

Breakfast:

Morning Roll-Ups

1. Sunrise energy \$4.75
Eggs, Ham & Cheese

2. Wakeup Booster \$4.75
Eggs, Bacon Strips & Cheese

3. Western Sunrise \$4.75
Eggs, Ham, Peppers, Onions & Cheese

4. Sun-Up and Go \$3.75
Eggs and Cheese

5. Eggs and Veggie Roll-Up \$4.75
Eggs, Mushrooms, Onions, Peppers & Cheese

Beverages:

Soft Drinks, Juices and Bottled Water prices may vary

	Small	Large
Coffee	\$1.75	\$1.95
Hot Cocoa	\$1.75	\$1.95
Tea	\$1.75	\$1.95
Iced Coffee		\$1.95
Jasmine Iced Tea		\$1.95

Fresh Juice Bar:

	Large
Avocado Banana Smoothie	\$3.75
Fresh Fruit Blend Shake	\$3.75

What's a Roll-Up?

A delicious meal rolled in Stone-Baked bread.

When's the best time to enjoy a Roll-Up?

Anytime you want to eat good and healthful food.

In a hurry? On the run?

Try a full breakfast, lunch or dinner in a roll-up. A quick fix, easy and neat to eat, even for kids!

Want a leisurely meal?

Try a full roll-up meal, a bowl of soup or a salad and relax in our cozy café.

Nothing planned for dinner tonight?

Surprise the folks at home with our homemade soup and a variety of roll-ups and cookies.

Need a quiet place to read the paper?

Try reading it with a good cup of coffee or a bowl of hot soup in the morning, afternoon, or early evening at the Souper Roll-Up Café

We appreciate your business and we welcome your comments and suggestions.

All of our soups, salads, roll-ups and sandwiches are made fresh with fine, natural ingredients.

Please call for our daily soups and specials
Thank you for your business.

Help us save paper by visiting our online menu!

Visit us online at: <http://souperrollup.ucoz.org/>
We're also on Facebook, Google+, and Twitter!

Follow us on **Twitter** for updates on our daily soups and specials
<http://www.twitter.com/souperrollup>

FOR TAKEOUT ORDERS PLEASE
CALL: **(617) 354- 5810**

Before placing your order, please inform us if a person in your party has a food allergy



Specializing in gourmet roll-ups, sandwiches & homemade hot and cold soups

Monday to Friday 9:30 AM - 5:00 PM

726 Cambridge Street
Cambridge MA 02141
(617) 354-5810

Lunch:

Fresh vegetarian Roll-Ups

Additional: Avocado, Hummus or Cheese - \$1.00, Bacon - \$1.50, Chicken - \$2.50

*1. California Roll-Up \$5.50

Mixed greens, tomatoes, alfalfa sprouts, cheese, avocado, red onions and vinaigrette dressing.

*2. Fresh Veggie Roll-Up \$5.50

Mixed greens, tomatoes, alfalfa sprouts, cucumbers, red onions, mushrooms, green peppers, mild cheddar, and vinaigrette dressing.

*3. Hummus & Veggie Roll-Up \$5.50

Mixed greens, tomatoes, cucumbers, alfalfa sprouts, onions, mushrooms, green peppers, and vinaigrette dressing.

*4. Greek Roll-Up \$5.50

Mixed greens, tomatoes, cucumbers, red onions, green peppers, black olives, feta cheese, and vinaigrette dressing.

Sandwiches or Roll-ups:

All sandwiches are served on tortilla/lavash, Italian French bread, scali bread with your choice of lettuce, tomatoes, onions and mayo, Dijon, honey mustard & other dressings

*5. Chicken tarragon salad \$5.95

*6. Tuna Cilantro salad \$5.95

*7. Smoked Turkey \$5.95

*8. Honey Baked Ham \$5.95

9. Marinated Roasted Chicken Roll-Up \$6.75

Mixed greens, tomatoes, onions, alfalfa sprouts, vinaigrette dressing.

10. Chicken Tarragon Club Roll-Up \$6.75

Mixed greens, tomatoes, bacon, mayo.

11. Smoked Turkey Club Roll-Up \$6.75

Mixed greens, tomatoes, bacon, mayo.

Salads:

Served with choice of homemade dressings: Herb Vinaigrette, Balsamic, Ranch, Black Pepper Parmesan, (Caesar has no anchovies).

12. Garden Salad \$4.95

Mixed greens, tomatoes, cucumbers, olives, green peppers, red onions, mushrooms and alfalfa sprouts.

13. Chicken Tarragon or Tuna Salad \$6.75

Garden salad topped with chicken tarragon or tuna cilantro.

14. Chicken Caesar Salad \$6.75

Romaine lettuce served with croutons and topped with marinated, roasted chicken.

15. Greek Salad \$5.50

Mixed greens, tomatoes, cucumbers, black olives, green peppers, red onions, and feta cheese.

16. Special Roasted Chicken Salad \$7.25

Garden salad topped with marinated, roasted chicken and avocado.

17. One half Sandwich and Soup \$6.95

*Choices are: # 1-8

Homemade Soup

All soups are served with bread

Medium	Large	Quart
12 Oz	16 Oz	32 Oz
\$3.95	\$4.75	\$7.50

Fresh Fruit Salad: Seasonal

Medium	Large
\$3.95	\$4.75

Signature Roll-Ups:

\$7.25

18. Marinated Roasted Chicken Roll-Up with avocado.

19. Smoked Turkey Club Roll-Up with avocado.

20. California Roll-Up with chicken tarragon or tuna cilantro.

21. Greek Roll-Up with marinated, roasted chicken.

22. Chicken Tarragon Club Roll-Up with avocado.

Grilled Sandwiches:

1-5 \$7.75

6-8 \$7.95

Grilled sandwiches are served on scali bread and come with soup or fresh fruit salad (fruit salad is seasonal, # 1-5 only)

1. Grilled Avocados, Tomatoes, Onions, Alfalfa Sprouts & Provolone Cheese.

2. Grilled Turkey Cordon Bleu Sandwich with Turkey, Ham, Swiss, Tomatoes & Honey Mustard.

3. Grilled Bacon, Tomato, & Cheese Sandwich with Choice of Swiss, Provolone or American Cheese.

4. Grilled Ham, Swiss, Tomatoes & Honey Mustard.

5. Tuna Cilantro Melt with American Cheese.

6. Marinated Roasted Chicken with Avocado, Bacon, Provolone Cheese, Tomatoes, Onions, Alfalfa Sprouts, and Herb Vinaigrette.

7. Chicken Tarragon Melt with Bacon, Provolone Cheese, Avocado, Tomatoes, Onions, & Alfalfa Sprouts.

8. Grilled Avocado Sandwich w/ Smoked Turkey, Bacon, Avocados, Provolone Cheese, Tomatoes, Onions, and Alfalfa Sprouts.