



GREENS 7

Green, Green Grass	AVAILABLE OPTIONS
Our fresh house salad, complete with fresh mixed greens, tomatoes, carrots, cucumbers, red onions, sprouts and homemade croutons	\$10.24
	Half Salad: \$6.99

Rage against the Green*	AVAILABLE OPTIONS
A mexican-inspired salad, with mixed field greens, black beans, corn, tomatoes, avocado, red bell peppers and cheddar jack cheese, with a mex-ranch dressing	\$10.99
	Half Salad: \$7.99

TY Cobb	\$13.49
Our take on a classic salad, with sliced black olives, chopped tomatoes, egg, bacon, diced chicken, avocado, crumbled bleu cheese, and your choice of dressing	

Tangled up In Bleu	AVAILABLE OPTIONS
A beautifully blended salad with mixed field greens, craisins, mandarin oranges, walnuts, crumbled bleu cheese, and croutons, complemented by balsamic vinaigrette	\$10.99
	Half Salad: \$7.99

Down with Da 'Caese'	AVAILABLE OPTIONS
Our version on the caesar salad with romaine lettuce, red onions, asiago cheese, and croutons with a creamy caesar dressing	\$10.99
	Half Salad: \$7.99

The Flank Zappa*	\$13.49
A fresh combination of mixed field greens, sliced cucumbers and red onions topped with flank steak and smoked bleu cheese. Served with a side of our homemade balsamic dressing	

The Buffalo Springfield	\$10.99
Mixed field greens topped with boneless wings, tossed in our tangy house sauce. Finished with diced tomatoes, celery, avocado and blue cheese crumbles. Served with Ranch dressing	

FEATURED ITEM 3

Oops, I Did It A-Grain!	AVAILABLE OPTIONS
Our five grain veggie bowl, served with Chef's choice of grilled veggies, fresh cucumbers, diced tomatoes, feta cheese, avocado, and hummus. Topped with sunflower seeds! Tossed in our house dill vinaigrette! We will accommodate, but please no substitutions	\$10.99
	Grilled Chicken: \$2.49
	Shrimp: \$3.49
	Steak: \$3.39
	Tofu: \$2.49

It Takes Two Baby	\$11.49
Choose Two! A half of any fresh deli sandwich or grilled panini with a cup of soup	

Road To Ramen	AVAILABLE OPTIONS
Our noodle bowl - a simple Asian-inspired broth with flavors of ginger and lemongrass, served over your choice of flat noodles or a 5 grain medley, seared mixed vegetables and a hard boiled egg. Garnished with fresh cilantro, basil and scallions. We will accommodate, but please no substitutions	Grilled Chicken:
	\$2.49
	Shrimp: \$3.49
	Steak: \$3.39
	Tofu: \$2.49

MADE-FROM-SCRATCH SOUP 3

Tomato Spinach Feta

Broccoli & Cheddar

Lemon Pepper Chicken

FRESH WRAPS 7

Wrapper's Delight \$10.49

A turkey club wrap with bacon, lettuce, tomato, swiss cheese and sweet red pepper mayonnaise

The Heartbreaker \$10.49

Buffalo-style grilled chicken breast smothered with creamy bleu cheese dressing, served with lettuce and tomatoes

Baba O'riley \$10.49

A wrap packed with tomatoes, red onions, cucumbers, avocado, fresh red peppers, feta cheese, spring mix and dill vinaigrette

Canned Heat \$9.99

A southwestern wrap with grilled chicken, black beans, corn and tomatoes, sprinkled with cheddar jack cheese, and topped with mex-ranch dressing

Me & Mr. Jones \$10.49

A sumptuous wrap with grilled chicken, guacamole, crisp bacon, cheddar jack cheese, lettuce, salsa and ranch dressing

Bowling Green \$9.99

A fresh wrap with roasted garlic hummus, shredded carrots, avocado, tomatoes, sprouts, cucumbers, topped with spring mix and homemade red pepper coulis

Caese the Day \$10.49

Grilled chicken, red onions, bacon, asiago cheese and crisp romaine—all rolled up, just for you

FRESH DELI SAMMICHES 7

The Jazz Fusion \$9.99

Our take on a traditional turkey sandwich, with oven roasted turkey served on wheat bread, stuffed with tomatoes, mixed field greens, provolone cheese, and sweet roasted red pepper mayo

