



Abingdon's Neighborhood Café

cafe - bakery - art gallery - your neighborhood gathering place

Lunch Menu

Tue-Wed-Thurs-Fri Served 11:00 a.m.-2:00 p.m. Sat & Sun 11:30-3:00 p.m.

Enjoy The Trail's Fresh Popped - Endless Popcorn

Prepared Your Way - Deli Sandwich - Panini Grill - Wrap It

Deli Sandwich/Panini	Whole	\$7.50	Half	\$6.35
Wraps	Whole only	\$7.50		
Shared Sandwich/Wrap add \$1.50 Includes separate sides				
Sandwich/Wraps includes your choice of 1 meat, 1 cheese & bread or wrap selection, as listed below				

Sandwich/Wraps includes lettuce, tomato, pickle wedge & scoop of potato salad or small bag of potato chips or small apple

(Shared sandwiches/wraps receive individual side items)

Please Select One Each:

Preparation	Deli Sandwich (cold)	Panini Grilled (hot)	Wrap (cold)
Breads:	French, Sourdough, Rye	Or Wheatberry	Croissant (50cents)
Wraps:	White, Wheat, or Tomato	Basil	
Cheeses:	Cheddar, Provolone	Havarti, Swiss or Cream	Cheese
Sides:	Scoop of Potato Salad,	Bag of Chips-Plain/BBQ	Or Small apple

Trail Sandwiches

Holston Ruben	Corned Beef, Swiss, Sauerkraut & Thousand Island. Dressing	Whole	\$7.65	Half	\$6.35
BLT:	Bacon, lettuce, tomato	One Size			\$4.95
Abingdon Cubano	Pork Loin, Ham, Pickle, Mustard on Cuban Style Bread	One Size			\$7.65
California Club	Bacon, Turkey, lettuce, tomato and Avocado	One Size			\$7.65
BLT					
Veggie Delight	Swiss, Cheddar, Cream Cheese, Avocado, Red Onions, Cucumber, Lettuce, tomato and Sprouts	Whole	\$7.65	Half	\$5.45
Grilled Cheese	Your choice of one Swiss, Provolone, Cheddar	One Size			\$4.25
Dru's Cheesy Grill	Thick & Cheesy Cheddar, Swiss, Havarti, Provolone	One Size			\$4.95
Salad Sandwiches	Tuna, or Egg or Chicken Salad Sandwich	Whole	\$5.45	Half	\$4.35
Tyke's Favorite	Peanut Butter and Grape Jelly	One Size			\$3.45

MUSTARDS

Let Your Trail Server Know If You Would Like To Try One of Our Tantalizing Specialty Mustards:
Stone Ground, Sweet Hot, Horseradish, Champagne, Orange & Honey, Cranberry



SALADS

Slice of French bread and butter served with Salads

Dressings: Ranch, Thousand Island, Blue Cheese, Lite Ranch, Balsamic Vinaigrette	
Side Salad - lettuce, tomato, cucumber	\$3.75
Chef Salad - turkey, ham, cheddar, swiss, hard boiled egg, tomato on bed of lettuce	\$6.45
Chicken Salad or Tuna Salad or Egg Salad all served on bed of lettuce	\$5.45
Triple Salad: Small Scoop of Egg, Tuna & Chicken salad on bed of lettuce	\$5.75

SOUPS/ CHILI

Soup/Chili Served with Slice of French Bread & Butter

Soup of The Day	Cup \$2.25	Bowl \$3.25
Red Potato - Black Bean & Corn		
Pancho's Green Chili with Turkey	Cup \$2.25	Bowl \$3.25

POT PIE/QUICHE/PASTA

American Pot Pie- Pie Crust, Chicken-vegetables	\$4.95
Quiche of The Day	\$4.95

Beverages

Serving Trager Brother's Virginia Roasted Gourmet Free Trade Coffees

Coffee & Decaf	\$1.85	Lipton Hot Tea	\$1.65	Iced Tea	\$1.65
2% Milk	\$1.65	20 oz Bottled Water	\$1.65	15 oz Cranberry Juice	\$1.65
Coffee To Go Large	\$1.85	Coffee To Go small	\$1.65		
Fountain Drinks	\$1.65	Pepsi, Diet Pepsi, Mt. Dew, Lemonade, Dr. Pepper		Diet Pepper Dr.	

TRAIL CAFE - DESSERTS - TRAIL MIX - POPCORN- TO-GO

5 Pecan St. cookies	\$1.25	1 Doz. Pecan St Cookies	\$2.50	Large Daily Muffin	\$1.65
5 Frosted cookies	\$1.75	1 Doz. Frosted Cookies	\$2.75	Croissant w/butter	\$2.00
Cupcakes	\$1.50	Abby's Brownies	\$1.75	Croissant w/cream cheese	\$2.50
Mini Pies	\$4.75	Mini Loaf/Bundt Cakes	\$4.50	Flan-Puddings	\$3.95
4" Mini Cakes	\$4.75	Whole Cake/Whole Cake	\$18.00	Crème Brulee	\$3.95
5" Mini Cake	\$5.25	Pie/Cake Slice	\$3.95	Vanilla Ice Cream Scoop	\$1.25
Cheesecake Slice	\$4.35	Whole Cheese Cake (serves 16)	\$27/u	Ollie's Trail Mix	\$2.75
Popcorn Small	\$1.00	Popcorn Large	\$2.00	Mt. Laurel Nature Mix	\$2.75

Order Your Holiday or Special Celebration Desserts

Cheesecakes - Pies - Cakes - Mini Cakes & Pies - Brownies - Cupcakes

Call 276 - 698 - 3159 -- 48 hours in advance

Trail Café Offers Evening Cooking - Art - Other Exciting Events - Call Ginny Brennan 276-608-1612

Trail Café • 128 Pecan Street • Abingdon, Va 24210

WIFI HOT SPOT - www.thetrailcafe.com

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