

Located in the YMCA building in Monument  
www.bennies.cafe

# Bennies

## COFFEE BREAKFAST LUNCH

Open Monday-Friday  
7:30 a.m. - 2 p.m.

Call in orders:  
719-445-0660

## Breakfast served all day

### Eggs Benedict "Bennies"

#### ROASTED CHILE BENNIE .. 10.49

House-made biscuit topped with green chile, applewood smoked bacon, poached eggs and hollandaise, served with cheddar potatoes.

#### BENNIE ON CRÊPES .. 10.49

Freshly made crêpe, Black Forest ham, poached eggs and hollandaise, served with cheddar potatoes.

**GF** Gluten-free .. 11.49  
While quantities last.

#### CLASSIC BENNIE .. 9.95

Black Forest ham, poached eggs and hollandaise on English muffin toast, served with cheddar potatoes.

#### AVOCADO BENNIE .. 9.95

Avocado toast topped with poached eggs and hollandaise, served with fresh fruit.  
Add bacon or ham .. 1.95

#### QUICHES .. 11.95

A variety of flavors made fresh daily, served with seasonal fruit.  
Quiche only .. 9.95

#### THE BREAKFAST .. 8.95

Two scrambled eggs, applewood smoked bacon, cheddar potatoes, and toasted house-made bread.

**GF** No toast, with fresh fruit .. 9.95

#### FRENCH TOAST .. 8.95

Topped with orange infused cream cheese, pure maple syrup and powdered sugar; served with fresh fruit.

Add two scrambled eggs .. 1.95

Add bacon or ham .. 1.95



Bowl of Goodness



Quiche



Roasted Chile Bennie

#### AVOCADO TOAST .. 7.95

Toasted house-made bread topped with smashed avocado, served with fresh fruit.

Add two scrambled eggs .. 1.95

#### BOWL OF GOODNESS .. 6.95

Low-fat vanilla yogurt topped with almond granola, fresh fruit, berries and pure maple syrup.

**GF** Gluten-free .. 7.95

#### THE SCRAMBLED .. 9.95

Two eggs scrambled with your choice of three items: tomatoes, spinach, asparagus, scallions, green chile, pepperoncini, bacon, ham, cheddar, Gruyère, feta, havarti, American cheese.

Served with cheddar potatoes and toasted house-made bread.

**GF** No toast, with fresh fruit .. 10.95

#### BREAKFAST BLT .. 8.95

Bacon, lettuce, tomatoes, mayo and scrambled eggs on our toasted house-made bread.

Add fresh fruit .. 1.95

#### BREAKFAST CROISSANT .. 7.49

Two scrambled eggs, applewood smoked bacon or Black Forest ham and your choice of American cheese, cheddar or Gruyère, on a flaky butter croissant.

Eggs and cheese only .. 6.49

Add smashed avocado .. 0.95

Add fresh fruit .. 1.95

#### BREAKFAST BURRITO .. 7.95

Two scrambled eggs, potatoes, bacon or ham, cheddar cheese and green chile in a flour tortilla. We can substitute meat for smashed avocado.

With both, bacon and ham .. 0.95

Smothered with green chile hollandaise and cheddar .. 1.95

#### BREAKFAST QUESADILLAS

Two scrambled eggs, potatoes, bacon, ham, cheddar cheese and green chile in a flour tortilla, served with a side of green chile hollandaise. .. 9.95

Vegetarian: Two scrambled eggs, cherry tomatoes, pepperoncini and cheddar cheese, served with a side of hollandaise .. 8.95

#### NY BAGELS .. 3.49

Plain, sesame or everything, toasted and served with butter and cream cheese.

#### CROISSANT .. 3.49

Freshly baked every morning, served with fruit preserve.

#### FRUIT PLATE .. 5.49

Assorted fresh seasonal fruit and berries.

## Coffee

	12oz/16oz/20oz
Latte	3.10/3.80/4.60
Mocha	3.90/4.60/5.30
White Mocha	3.90/4.60/5.30
Cappuccino	3.10/3.80/4.60
Breve Latte with half and half	3.90/4.60/5.30
Espresso Double/Triple	3.00/3.65
Americano	2.50/3.00/3.65
Brew Coffee	1.95/2.35/2.75

## House Lattes

	12oz/16oz/20oz
Served hot or iced with whole or fat-free milk.	
Almond or oat milk	0.75
Vanilla Latte	3.50/4.10/4.80
Lavender Vanilla	3.50/4.10/4.80
Ultimate Caramel	3.90/4.60/5.30
Peppermint White Mocha	3.90/4.60/5.30
Strawberry Dipped Mocha	3.90/4.60/5.30
Toasted Almond Mocha	3.50/4.10/4.80

Raspberry Cream	3.50/4.10/4.80
Chocolate Covered Cherry	3.90/4.60/5.30
Sugar Free Flavors	3.50/4.10/4.80

## Tea

	12oz/16oz/20oz
Chai Latte	3.45/4.05/4.60
Dirty Chai Latte	3.90/4.60/5.30
London Fog	3.25/3.95/4.60
MAYA Tea · Assorted Flavors	2.50

## Smoothies

**GF** No concentrate or artificial flavors • Add 15g of whey protein 0.95 • Almond or oat milk 0.75

#### STRAWBERRY MANGO .. 4.79

Strawberries, mangoes, low-fat yogurt, fruit juice. • Add a banana 0.95

#### BANANA BERRY .. 4.95

Strawberries, blueberries, raspberries, blackberries, banana, low-fat yogurt.