The Joker \$9.99

Honey maple ham with green leaf lettuce, vine tomatoes, swiss cheese and spicy mustard served on rye bread

The Slow Ride	\$10.49
Roast beef, slow roasted in-house and served on a kaiser roll with lettuce, tomato, red onions, swiss cheese, served with horseradish mayo	
The Free Bird	\$9.99
Fresh, all-white chicken salad served on wheat bread, topped with garden-crisp field greens, red onions and sprinkled with salt and fresh ground pepper	
Hurdy Curry Man	\$10.49
Our homemade curried chicken salad with roasted red peppers, golden raisins and apples, served on wheat bread and topped with garden-crisp field greens	
Run B.L.T	\$9.99
A classic, with crisp bacon, tomato, lettuce and mayo on white toast	
U2-Na	\$10.49
Top quality albacore tuna salad on white bread, served with ripe tomatoes and crisp lettuce	

GRILLED PANINI 6

Santeria*
The cup's take on the traditional cuban, with pork loin, slow-roasted in-house, ham, melted swiss cheese, dill pickles and homemade golden barbecue sauce
Culture Club
Our turkey club panini with turkey, bacon, swiss cheese and tomato, grilled to a golden brown and served with homemade red pepper mayo on the side
I'm Hot for Teacher*
Our house specialty: a grilled chicken pesto panini, served with tomato, melted provolone cheese, and homemade pesto mayo for dipping
Heavy Metal Drummer
A delicious panini with grilled chicken, pepperoni and melted provolone served with a side of fresh marinara
Deep Purple*
Eggplant parmesan done our way! Parmesan cheese encrusted eggplant topped with melted provolone cheese on grilled panini, served with a side of fresh marinara
Beef-Stie Boys*
Our in-house roasted beef on Baker's Street focaccia with steakhouse onion cheese. Served with au jus

HEARTY GRUB 6

French Kissin*
Our french dip style sandwich with roast beef roasted in-house, served with au jus on a local Baker Street onion roll
Uncle Kracker
Cracker-breaded chicken breast fried to a golden brown, served on a soft kaiser roll with lettuce, tomato and mayonnaise
Reuben & Cerise*
The lovin' cup reuben with savory corned beef, smothered in thousand island dressing, sauerkraut and melted swiss cheese, grilled to perfection on rye bread

Back To Black

A favorite of our old buddy, Gabe. Cajun blackened chicken breast served on a kaiser roll with melted cheddar cheese and our famous homemade red pepper mayo

Donna the Buffalo

A breaded Buffalo chicken sammich! Our Uncle Kracker tossed in our specialty Buffalo sauce, served on a kaiser roll with a side of our house-made bleu cheese dressing

Ocean Man

Albacore tuna melt served on grilled sourdough bread with cheddar cheese and tomato

BURGERS 6

Ring of Fire

AVAILABLE OPTIONS

8 oz char-grilled burger served with your choice of cheese on a kaiser roll \$11.49
Add Bacon: \$1.00

Bell Bottom Blues*

\$12.49

Char-grilled and cooked to your liking, topped with frizzle onions, melted pepper jack cheese, savory bacon and BBQ sauce

Smoke on the Water

\$12.49

Mouth watering char-grilled burger with smoked bleu cheese and sautéed mushrooms

Bayou Wease*

\$12.49

A burger aiming to pack as much flavor as Wease himself! Our 8 oz char-grilled burger, dusted with cajun seasoning and topped with grilled peppers and onions, cheddar, guacamole and chipotle mayo

Glass Onion

\$12.49

Start with our 8 oz beef patty, add bacon, mushrooms and most importantly steak-house onion cheddar. Delish

Trash Talk

\$12.49

Our hearty homage to a Rochester original. Our celebrated homemade mac salad, fries and our cheese-topped burger patty covered in Chef James' Bourbon Meat Sauce. Guaranteed to fill you up

VEGGIE-FRIENDLY BURGERS 2

Dig In the Dirt

\$11.49

Our handmade veggie burger with lettuce, tomato, swiss and thousand island dressing on kaiser roll

Black Betty

\$11.49

Our homemade black bean patty topped with cheddar cheese, lettuce and salsa

HOT DRINKS 9

Amnesiac

AVAILABLE OPTIONS

Sure to keep you awake. Espresso brewed the right way Single: \$2.00
Double: \$2.50

