

**EVERYONE IS WELCOME.**  
Pay what you can or pay it forward.

Powered by our culinary apprentices.

  Follow us!

SOUPS | SANDWICHES | SALADS | DRINKS

# MENU

Suggested price	Suggested price
<b>ENTREES</b>	
<b>Sandwich .....\$7.00</b>	<b>Daily Lunch Salad ..... \$8.50</b>
<u>"Top-notch" Tuna (pressed)</u> <i>Amazing Grains Cracked Wheat Bread, Honey Mustard, Tomatoes, Banana Peppers &amp; Cheddar Cheese</i>	With or Without Grilled Chicken <i>Mixed Greens, Grape Tomatoes, Cucumbers, Carrots, Broccoli</i>
<u>Turkey &amp; Brie (cold)</u> <i>Amazing Grains Sourdough Bread, Arugula, Lemon Vinaigrette &amp; Housemade Blueberry Jam</i>	<b>Lunch Combo ..... \$11.50</b>
<u>Pastrami Reuben (pressed)</u> <i>Amazing Grains Rye Bread, Thousand Island Dressing, Swiss Cheese &amp; Sauerkraut</i>	Sandwich or Salad <i>Includes: Side/Soup &amp; Drink</i>
<u>Grilled Cheese</u> <i>Choice of Bread, Trio of Cheeses</i>	<b>Kids' Grilled Cheese or PBJ ..... \$4.00</b>
<b>Build Your Own Sandwich .....\$7.00</b>	<b>Kids' Combo ..... \$5.75</b>
<u>Bread:</u> Cracked Wheat, Sourdough, Rye	<i>Includes: Sandwich, Sliced Apples, Milk/Juice/Water</i>
<u>Meat:</u> Tuna, Pastrami, Turkey	<b>SOUP OF THE DAY</b>
<u>Spreads:</u> Honey Mustard, Dijon Mustard, Mayo & Chipotle Mayo	Chicken & Pastina
<u>Cheese:</u> Muenster, Cheddar, Swiss, American, Provolone	Cup (8 oz.) ..... <b>\$3.25</b>
<u>Toppings:</u> Lettuce, Tomatoes, Red Onions, Banana Peppers, Roasted Red Peppers	Bowl (12 oz.) ..... <b>\$4.50</b>
	<b>SIDES</b>
	<b>Housemade Side ..... \$4.00</b>
	House Salad
	Asian Noodle Salad
	<b>Chips ..... \$1.25</b>
	<b>Sliced Apples ..... \$0.75</b>
	<b>Cookie ..... \$2.00</b>

**ALL PRICES INCLUDE TAX & DEPOSIT**





# ABOUT US



## EVERYONE IS WELCOME!

**Pay it forward.** Pay the suggested price or pay a bit more to help those who can't, and support Foodlink's mission.

**Pay what you can.** We want everyone to leave feeling nourished, even if you're unable to pay today.

Here at the Foodlink Community Café, our culinary apprentices provide healthy meals and a way for the community to give back.

If you are unable to pay the suggested price, you can select a meal and/or hot drink free of charge. ***There is a limit of one per day.***

- You must be here in person to receive a meal
- If you have kids at home that need food, please contact 2-1-1, or text 898-211, to learn about additional social-service resources in the area.

**585.435.1254**

**[FoodlinkCommunityCafe.org](http://FoodlinkCommunityCafe.org)**

Located at the Central Library of Rochester  
115 South Avenue  
Rochester, NY 14604



The Foodlink Career Fellowship is an intensive, yearlong culinary program that includes both classroom and hands-on training within Foodlink's state-of-the-art Community Kitchen. Fellows play an integral role in preparing thousands of healthy meals daily for Rochester children, all while increasing the core competencies needed for large-scale food production.

The final months of the program are spent at an externship with a regional employer.

The Fellowship is an official New York State Registered Apprenticeship training program — the first such cook apprenticeship in the state.

**585.328.3380**

**[FoodlinkNY.org/FCF](http://FoodlinkNY.org/FCF)**

1999 Mt. Read Blvd.  
Rochester, NY, 14615



## Leveraging the power of food to end hunger and build healthier communities.

Foodlink is a Rochester-based nonprofit dedicated to ending hunger and building healthier communities by addressing both the symptoms and root causes of food insecurity. We serve as the hub of the emergency food system across a 10-county service area. As a leading public health organization, Foodlink administers many programs and initiatives that aim to build the health and wealth of communities.

We provide food assistance through the safe storage and distribution of emergency food to our network of food bank members and community partners. We build healthier communities through innovative programs that create new access points to nutritious foods and empower people to make healthy choices. We drive change through bold career empowerment initiatives and advocacy for a more just, equitable food system.



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For food assistance please call **2-1-1** (text 898-211) or visit **[FoodlinkNY.org/findfood](http://FoodlinkNY.org/findfood)** for a list of food resources in your area.