

**A Pay-It-Forward Café**  
**Where Everyone is Welcome.**

*Powered by our culinary apprentices.*

  Follow us!

SOUPS | SANDWICHES | SALADS | DRINKS

# MENU

## ENTREES

### SANDWICHES

- "Top-notch" Tuna (pressed).....\$7.00**  
Amazing Grains Cracked Wheat Bread,  
Tuna, Honey Mustard, Tomatoes,  
Banana Peppers & Cheddar Cheese
- Grilled Cheese .....\$7.00**  
Choice of Bread, Trio of Cheeses
- Kids' Grilled Cheese or PBJ.....\$4.00**

### SPECIALTY SANDWICH

- Flying Pig (pressed or cold).....\$8.00**  
Amazing Grains Sourdough, Black Forest  
Ham, Turkey. Mayo, Lettuce, Tomato,  
Onions, Provolone Cheese, and Italian Oil
- The Grand Salami.....\$7.50**  
Amazing Grains cracked Wheat,  
Mozzarella, Salami, Tomato, Mixed  
Greens, and Balsamic Aioli

### SOUPS & SALADS

- Fresh Garden Salad .....\$7.00**  
Mixed Greens, Grape Tomatoes,  
Cucumbers, Carrots, Broccoli
- With protein.....\$9.00**
- Soup**  
Curry Summer Vegetable  
Cup.....\$3.25  
Bowl .....\$4.50

## SIDES

- Homemade Side.....\$4.00**  
*Summer Fruit Salad*
- Side Salad..... \$3.25**
- Cup of Soup..... \$3.25**
- Cookie .....\$2.00**
- Chips .....\$1.50**
- Apples .....\$0.75**

## DRINKS

- Bottled Water ..... \$1.00**
- Small Coffee..... \$1.00**
- Large Coffee..... \$2.00**
- Milk .....\$0.75**
- Specialty Drinks .....Prices vary**

**ALL PRICES INCLUDE TAX & DEPOSIT**

**ASK ABOUT OUR  
HEALTHY, AFFORDABLE  
COMMUNITY MEAL  
OPTION**



# ABOUT US



The Foodlink Community Cafe is a training opportunity for culinary apprentices enrolled in the Foodlink Career Fellowship. We are a unique, pay-it-forward cafe where everyone is welcome!

**Pay it forward.** Generous donations enable us to offer a healthy, affordable Community Meal option (see below) for our customers who are unable to pay the listed price on the menu. 100% of all proceeds support Foodlink's mission of ending hunger and building healthier communities.

**Community Meal.** For a minimum of \$2, customers can choose any sandwich, a side soup, salad or apples, and a drink (milk, water, coffee). All patrons ordering a Community Meal must be present at the cafe, and there is a limit of one meal per day.

**585.435.1254**  
[FoodlinkCommunityCafe.org](http://FoodlinkCommunityCafe.org)

Open Monday - Friday 11am - 3pm

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.



**585.328.3380**  
[FoodlinkNY.org](http://FoodlinkNY.org)

1999 Mt. Read Blvd.  
Rochester, NY 14615

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.