Liquid Courage	AVAILABLE OPTIONS
Our feisty version of the café americano	Small: \$2.00
	Large: \$2.50
Sunshine Superman	AVAILABLE OPTIONS
Cappuccino done right with espresso + a little steamed milk + froth galore	Small: \$3.79
	Large: \$4.49
Oye Como Latte	AVAILABLE OPTIONS
Espresso + steamed milk galore + a little froth	Small: \$3.79
	Large: \$4.49
Instant Karmal!	AVAILABLE OPTIONS
Caramel latte created with quality espresso + steamed milk + caramel syrup, topped with fresh caramel	Small: \$3.99
	Large: \$4.99
Chocolate Jerk	AVAILABLE OPTIONS
Café mocha with espresso + steamed milk + chocolate goodness	Small: \$3.99
	Large: \$4.99
The White Room	AVAILABLE OPTIONS
Espresso + steamed milk + white chocolate deliciousness create our white mocha	Small: \$3.99
	Large: \$4.99
Chai Can't I be You	AVAILABLE OPTIONS
Our gourmet chai, served up piping hot	Small: \$3.99
	Large: \$4.99
Chocolate Town	AVAILABLE OPTIONS
Steamed milk + our special chocolate sauce	Small: \$3.29
	Large: \$3.99

COLD DRINKS 7

Bubbly (Caffeine Free)	
We'll mix up a refreshing italian soda, just for you! Club soda blended with our raspberry syrup, is sure to excite! Ask about our seasonal choices!	
Smoothie (Caffeine Free)	\$4.25
Your choice of strawberry banana, four berry, and other seasonal favorites	
Lemonade and Iced Tea	\$1.99
Iced Coffee	\$2.99
Bottomless Soda	\$2.29
Choose from Pepsi, Diet Pepsi, Sierra Mist, Mountain Dew or Ginger Ale	
Bottled Water	\$1.49
Pop Culture	
Snapple (Kiwi Strawberry, Peach Tea, Mango Madness and Green tea); Saranac (Black Cherry, Orange Cream, Shirley Temple, Root Beer Diet Root Beer, Ginger Beer); Everfresh Juices (Orange and Apple Juice)	

DELICIOUS TREATS 1

Sugar Magnolia

A variety of seasonal desserts. See our pastry case! | Assorted prices

ALE & LAGER 6

Corona, Extra	\$4.00
Stella, Artois	\$4.50
Rohrbach's, Scotch Ale	\$4.50
Genesee, Cream Ale	\$3.50
O'Doul's, Amber Ale (Non-Alcoholic)	\$3.00
Samuel Adams, Sam '76 Lager	\$4.00

GERMAN & BELGIAN 5

Ommegang, Three Philosophers	\$6.00
Franziskaner, Weissbier	\$6.50
Blue Moon, Belgian White	\$5.00
New Belgium, Fat Tire Belgian Ale	\$6.00
Goose Island, Halia Sour Peach Saison	\$6.00

INDIA PALE ALE 7

Bell's, Two Hearted Ale	\$5.50
Three Heads, Kind IPA	\$5.00
Lord Hobo, Boom Sauce	\$6.00
Otter Creek, Daily Dose IPA	\$6.00
Sierra Nevada, Torpedo Extra IPA	\$6.00
Ballast Point, Fathom IPA	\$6.00
Founders, All Day IPA	\$5.00

CIDER & FRUIT BEER 8

Angry Orchard, Crisp Apple Cider	\$5.00
Mckenzie's, Black Cherry Cider	\$5.00

Virtue, Michigan Brut Dry Cider	\$5.00
Blue Point, Blueberry	\$4.50
Crabbie's, Ginger Beer	\$6.00
1911 Cider Donut Cider	\$5.00
Mack Jac, Blood Orange Ginger Cider	\$6.00
Golden Road, Mango Wheat Ale	\$5.00

PILSNER & DOMESTIC 7

Southern Tier, German Pilsner	\$4.00
Labatt, Blue and Blue Light	\$3.50
Pabst, Blue Ribbon	\$2.00
Michelob, Ultra	\$3.50
Genesee or Genny, Light	\$3.50
Bud, Light	\$3.50
Miller, Lite Pilsner	\$3.50

PORTER & BROWN 3

Ithaca, Super Coffee Stout	\$5.00
Great Lakes, Edmund Fitzgerald	\$4.00
Rohrbach's Malster Matt's Brown Ale	\$4.50

