiss cheese, honey mustard, & cranberry sauce on grilled wheat bread
- **Fresh Turkey Berry** - Smoked turkey, Swiss cheese, honey mustard on fresh wheat bread, cranberry sauce on the side
- **Grilled Apple Ham & Cheese** - Ham, cheddar cheese, honey mustard, sliced apple on grilled wheat bread
- **Fresh Apple Ham** - Ham, cheddar cheese, honey mustard, on fresh wheat bread with apple slices on the side.
- **BLT Wrap** - Bacon, lettuce, tomato, mayo wrapped in a flour tortilla
- **Chicken Bacon Ranch Wrap** - Chicken, bacon, lettuce, cheese ranch dressing wrapped in a flour tortilla
- **Burger** - Grilled burger, lettuce, tomato, pickles, and onion on a whole grain bun
- **Tenderloin** - Breaded tenderloin, lettuce, tomato, pickles, and onion on a whole grain bun

All lunch options are served with : choice of soup, side, or fruit

Soups

- Potato
- Vegetable
- French Onion

Sides

- Coleslaw
- Cottage Cheese
- Pasta

Fruit

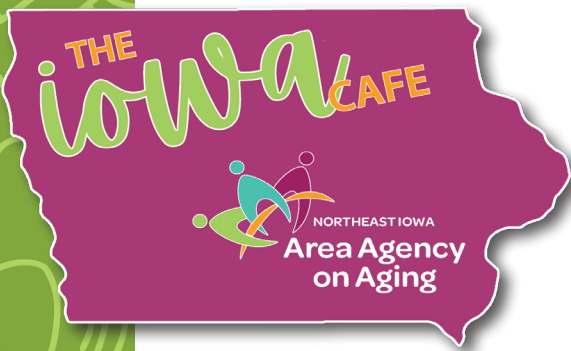
- Applesauce
- Peaches
- Pears

Served with: Coffee, white milk, and juice. One refill on coffee, no refills on milk or juice.

Make a contribution now! Scan the QR code with your phone's camera.



Consuming raw or undercooked eggs, meat or fish may increase your risk of foodborne illness



Iowa Cafe Update:

Your contributions are crucial in keeping this vital program going.

What is the Iowa Cafe program?

- It is so much more than a meal!
- The Iowa Café is a program from NEI3A that helps those who are 60 years of age or older to socialize and eat better while supporting locally owned businesses.
- Contrary to popular belief, the meals provided are **NOT FREE**.

How does it work?

- Present your key card and order from the Café menu.
- Only 1 scan per day - 6 times per month. May be subject to change.
- You will be mailed a monthly statement showing the value of the meals you received with an opportunity to contribute back to the program.

How are the meals paid for?

- NEI3A reimburses the restaurant for the meals they serve you.
- Funding for this program is limited. We depend on your contributions to help sustain the program.
- **Every dollar helps! While not required, a \$3.00 per meal contribution is suggested.**
- Your tip to the server is not a contribution towards the meal.

How can you contribute?

- Make a contribution by mail after you receive your monthly contribution statement.
- Contribute now online by using your phone's camera to scan the QR code.
- Visit our website at www.NEI3A.org/support-nei3a/ to make an online contribution.
- Make a contribution over the phone by calling 800-779-8707.



NEI3A offers support to caregivers, education programs to help individuals maintain their independence, and physical activity programs designed to prevent falls and promote healthy aging. If you would like to know more about how we can help, please check our website at www.NEI3A.org or call us at 800-779-8707.