

“Lifted Café” uses the freshest ingredients available to offer a delicious variety of foods. Everything we make is “made to order”, so while it might take a little longer to get your order, we think the end result is worth it. For individuals in a hurry, feel free to call ahead and we will have your order waiting for you!

All items are available to eat in or take out!

We will cater any event and work with any budget!!!



Hours

Monday through Thursday
7:30 a.m.—6:30 p.m.
Friday 7:30 a.m. — 2:00 p.m.

Western Nevada College
Aspen Building in Sedway Cafe
2201 West College Parkway
Carson City, NV 89703

We accept Checks, Cash and Paypal

There is an ATM located at the front of the Cafe

BEVERAGES

Extra Flavor, Espresso Shots or Soy Milk \$0.50

	12 ounce	16 Ounce	20 Ounce
Hot Coffee or Tea	\$1.40+	\$1.60+	\$1.80+
Latte or Cappuccino	\$2.50+	\$2.85+	\$3.20+
Americano	\$2.25+	\$2.75+	\$3.15+
Mate Chai Latte	\$2.50	\$2.85	\$3.20
Mate Latte	\$2.75	\$3.25	\$3.75
Hot Chocolate	\$1.75	\$2.25	\$2.50
Espresso Specialty Drinks	\$2.75	\$3.35	\$3.95

	Single	Double
Espresso	\$1.50	\$2.25
Espresso Macchiato	\$1.75	\$2.50
Espresso with a dollop of steamed foam on top		
Espresso Con Panna	\$1.75	\$2.50
Espresso with a dollop of whipped cream		

	12 Ounce	16 Ounce	24 Ounce
Fountain Drinks		\$1.40	\$1.75
Fountain Refills		\$0.50	\$0.50
Iced Tea (free refills)		\$1.40	\$1.75
Iced Coffee		\$1.60	\$2.00
Milk	\$1.00	\$1.50	\$1.80
Chocolate Milk	\$1.50	\$2.00	\$2.25
Smoothies		\$3.95	\$4.95

Fresh! Friendly! Delicious!

Lifted Cafe



MENU

Coffee Bar and Smoothies
Breakfast-Lunch-Dinner
We Use Alpen Sierra Coffee

Phone: 775-445-3254

E-mail: lifted@wnc.edu

BREAKFAST

Served until 11 a.m. Add a drink \$1.00

Breakfast Sandwich- 2 eggs scrambled and served on choice of bread with choice of meat and cheese.	\$4.50
Shorty Breakfast Sandwich- One egg scrambled and served on a white or wheat roll with ham and choice of cheese	\$3.00
Breakfast Burrito- 2 eggs scrambled with peppers, onions, salsa and choice of meat or avocado wrapped up in your choice of tortilla	4.50
Old Fashioned Breakfast 2 eggs with hash browns or home fries, choice of meat and toast	\$5.50
Breakfast Pita- 2 eggs scrambled and stuffed in a wheat pita with fresh basil, feta, red onion and tomato	\$4.50
Cheddar and Ham Scramble- 2 eggs scrambled with ham and served with hash browns or home fries and choice of toast	\$5.25
Two Egg Omelets Choice of cheese, meat and up to 2 other ingredients Extra Ingredients:	\$5.95
Spinach, tomato, peppers, onions, mushrooms, olives	\$0.25
Cheddar, Swiss, Pepperjack, Provolone, Feta	\$0.50
Ham, bacon, sausage, turkey, ham, tri-tip, avocado	\$0.75
Fruit and Yogurt Parfait	\$3.95
Bagel and Cream Cheese	\$1.75
Oatmeal- With raisins and brown sugar	\$2.75
Hippy Oatmeal- With dried cranberries, agave nectar and Soy milk	\$3.75

GOOD STUFF

Add a drink \$1.00

Cheese Quesadilla	\$4.75
Steak, Roasted Pork or Chicken Quesadillas	\$6.00
Chips and Cheese	\$2.50
Melted Ham and Cheese	\$3.50
Tuna and Pita Chips	\$3.95
Giant Pretzel with Nacho Cheese or Mustard	\$2.00
1/4 Pound Dawg	\$2.50
Chili Cheese Dog	\$3.75
Demon Dog — Jalapeno, Pickle, Tomato, Red Onion and Mustard	\$3.50
Chipotle Sausage- with grilled onions and Dijonaise	\$3.50
Chicken Tenders- Regular or Buffalo Style w/ranch, BBQ or Blue	\$4.95

BURGERS

1/3pound burgers come with lettuce, tomato and sauce.
Onions available upon request. Add drink or side \$1.00