SEASONAL BREWS 2

Genesee, Bock Beer	\$3.00
Saranac, Caramel Porter	\$5.00

WHITE 5

Dr. Loosen Riesling (Germany - 2013)	AVAILABLE OPTIONS
	Glass: \$7.00
	Bottle: \$26.00
Fox Run Chardonnay (New York - 2013)	AVAILABLE OPTIONS
stainless	Glass: \$6.00
	Bottle: \$22.00

Anselmi Zellina Pinot Grigio (Italy - 2013)	AVAILABLE OPTIONS
	Glass: \$8.00
	Bottle: \$30.00
Villa Rosa Moscato D'asti (Italy - 2013)	AVAILABLE OPTIONS
	Glass: \$7.00
	Bottle: \$26.00
Lagoalva Espirito Branco Blend (Portugal - 2013)	AVAILABLE OPTIONS
	Glass: \$8.00
	Bottle: \$30.00

SPARKLING 1

Henry Varnay Brut Blanc de Blanc (Italy)	AVAILABLE OPTIONS
	Glass: \$7.00
	Bottle: \$26.00

RED 6

Alpamanta Natal Malbec (Argentina - 2012)	AVAILABLE OPTIONS
	Glass: \$9.00
	Bottle: \$34.00
Chateau St. Jean Pinot Noir (California - 2012)	AVAILABLE OPTIONS
	Glass: \$7.00
	Bottle: \$26.00
Fox Run Cabernet Franc Lemberger (Fingerlakes - 2012)	AVAILABLE OPTIONS
	Glass: \$8.00
	Bottle: \$30.00
Villa Pozzi Merlot (Sicily - 2012)	AVAILABLE OPTIONS
	Glass: \$8.00
	Bottle: \$30.00
Oxford Landing Cabernet Sauvignon (Australia - 2012)	AVAILABLE OPTIONS
	Glass: \$7.00
	Bottle: \$26.00
Gran Passione Blend (Italy - 2013)	AVAILABLE OPTIONS
	Glass: \$9.00
	Bottle: \$34.00

BOTTLES ONLY 5

La Foret Des Dames Sancerre (France - 2013)	\$35.00
Barrique Chardonnay (Russian River Valley, California - 2012)	\$36.00
Bench Pinot Noir (Sonoma, California - 2012)	\$45.00

Le Prince Du Logis Chateauneuf Du Pape (France - 2012)	\$50.00
Familia Mayol Cuatro Primos Mendoza Blend (Argentina - 2012)	\$46.00

ORIGINAL 6

Get Kraken	\$9.00
Kraken rum, three olives vanilla vodka & cream, topped with a splash of saranac root beer. A few of these are sure to make the person next to you appear more attractive	
The Saint	\$8.00
Refreshing and fabulous - st. Germain, sparkling wine and soda water. Topped with fresh seasonal fruits. Drink and ponder the empty glass in front of you	
Fig Bottom Girls	\$9.00
Get "hammed up" with this cocktail: gin, figenza fig vodka, lemon juice, simple syrup, grapefruit bitters, & a splash of bourbon cherry juice. Garnished with a bourbon cherry, fig bottom girls will make your rockin' world go round. (real nice, Clark)	
Renegade	\$9.00
The jig is up... This drink is a renegade "margarita" starting with Pueblo viejo tequila, solerno blood Orange liqueur, fresh lime juice, and sriracha. All shaken up and served with a lime wheel. The news is out. You finally found it	
The Gin Blossom	\$9.00
A botanical twist on a negroni, featuring uncle val's botanical gin, campari & berto antico opificio vermouths. This bitter classic will take the edge off a bitter day	
El Camino	\$9.00
This mexican hot chocolate is sure to warm you up in more ways than one spiked with small batch fugo horchata	

CLASSICS 6

A New York State of Mind	\$9.00
Served perfect, like the city it's named after, with old grand dad bonded bourbon, sweet & dry vermouth, & fee brothers old fashioned aromatic bitters	
Ol' Fashion Lover Boy	\$9.00
Our old fashioned is mixed with old grand dad bonded bourbon, fees brothers bitters, poured over rocks with an Orange twist and house bourbon cherry	
The Dude	\$7.00
A tribute to our favorite movie: our caucasian is delish with kahlua, monopolowa vodka, & cream, shaken and topped with three espresso beans	
Catch Phrase	\$9.00
Our last word: equal parts gin, green chartreuse, maraschino liqueur and lemon juice. One hundred parts yum	
Riders on the Storm	\$9.00
Our dark and stormy: dark spiced and white rum, fresh lime juice, fee brothers old fashioned aromatic bitters, and crabbie's ginger beer! On the rocks with a lime wheel	
Gov't Mule	\$9.00
Let your soul shine with our play on a moscow mule: monopolowa vodka, fresh lime juice and crabbies ginger beer	

