

## In the Morning

<b>Egg &amp; Cheese Croissant</b>	3.50	
Add Applewood-Smoked Bacon, Ham or Turkey Sausage- for \$1.50		
<b>Fruit, Granola &amp; Yogurt</b>	2.95	
<b>Vanilla Lowfat Yogurt</b>	1.95	
<b>Fruit Cup</b>	1.95	3.95
<b>Bagel</b>	1.00	
Plain, Blueberry, cinnamon Raisin Add cream cheese .95		
<b>Peanut Butter, Honey &amp; Banana Bagel</b>	2.50	
<b>Muffins &amp; Muffin Tops</b>	1.50	
<b>Croissants</b>	1.75	
<b>Filled Croissants</b>	2.50	
<b>The Coffee &amp; Espresso Bar</b>		
<b>House Blend</b>	1.50	2.25
<b>Iz Mug Club</b>		1.00
Buy one of our Iz mugs and bring it in for a refill		
<b>Hot Tea</b>	1.50	1.80
<b>Chai Latte</b>	1.80	2.10
<b>Hot Chocolate</b>	1.80	2.10
<b>Iz Steamers-</b> Steamed milk & flavored syrup	1.80	2.10
<b>Iz You Awake-</b> Iz coffee with espresso shot	3.00	4.00
<b>Café Latte-</b> Espresso with steamed milk Add syrup .30	2.25	3.25
<b>Café Mocha-</b> Espresso, Steamed milk, Ghirardelli chocolate syrup and whipped cream	2.85	3.85
<b>Iz Nada-</b> A delicious sugar-free, fat free chocolate caramel treat	2.85	3.85
<b>Cappuccino-</b> Espresso with 1/2 steamed milk, 1/2 milk foam	2.25	3.25
<b>Cappuccino Royal-</b> Espresso, steamed 1/2& 1/2, favorite syrup & whipped cream	3.25	4.25
<b>Café Au Lait</b>	1.80	2.55
<b>Espresso</b>	1.50	1.80



**EITHER IT IZ, OR IT ISN'T.**

Rocky Ridge  
2514 Rocky Ridge Road  
205-979-7570

Altadena  
4700 Cahaba River Road  
205-262-9733

Monday–Friday  
7 a.m. to 8 p.m.  
Saturday  
8.am. To 6 p.m.



**EITHER IT IZ, OR IT ISN'T.**

Everything Iz  
3325 Rocky Ridge Road  
Vestavia, Alabama 35243  
[www.everythingiz.com](http://www.everythingiz.com)



**EITHER IT IZ, OR IT ISN'T.**

Check out our display case  
for a daily selection of Take  
Home Meals

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Call for your next event.

Iz Catering  
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## Sandwiches

Fresh breads are Croissants, Wheatberry, Old Fashion White, French Hogie, Ciabatta. All sandwiches served with our homemade sweet potato chips.

Substitute Miss Vicki's Chips .30  
Substitute Fruit Cup \$1.00

### Chicken Salad 5.00

Delicious, made-from-scratch, chicken salad with Granny Smith's apples and walnuts

### Pimiento Cheese 5.00

Homemade with cheddar cheese and roasted red peppers

### White Cheddar Pimiento Cheese 5.00

Shredded white cheddar cheese, roasted red peppers and Jalapenos for just a little kick

### Egg Salad 5.00

Made fresh daily.

### Iz Half & Half 5.00

Choose two half sandwiches: Chicken Salad, pimiento cheese, egg salad

### Soup & Half Sandwich or Salad 6.50

Our tomato basil or daily soup with your choice of 1/2 of chicken salad, pimiento cheese or egg salad or side Iz or Caesar salad.

### Iz BLT 4.50

Applewood-smoked bacon, fresh sliced tomato, romaine lettuce, and mayo, served on a butter croissant.

### Slow Roast Beef 7.00

Angus Beef, slowly simmered, sliced and piled high on a toasted French roll with caramelized onions, horseradish sauce and melted provolone cheese

### Turkey Club 6.00

Oven-roasted turkey, apple smoked bacon, romaine lettuce, tomato and mayo served on whole wheat.

### Turkey Reuben 6.00

Oven-roasted turkey, sautéed red cabbage, swiss cheese, and thousand island dressing, served grilled on whole wheat

### Hot Ham & Cheese 6.00

Grilled, thinly sliced ham and provolone cheese topped with grated Gruyere cheese, served on old fashioned white bread

### Grilled Veggie Ciabatta 6.00

Market fresh vegetables of squash, zucchini, eggplant, mushrooms, onions and red peppers, tossed in extra virgin olive oil and balsamic vinegar and served on ciabatta bread with melted provolone cheese, lettuce and tomato

### Southwest Chipotle Wrap 6.00

Grilled chicken, sour cream, black beans, pico de gallo, and jalapenos, served warm in a chipotle wrap

### Thai Chicken Wrap 6.00

Grilled chicken, carrots, cabbage, green onions, and a spicy Asian peanut sauce, served warm in a flour tortilla

### Iz Italian 6.00

Genoa Salami, black oak ham, roasted turkey, provolone cheese, sliced banana peppers, romaine lettuce, thinly sliced red onion served hot on an Italian Hoagie with Dijon mustard and Tuscan Dressing.

### Soup & Salad

Grilled chicken can be added to any salad for an additional \$2.00

Ask about our soup of the day.

### Chicken Salad Plate 7.00

Iz Chicken Salad served with seasonal fruit and our homemade pumpkin bread

### Iz Salad 5.00

Mixed baby greens, mandarin oranges, goat cheese, toated almonds, with honey balsamic vinaigrette

### Iz Chef 6.00

Ham, Turkey, Applewood-Smoked bacon, mixed lettuces, sliced egg, cheddar cheese, banana peppers, sliced red onion and your choice of dressing: ranch, Caesar, Tuscan

### Caesar Salad 5.00

Fresh romaine, baked croutons, shaved parmesan cheese, served with traditional Caesar dressing

### Iz Trio Salad 7.00

Choose three of the following: Chicken Salad, Pimiento Cheese, Egg Salad, Seasonal Fruit, Caesar Salad, Pasta Salad, Iz Salad.

### Tomato Basil Soup 4.00

We start with Italian plum tomatoes and end with fresh cream for a great balance of flavors

Bowl 12.00  
Quart

## Just For Kids

All kids meals served with fresh seasonal fruit

### Peanut Butter & Jelly 3.00

### Grilled Cheese 3.00

### Turkey Sandwich or Wrap 4.00

## Ready-To-Go

### Take Home Dinner

Each Day Iz presents a special dinner entrée with sides for your evening meal. Visit [www.everythingiz.com](http://www.everythingiz.com) for the daily selection or pick up a calendar in the café. Call ahead to reserve. Market price.

	8.oz	16 oz	32 oz.
Chicken Salad	4.99	8.99	15.99
Pimiento Cheese	4.99	8.99	15.99
White Cheddar Pimiento Cheese	4.99	8.99	15.99
Vegetable Pasta Salad	3.99	7.99	14.99
Egg Salad	3.99	7.99	14.99
Iz Good Stuff Granola		8.99	
Homemade with oats, nuts and honey			
Iz House Blend Coffee Beans, locally roasted by Red Mountain Coffee Roasters			
12 oz—regular, decaffeinated or flavored			\$9.99

## Drinks

### Bottled Drinks 10oz 1.50

### Dasani Water 1.50

### Orange or Apple Juice 1.49

### Milk 1.50

### Ice Tea 1.75

### Fountain Drinks 1.50