#### PEANUT BUTTER .. 4.79

Peanut butter, banana, milk and chocolate.  
Add espresso: One shot 1.49 • Two shots 1.95



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719-445-0660

## Lunch

Served from 10:30 a.m.-2:00 p.m.

### GF Salads

Add a French baguette with butter to your salad..... 1.95

#### BENNIES HOUSE SALAD..... 9.95

Fresh greens, heirloom cherry tomatoes, applewood smoked bacon, roasted walnuts, feta and cranberries, served with our light house vinaigrette.

#### SPINACH AND STRAWBERRIES..... 9.95

Fresh greens, spinach, avocado, strawberries, roasted walnuts, and feta, served with our house balsamic vinaigrette.

#### THE COBB..... 10.95

Fresh greens, applewood smoked bacon, roasted turkey, salami, heirloom cherry tomatoes, avocado, cheddar cheese and a hard boiled egg, served with house-made ranch dressing.

### Quiches..... 11.95

A variety of flavors made fresh daily, served with Bennies house salad or seasonal fruit

Quiche only..... 9.95

### Sandwiches

All sandwiches are served with kettle chips and marinated cucumbers.

Or choose Bennies house salad or fresh fruit ..... 1.95

#### VEGGIE WRAP..... 8.95

Fresh greens, spinach, Bennies mayo, tomatoes, avocado, cucumbers and cheddar cheese rolled in a spinach herb tortilla.



The Cobb Salad



Turkey Salami Sandwich



Tomato Basil Flat Bread

#### BACON AVOCADO..... 8.95

Applewood smoked bacon, fresh greens, Bennies mayo, avocado and tomatoes on a croissant.

#### TURKEY SALAMI..... 8.95

Roasted turkey, salami, Bennies mayo, tomatoes, pepperoncini and havarti cheese on our toasted house-made bread.

#### BLT..... 8.49

Applewood smoked bacon, fresh greens, tomatoes and mayo on our toasted house-made bread.

#### BENNIES GRILLED CHEESE..... 7.95

American and havarti cheeses on our grilled house-made bread.

Add turkey, bacon or ham..... 1.95

Add tomatoes or avocado..... 0.95

Dip it in green chile hollandaise..... 1.49

### Flat Breads

Served with Bennies house salad.

#### FRESH TOMATO BASIL..... 11.95

Naan bread baked with Bennies tapenade, tomatoes and Gruyère cheese, topped with fresh basil.

#### THE FRENCH HAWAIIAN..... 11.95

Naan bread baked with Bennies tapenade, Gruyère cheese, Black Forest ham and fresh pineapple.

### Crêpes

Served with Bennies house salad or fresh fruit.

GF Gluten-free crêpes available while quantities last..... Add 1.49

#### HAM & SWISS..... 10.95

Freshly made crêpe baked with Black Forest ham, Gruyère cheese and blanched asparagus. Add a side of hollandaise..... 1.49

#### SPINACH & CHEDDAR..... 10.49

Freshly made crêpe baked with spinach and sharp cheddar cheese, served with a drizzle of pure maple syrup and cracked pepper.

**OUR KITCHEN:** It's simple. We only use high quality ingredients, mostly organic, and we put them together with creativity and care. We believe your everyday food should always be freshly made, nutritious and delicious. It should make you happy.

**BENNIES is the meeting of our three greatest passions: delicious food, people and kindness.**

## Beverages

Sm/Md/Lg

Coke, Diet Coke, Sprite,	Dasani..... 1.69
Dr Pepper..... 1.75/1.95/2.25	Smartwater..... 1.95
Italian Sodas..... 2.49/2.79/3.10	Peace Tea..... 2.19
Lemonade..... 1.75/1.95/2.25	Vitaminwater..... 2.19
Ice Tea..... 1.75/1.95/2.25	Bai Antioxidant Infusion..... 2.49
Milk..... 2.49/2.79/3.10	Powerade..... 2.19
Chocolate Milk..... 2.79/3.10/3.49	BODYARMOR Sports Drink..... 2.25
Hot Cocoa..... 2.79/3.10/3.49	Monster Energy Drink..... 2.49
Kids' Lattes..... 2.79/3.10/3.49	Reign Energy Drink..... 2.49
Orange Juice..... 2.79	Core Power Protein Shake..... 3.69

## Sweets

Perfect coffee pairings.



#### NUTELLA® CRÊPE..... 6.95

Served with bananas, chocolate sauce and powdered sugar.

GF Gluten-free..... Add 1.49

#### STRAWBERRIES & CREAM CRÊPE..... 6.95

Crêpe topped with fresh whipped cream, strawberries, chocolate sauce and powdered sugar.

GF Gluten-free..... Add 1.49

#### MUFFINS..... 3.49

Lemon, blueberry, chocolate.

#### PAIN AU CHOCOLAT..... 3.49

Freshly baked chocolate croissant.

#### CROISSANT..... 3.49

Freshly baked every morning, served with fruit preserve.

#### MINI BEIGNETS..... 3 for 3.25

Chocolate trio or salted caramel.

#### COOKIES..... 2.49

Freshly baked daily.

Some menu items may contain raw or undercooked meats, poultry, seafood, shellfish or eggs. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.