MARTINI 4

The Filthy Funk **\$9.00**

It's not just a dirty martini; it's filthy: greenall's gin, fee brothers salty olive brine, and a bleu cheese stuffed olive

Material Girl **\$9.00**

Our cosmopolitan: monopolowa vodka, pierre ferrand dry curacao, cranberry juice, freshly squeezed lime juice, fee brothers Orange bitters, garnished with an Orange twist. Once you try our version, you'll never go back

Raspberry Beret **\$9.00**

Ladies, forget about your handsome prince, because this cocktail will leave you reeling. It starts with three olives raspberry vodka, shaken with chambord and pineapple juice, & garnished with shaved dark chocolate

Insomniac **\$9.00**

Espresso martini with vodka, fresh local espresso, and kahlua shaken up with cream and topped with three espresso beans. The taste alone will keep you awake for days

SOUP OF THE DAY 1

Turkey Sausage Florentine

SANDWICH 1

Tuna Melt with Swiss and Tomato Served Open Face on Focaccia Bread

LATTE 1

Chocolate Raspberry

SNACKS & NIBBLES 11

Frizzle Fries **AVAILABLE OPTIONS**

A basket of crispy straight-cut french fries, served with lovin' cup specialty dipping sauce **\$10.95**

Add Cheese: **\$0.49**

Add Bacon: **\$1.00**

Wings of My Love **\$8.99**

Ten roaster wings, cooked 'til crispy and moist, choose one of our specialty sauces- House Buffalo, Garlic Parmesan Peppercorn, BBQ or Golden BBQ. Served with homemade bleu cheese

Dixie Chicken **\$8.49**

Ten boneless chicken wings served with a side of bleu cheese and tossed in your choice of sauce: Buffalo or BBQ

Song of the Shrimp **\$9.99**

Cajun blackened shrimp, served up with our famous lovin' cup specialty dipping sauce

Pretzel Logic **\$5.99**

Mini pretzel baguettes served with mustard ale cheddar sauce

Little Pig Little Pig **\$8.99**

BBQ Pork Belly served up with waffle cut sweet potato fries

Mexacali Blues	AVAILABLE OPTIONS
Start with our lovin' cup quesadilla: a flour tortilla filled with assorted melted cheeses, black beans, corn & tomatoes, served with a side of sour cream & salsa	\$7.49
	Add guacamole: \$1.79
	Add chicken: \$1.99
	Add flank steak: \$2.49

The Lobster Quadrille	\$9.29
Creamy lobster infused cheese tossed with cavatappi pasta and langostino, baked 'til golden brown and served up for your liking	

Burnin' Down The House	AVAILABLE OPTIONS
Nachos smothered in melted jalapeño jack cheese, olives, tomatoes, scallions, black beans, fresh corn, salsa and sour cream	\$8.99
	Want a half order?:
	\$4.49
	Add chicken: \$1.99
	Add Flank steak: \$2.49
	Add jalapeño: \$0.49
	Add Guacamole: \$1.79

Sweet Jane	\$3.39
Waffle cut sweet potato fries, fried and served up hot with our homemade honey jalapeño mustard	

Give 'Em The Pickle	\$4.79
Pickle chips, fried 'til crispy and delicious, served with lovin' cup specialty dipping sauce	

YUMMY BITES FOR SHARING 4

Heart	\$8.99
Creamy baked artichoke and spinach dip, covered with cheeses and served with grilled naan	

Buffalo Soldier	\$8.49
Our homemade buffalo wing dip made with cream cheese, buffalo chicken and crumbled bleu cheese, topped with mozzarella and baked until golden brown. Served with tortilla chips	

Me & the Bean	AVAILABLE OPTIONS
Our homemade roasted garlic hummus drizzled with sweet red pepper coulis, and served with grilled naan	\$4.99
	Add flank steak:
	\$2.49
	Extra naan: \$1.99

The Big Cheese (& Some Meats)
Chef's choice of seasonal cheeses and cured meats served with grilled naan and giardiniera (assorted pickled veggies), small (serves 2-4) -or- large (serves 5-7)