

BEVERAGES

COFFEE (Refills .50)
 Small 1.10 Medium 1.66 Large 1.75

WATERS, TEAS, MILKS & SMOOTHIES

Bottled Water 1.25
 Vitamin Water 1.50
 Arizona Tea 1.09
 Tea (Hot) .50
 Green, Cinnamon Apple, Earl Gray, etc.
 Milk: 2%, Whole Milk and Skim .83
 Muscle Milk — Chocolate and Vanilla 2.25
 Chocolate Milk 1.10
 Hot Chocolate .83
 Soy Milk 1.59
 Smoothies: choice of yogurt or juice 2.50
 (1) Scoop of Protein (additional) +1.00

SPORTS DRINKS & JUICES

Gatorade 1.50
 Gatorade (Small) .83
 Hawaiian Punch .83
 Naked Juice 3.30
 Crystal Light Packets .44
 Orange or Apple Juice 1.19
 5 Hour Energy — Pomegranate 2.69
 Cranberry Juice Cocktail 1.37
 V-8 Juice 1.27
 Switch Drinks 1.00

HOURS:

Monday — Thursday 5:30 am — 9:30 pm
 Friday 5:30 am — 9:00 pm
 Saturday 6:00 am — 4:00 pm
 Sunday 10:00 am — 5:00 pm

We accept Cash, Checks, MasterCard,
 Visa and Discover.

If you are a member, you can also charge
 to your account (if set up for charges).

Note: All prices include sales tax.



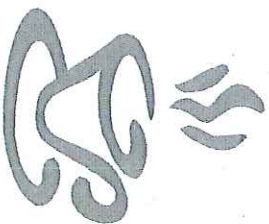
POWELL
 WELLNESS CENTER

A Service of Culpeper Regional Health System
 Health & Fitness

1005 Golf Drive, Culpeper, VA 22701
 (540) 829-4741
www.powellwellnesscenter.com

Powell Wellness

Center Café



MENU

BREAKFAST**BREADS**

Bagels:	1.10
Everything, Blueberry, Cinnamon Raisin, Plain	
Muffins:	1.37
Chocolate, Bran, etc.	

Spreads: Butter, Regular & Reduced Fat Cream Cheese

FRUIT & YOGURT

Apple, Banana, Orange	.83
Yogurts	.83
Fruit Cup in Water	.83
Vanilla Yogurt Raisins	.66
Cottage Cheese	1.10

CEREALS & CEREAL BARS

Bowls: Apple Jacks, Honey Nut Cheerios, Lucky Charms, Raisin Bran Crunch, Special K, Corn Pops, Cinnamon Toast Crunch	1.37
Bars: Apples Cinnamon / Brown Sugar	.90

Note: All prices include sales tax.

SNACKS**CHIPS**

Potato Chips	.75
Baked Potato Chips:	1.00
Lays Original, Ruffles Cheddar & Sour Cream	
Pringles: Original & Sour Cream	1.10
Doritos	1.00
Sun Chips	1.00
Veggie Chips / Straws	1.00
Salsa	1.09
Nacho Cheese & Smooth Ranch Dip	1.09

BARs, CRISPS, COOKIES, & MORE

Kashi Granola Products	1.10
Newton Crisps: Berry & Apple Cinnamon	.83
Dried Fruit Crisps	1.10
Power Bars	1.50
Cliff Bars	1.66
Special K—90 Calorie Bars	1.25
Special K—Breakfast Bars	1.66
Strawberry / Chocolate Peanut Butter	.71
100 Calorie Snacks	.83
Snackwell Vanilla Cream Cookies	.83
Beef Jerky	3.03

MISCELLANEOUS

Gum: Dentyne Ice, Trident, Stride	1.22
Medicine Packets	1.37

NUTS, CRACKERS, PRETZELS & CHEESES

Almonds / Cashews / Peanuts	1.00
Cheez-It-Duo (Cheddar & Parmesan)	2.03
Cheese Sticks	.83
Cracker Barrel Sharp / Sargento String	
Peanut Butter & Cheese	.56
Snyder's Pretzels	1.66
Cheese & Sticks	.56

LIGHT MEALS**SALADS**

Served with your choice of dressing and 3 cracker packs	
Chicken Caesar	5.23
Chef	4.67
<i>Dressings: Honey Dijon, Italian, Ranch and Caesar, Fat Free Ranch & Fat Free Italian</i>	

SANDWICHES & SOUPS

Turkey, Ham, Chicken Salad, Roast Beef	3.50
Served w/ or w/out cheese & your choice of wrap/round/regular white bread	
Combo - sandwich above and a bag of chips	4.40
(excludes Pringles & Cheez It Duo's)	
Soup of the Day — Bowl of soup with crackers	3.03
October - March. Varies from day to day	