Plain Jane Add cheese	\$4.50 \$0.50
Black and Blue- Blackened burger w/ blue cheese and crisp bacon	\$6.25
Southwest- Topped with guac, salsa, pepperjack cheese and roasted green chilies	\$5.95
Mushroom Swiss Add bacon	\$5.50 \$0.75
Cali Burger Topped with Swiss, avocado, sprouts, grilled mushrooms and sun-dried tomato aioli	\$5.95
Patty Melt- With grilled onions, cheddar and sauce on grilled Rye bread	\$5.95
Salmon Burger Grilled salmon patty with pineapple, avocado, sprouts, tomato and red onion	\$6.50

SALADS

Add a drink \$1.00 Add Chicken/Salmon/Tofu \$1.95

Caesar- Romaine, croutons, Pecorino cheese, lemon and Caesar dressing	\$5.95
House Salad- Mixed greens with tomato, onion, cucumber and choice of dressing	\$4.95
Greek Salad- Mixed greens with cucumber, tomato, red onion, feta cheese and kalamata olives with balsamic vinaigrette	\$6.25
Sunflower Salad- Mixed greens with avocado, celery, dried cranberries, feta, sunflower seeds, sprouts, tomato and lemon poppy seed dressing	\$6.75
Blackened Salmon Salad- Blackened Mahi Mahi filet on mixed greens with avocado, cucumber, red onion, pineapple, tomato and raspberry vinaigrette	\$7.25
Southwest Chicken or Steak Salad- Mixed greens topped with roasted chicken or tri tip, black beans, onions, cilantro, tomato, cheddar cheese and avocado with crispy tortilla strips, sour cream and salsa-lime dressing	\$7.25
Chicken, Bacon and Ranch Salad- Roasted chicken on mixed greens with chopped bacon, shredded cheddar, tomato, onion, cucumber and house-made Ranch	\$6.95
Bluesy Tri Tip Salad- Grilled tri tip and grilled red onions on mixed greens with tomato, cucumber, blue cheese crumbles and balsamic vinaigrette	\$7.25

DRESSINGS-BLUE CHEESE, RANCH, RASPBERRY VINAIGRETTE, BALSAMIC VINAIGRETTE, LEMON-ROSEMARY, LEMON-POPPYSEED, HONEY MUSTARD, SALSA-LIME, 1000 ISLAND

SANDWICHES

Add drink or side \$1.00

BLT- Applewood smoked bacon, mayo, lettuce and tomato. Your choice of bread. Need we say more?	\$5.50 Add Avocado \$0.75
Grilled Cheese- Choice of bread and cheese	\$3.00
Tuna Melt- Our house made tuna salad with melted provolone, lettuce and tomato on choice of bread	\$5.50
Pesto Chicken Sandwich Grilled chicken, pesto aioli, lettuce, tomato and melted Provolone	\$5.95
Grilled Chicken Club With melted Swiss, crisp bacon, avocado, lettuce, tomato and sauce	\$6.25
Pulled Pork- Braised pork with tangy BBQ on white or wheat bun	\$4.25
Veggie Delight Hummus, avocado, sprouts, tomato, onion, cucumber, Feta and lemon poppy seed vinaigrette on a white or wheat pita	\$5.00
Joe Sandwich Ham, Turkey, Roast Beef or Tuna on choice of bread with lettuce, tomato, Dijon, Mayo and choice of cheese	Whole \$5.50 Half \$2.95
Blue Lou Wrap- Grilled Tri tip, blue cheese crumbles, grilled red onion, lettuce, tomato and raspberry vinaigrette in choice of tortilla	\$6.25
Snack Wrap- Roast Chicken or Steak with cheddar, ranch, bacon, sprouts, tomato and peppers in choice of tortilla	\$3.95
Turkey Pesto Wrap- Grilled turkey, pesto aioli, spinach, tomato, feta and kalamata olives	\$5.95
Steak Philly- Grilled Tri Tip with peppers, onions and melted Provolone on a French Roll	\$6.25
BBQ Chicken- Roasted chicken braised in BBQ sauce with cheddar cheese on white or wheat bun	\$4.25
Beef Dip- Tender grilled roast beef with melted Swiss, grilled onions and mushrooms, roasted garlic horseradish cream and Jus	\$6.50
Buffalo Chicken- Buffalo style chicken tenders with melted pepper-jack, blue cheese dressing, lettuce and tomato on a French roll	\$6.50
SOUP AND CHILI Cup \$2.95 Bowl \$3.95 Cup and a small salad \$4.95 Cup and a half a Joes Sandwich \$5.95	

SIDES

\$1.50 small \$2.50 large
Fries, Potato Salad, Fruit, Green Salad, Chips and Salsa, Veggies and Hummus, Pita Chips, Tater Tots