

CAFÉ BAKERY

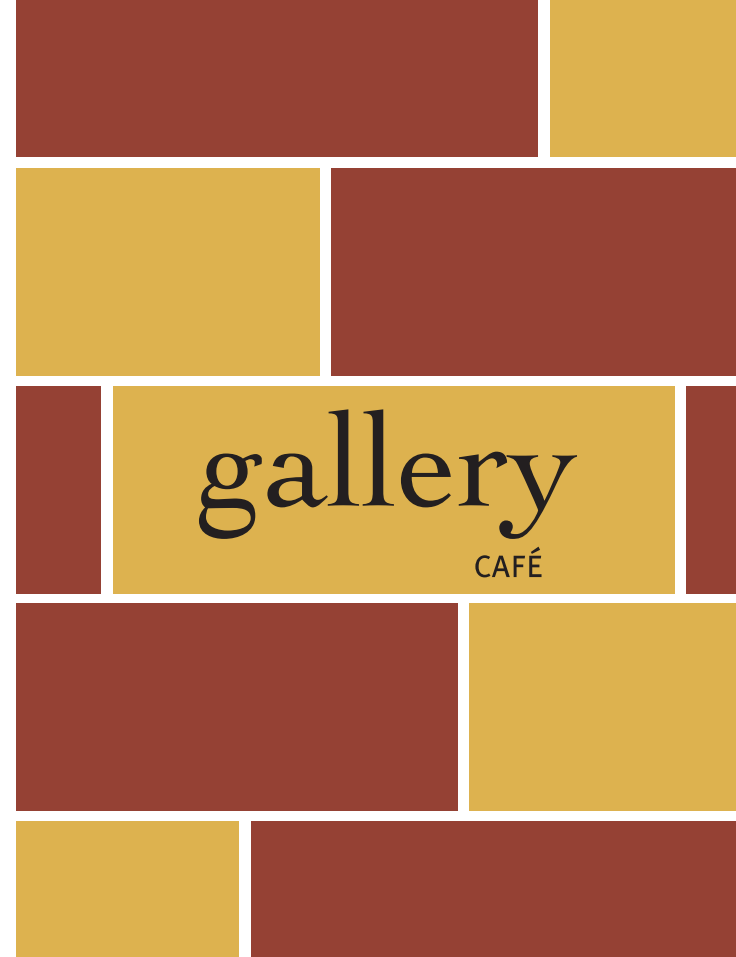
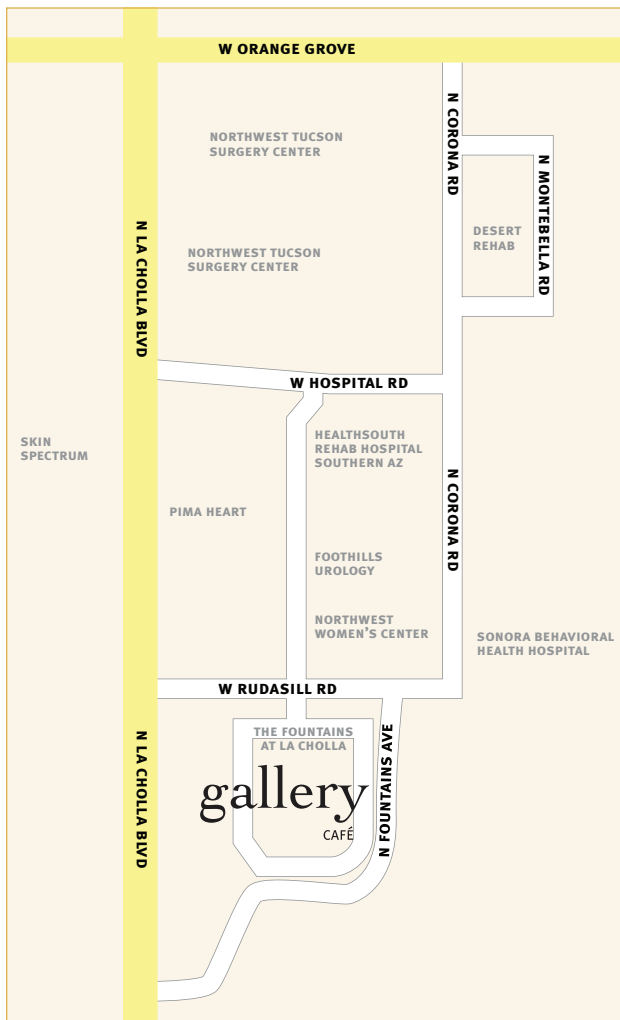
Muffins	\$1.50
Scones	\$2.00
Bagels	\$1.25
Croissants	\$1.75
Brownies	\$2.00
Cookies.....	\$2.00

