

LOCAL

SUGAR LEAF
COFFEE
+
RISHI TEA

MILKS

2%
OAT
ALMOND
SOY
COCONUT

FLAVORS

MOCHA
CARAMEL
HAZELNUT
VANILLA
LAVENDER
PISTACHIO
AMARETTO
RASPBERRY
STRAWBERRY
PEPPERMINT

*ask about
seasonal options*

good food
brings us
together

FOUR
NEIGHBORHOOD
LOCATIONS

BAY VIEW

2826 kinnickinnic avenue

MILWAUKEE

100 e. capitol drive

WAUWATOSA

7000 w. state street

MEQUON

7590 w. mequon road



outpost.coop

@outpostnaturalfoods

OUTPOST CAFE MENU

GOOD FOOD SINCE 1970



MEQUON

7590 w. mequon road

262-242-0426

our foods are made
from scratch with
local + organic
ingredients.

we're a locally owned
grocery store co-op with
23,000+ member-owners.

and while you don't have
to be an owner to shop here,

it sure is nice.

Our prepared foods, bakery and ready-to-cook meat are made in a facility that also processes milk, eggs, fish, shellfish, tree nuts, wheat, gluten, peanuts, soybeans and sesame. While we adhere to good safety and cleanliness practices that help to ensure ingredients do not cross-contaminate other items, we cannot guarantee it.

COFFEE

12 OZ / 16 OZ

- BREWED COFFEE.....1.99 / 2.69
- COLD BREW COFFEE.....Ø / 4.59
- LATTE.....3.29 / 3.99
- ICED LATTE.....Ø / 3.99
- MOCHA.....3.79 / 4.59
- ICED MOCHA.....Ø / 4.59
- CAPPUCCINO.....3.29 / 3.99
- AMERICANO.....2.29 / Ø
- ESPRESSO.....2.29

TEA

12 OZ / 16 OZ

- MATCHA LATTE.....4.49 / 5.49
- ICED MATCHA LATTE.....Ø / 5.49
- CHAI TEA LATTE.....3.29 / 4.29
- ICED CHAI TEA LATTE...Ø / 4.29
- HOT RISHI TEA.....Ø / 2.49
- ICED RISHI TEA.....Ø / 2.49
- SPORT TEA.....Ø / 3.59

MORE

12 OZ / 16 OZ

- HOT COCOA.....2.59 / 2.99
- GOLDEN MILK.....2.59 / 3.59
- STEAMER.....Ø / 3.59
- ORGANIC MILK.....1.50 / 2.00

SMOOTHIES

16 OZ

- STRAWBERRY SUPERB.....5.99
strawberries + banana + apple juice + orange juice
- CHERRY BERRY BLAST.....5.99
cherries + strawberries + raspberries + apple juice + whey protein powder
- TROPICAL PARADISE.....5.59
mango + peaches + strawberries + kefir + pineapple juice
- MAUI WAUI CRUSH.....5.99
mango + banana + pineapple juice + soy protein powder
- BLUE MOON.....5.99
blueberries + banana + pineapple juice
- GOLDEN MONKEY SHAKE.....4.39
banana + honey + golden milk mix + milk of choice
- MONKEY SHAKE.....5.29
banana + cocoa + tofu + honey + milk of choice
- CHEEKY MONKEY SHAKE.....6.49
banana + cocoa + tofu + honey + milk of choice + espresso
- PEACH GINGER.....5.59
peaches + fresh ginger + lemon sorbet + white grape juice
- PEACHY GREEN.....5.59
peaches + orange juice + source of life + fresh basil + honey
- GINGER BERRY.....5.99
raspberries + blueberries + lemonade + fresh ginger

SHOTS!

- WHEATGRASS • 4.29
1 oz. Organic Wheatgrass
+ 1 oz. OJ Chaser
- ORGANIC WELLNESS BOOST • 5.99
Turmeric + Ginger + Lemon
- GINGER SHOT - 1 OZ • 1.99
- TURMERIC SHOT - 1 OZ • 3.99
- WHEATGRASS - 1 OZ • 3.99
- JUICE CHASER - 1 OZ • 50¢
Pineapple or Orange or Apple

ADD ONS!

- + CBD Oil • 2.50
- + Echinacea • 75¢
- + Spirulina • 1.99
- + Blue Agave • 75¢
- + Soy Protein Powder • 1.99
- + Emergen-C Powder • 75¢
- + Source of Life Energy • 1.99
- + Whey Protein Powder • 1.99

BOOST YOUR JUICE OR SMOOTHIE!

FRESH JUICE

MADE WITH ORGANIC FRUITS + VEGGIES

8 OZ / 16 OZ

- KALE KIWI APPLE.....5.99 / 10.99
kale + granny smith apples + kiwi + lime
- THE GREEN DREAM.....5.69 / 9.99
wheatgrass + cucumber + granny smith apples + lime
- GINGER WABBIT.....3.59 / 6.79
carrots + apples + ginger
- HOT OFF THE PRESS.....3.59 / 6.79
carrots + apples + beets + lemon + ginger
- VEGGIE MEDLEY.....5.99 / 10.99
wheatgrass + parsley + cucumber + carrot + spinach
- BEETNIK.....3.59 / 6.79
carrots + beets + celery
- HOT TODDY.....Ø / 6.39
apples + lemon + ginger + honey* + cayenne*
- CELERY JUICE.....2.69 / 4.99
- ORANGE JUICE.....3.59 / 6.79
- CARROT JUICE.....3.59 / 6.79
- ORANGE & CARROT JUICE...3.59 / 6.79

Grab + Go
ready when you are

SANDWICHES + SOUPS
GARDEN + GRAIN SALAD
SMOOTHIES + JUICES
COFFEE + TEA
ALL DAY LONG