

The Early Bird.

LUNCH CATERING MENU

Turkey Sandwich

\$10.50

Deli-sliced turkey breast, tomato, provolone cheese and lettuce on our soft whole wheat Ciabatta roll. Served with a cookie and fresh fruit (or 2oz bag of baked chips upon request.)

Ham Sandwich

\$10.50

Deli-sliced ham, tomato, provolone cheese and lettuce on our soft whole wheat Ciabatta roll. Served with a cookie and fresh fruit (or 2oz bag of baked chips upon request.)

Veggie Sandwich

\$10.50

Tomato, spinach, mozzarella cheese, onion, roasted red peppers and avocado on our soft whole wheat Ciabatta roll. Served with a cookie and fresh fruit (or 2oz bag of baked chips upon request.)

Chicken Caesar Salad

\$11.50

Chopped romaine, parmesan cheese, oven-roasted chicken breast, seasoned croutons and our creamy, low-fat Caesar dressing on the side. Served with a cookie and fresh fruit (or 2oz bag of baked chips upon request.)

Birdie Spring Salad

\$11.50

Chopped romaine, spinach, strawberries, mandarin oranges, feta cheese, walnuts and our light raspberry vinaigrette on the side. Served with a cookie and fresh fruit (or 2oz bag of baked chips upon request.)

Pick Two Lunch

Choose half of a turkey, ham or veggie sandwich OR wrap with a cup of our delicious soup and a cookie.

\$10.50

Choose half of a chicken caesar salad OR birdie spring salad with a cup of our delicious soup and a cookie.

\$11.50

Add a bottled water to your orders for \$1.00 each.

Serving a large group? Ask about creating sandwich, wrap or salad platters for buffet-style service.

The Fine Print: All food and beverage products are subject to Iowa Sales Tax. Delivery is complimentary within downtown Cedar Rapids. Please inquire for delivery fee outside of downtown when placing your order. Have a special request? Chat with Brooke about creating a custom menu for your next event. In order to ensure impeccable service, please allow 12-24 hours notice for catering orders. Prices and availability are subject to change. Thank you for reading The Fine Print.

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BREAKFAST CATERING MENU

Yogurt Parfait

\$2.95

10 ounces of Yoplait Lite & Fit® vanilla yogurt, fresh, seasonal berries and 1.5 ounces of Kashi GoLean! Crunch® granola. Only 110 calories!

Fresh Fruit Platter

\$35.00

An assortment of fresh, seasonal berries and tropical fruits arranged on a single platter. Serves 10-12.

Breakfast Egg Bake

\$45.00

Organic eggs, green peppers, onion, mushrooms and cheddar cheese scrambled with GMO-free whole milk. Serves 10-12.

Pastries by the Dozen

\$25.00

Choose a dozen of our delicious scones, large muffins or cinnamon rolls.

Regular Coffee Pot

\$20.00

A stainless-steel, thermal coffee urn filled with your favorite Intelligentsia Coffee®. Serves 10-12. Add cups, cream and sugar service for \$2.00. Want to keep your coffee container? Take a thermal cardboard coffee container for an additional \$2.00.

Very Large Coffee Pot

\$85.00

Take a five-gallon thermal coffee urn of your favorite Intelligentsia Coffee and become the office HERO! This urn serves 40-50. Add cups, cream and sugar service for \$15.00.

Beverage Service

Individual 10 ounce Apple or Orange Juice

\$2.00 each

Individual Bottled Water

\$1.00 each

Custom Beverage Service

Price Varies

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SMOOTHIE BAR MENU

Try something new with our exclusive, all-natural smoothie bar! Surprise your co-workers with any one of our five organic, gluten- and lactose-free treats made fresh to order. Who knew something this good was downtown?

Berry Birdie Blast	\$6.00
Strawberries, blueberries, banana, pineapple and orange juice	
Green Piña Colada	\$6.00
Pineapple, banana, coconut milk, spinach	
Dreamsicle	\$6.00
Vanilla soy milk, orange juice, strawberries, banana	
Funky Monkey	\$6.00
Almond milk, PB FIT, chocolate, banana	
Orange Ginger	\$6.00
Ginger, soy milk, banana, mango, carrot	

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The Early Bird Coffee Café is a local, woman-owned and operated small business in Cedar Rapids. Established in 2011, the shop features Chicago-based Intelligentsia Coffee, Teas and Espresso. The Early Bird is open Monday through Saturday, serving breakfast, lunch and an exclusive smoothie bar in the heart of downtown. Named "Best Place to Have a Coffee Meeting" for 2013, 2014, 2015 & 2016 by the *Corridor Business Journal*, The Early Bird has quickly become a gathering staple in the community. Our mission is to connect you to the growing downtown community and to it's movers and shakers who help it thrive. We hope to work with you soon!