CAFÉ TREATS

Ice cream by the scoop, cup or cone	
1 – \$2.00 2 – \$2.75 3 – \$3.50	
Milkshakes	\$4.25
Sundaes.....	\$3.75
Banana Splits	\$4.50

JAVA DRINKS

Espresso	\$2.00
Cappuccino or Latte	\$2.50
Flavored Cappuccino or Latte.....	\$3.00
Café Mocha	\$3.00



THE FOUNTAINS
AT LA CHOLLA

2001 W. Rudasill Road • Tucson, AZ 85704
520-239-4146 • watermarkcommunities.com
A WATERMARK RETIREMENT COMMUNITY



THE FOUNTAINS
AT LA CHOLLA

MONDAY-SATURDAY
BREAKFAST 7:00AM-11:00AM
LUNCH 11:00AM-2:00PM

INDEPENDENT LIVING • ASSISTED LIVING
MEMORY CARE



CAFÉ BREAKFAST

HOT SELECTIONS

Includes choice of one side

Croissant Sandwich

Egg, Bacon, Cheese \$6.00

Breakfast Wrap

Flour Tortilla, Egg,
Sausage, Cheese \$6.00

Breakfast Feature

See menu board for today's feature

SIDES

Breakfast Potatoes

Seasonal Fruit

COLD SELECTIONS

Fresh Fruit and Melon Cup

Seasonal selection of Cantaloupe,
Honeydew, Grapes, Watermelon \$4.00

Yogurt and Granola Parfait

Low-Fat Yogurt with
Crunchy Granola Mix \$4.00

Whole Fruit \$1.00

BEVERAGES

Fresh Brewed Coffee..... \$1.25 and \$1.50

Herbal Tea..... \$1.50

Arizona Iced Tea..... \$1.50

Water..... \$1.00

Energy Drinks \$2.50 or 2 for \$4.00

Assorted Sodas \$1.50

CAFÉ LUNCH

SOUPS

Signature Soup

See menu board for today's feature

..... bowl \$3.25

..... cup \$2.25

Featured Soup

See menu board for today's feature

..... bowl \$3.25

..... cup \$2.25

SALADS

The Gallery

Grilled Chicken, Apples, Oranges,
Celery, Cranberries, Candied Pecans,
Goat Cheese, Mixed Greens,
Raspberry Vinaigrette \$8.00

Grilled Chicken Caesar

Grilled Chicken, Romaine Lettuce,
Freshly Grated Parmesan Cheese,
Croutons, Caesar Dressing \$8.00

Chef

Turkey, Ham, Swiss, Gouda, Tomatoes,
Egg, Carrot, Mixed Greens, Choice
of Dressing \$8.00

Featured Salad – Southwest

Black Beans, Corn, Tomato, Avocado,
Romaine, Chipotle Vinaigrette; add Chicken,
Beef or Salmon \$8.00

Featured Salad – Cobb

Tomato, Egg, Bacon, Blue Cheese, Romaine,
Choice of Dressing; add Chicken, Beef
or Salmon \$8.00

CHEF'S FEATURE

See menu board for today's feature

CAFÉ LUNCH

SANDWICHES

Includes choice of one side

Grilled Chicken or Roast Beef Panini Melt

Grilled Chicken or Sliced Roast Beef,
Melted Pepper Jack Cheese, Roasted
Tomatoes on a Panini Roll \$8.00

La Cholla Club

Turkey, Ham, Bacon, Lettuce, Tomato
served on three slices of Toasted
Whole Wheat \$8.00

The Reuben Classic

Corned Beef, Swiss Cheese, Sauerkraut
grilled on Marble Rye \$8.00

Featured Sandwich – Holiday Turkey

Smoked Turkey, Spinach, Muenster
Cheese, Cranberry Sauce served on
Whole Grain Bread \$8.00

Featured Sandwich – Southwest Wrap

Spinach Tortilla Wrap with Curried
Chicken Salad, Red Grapes, Sliced
Almonds, Romaine \$8.00

SIDES

Seasonal Fruit, Potato Salad or Chips

PICK TWO

Half Sandwich and Cup of Soup \$6.75

Half Salad and Cup of Soup \$6.75

Half Sandwich and Half Salad \$8.00