

did someone say:

SOUP?

UPTOWN'S FAMOUS,  
HOMEMADE  
SOUP OF THE DAY

A new creation daily.  
Call to ask for today's or visit our  
website at  
uptowncafeandcatering.com

regular 12 oz - 3.99  
large 16 oz bowl - 4.75

## Beverages

Featuring Uptowns Famous Signature Mint Iced Tea, Coke, Diet Coke, Barqs Root Beer, Sprite, and Minute Maid Lemonade

Small - 1.53  
Large - 1.84  
Fresh Ground Coffee - 1.16  
Assorted Juices - 1.65  
Bottled Water - 1.50  
Naked Juice - 3.50

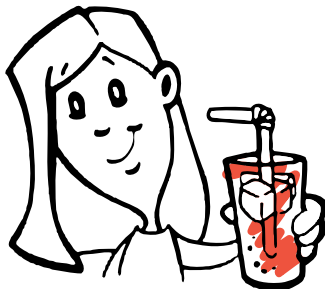
## Desserts

Congo Bar or Brownie - 1.85  
Homemade Cookie - 1.07  
(six kinds! Almond Chocolate Chip, Date Walnut Chocolate Chip, Peanut Butter, Oatmeal Raisin, Sugar Cookie, or Chocolate with Butterscotch & Peanut Butter Chips)  
Beth's Banana Bread - 1.50  
Fresh Baked Cinnamon Roll - \$1.85

## Kid's Picks

Grilled Cheesy Cheese - 3.95  
Ham or Turkey on wheat - 3.95

uptown peanut butter  
banana surprise! - \$2.85



## all about Uptown

At Uptown Cafe your satisfaction is our first priority. We're here early each morning to mix and bake for you. Everything is prepared fresh every day. That's the Uptown Way.

Uptown Catering can make a breakfast tray for your early morning meeting featuring our cinnamon rolls and banana bread, and an assortment of fresh sandwiches and homemade Uptown cookies for your lunch meeting; or our signature appetizers and dinner items for an evening affair. Our private meeting room is available for any event from a business meeting to a bridal shower to a birthday party. All of our menus are available online to tempt your taste buds at [www.uptowncafeandcatering.com](http://www.uptowncafeandcatering.com)

Uptown Cafe and Catering has been locally owned and operated in Tallahassee Florida since 1983. We take great pride in being a family run business that treats our customers and our community like our family. If there is something special you would like; for a meal, a catering, or a special event, give us a call or come on in and enjoy a cup of home brewed coffee or our special spearmint iced tea and tell us how we can help you to have an Uptown Day!

- Beth, Fred, & Nic Tedio

## Uptown Café and Catering

1325 Miccosukee Rd, Tallahassee, FL 32308  
(850) 219-9800 • [fred@uptowncafeandcatering.com](mailto:fred@uptowncafeandcatering.com)  
[www.uptowncafeandcatering.com](http://www.uptowncafeandcatering.com)



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[www.facebook.com/UptownCafeandCatering](http://www.facebook.com/UptownCafeandCatering)

■ ■ **OPEN 7 Days a Week** ■ ■

Monday thru Saturday 7 - 3

Sunday 8 - 2

Uptown Café Apricot Glazed  
Smoked Salmon is NOW  
always available!



Drop by to get yours today -  
Full or half size fillets. Perfect for gifts,  
to take to parties, or to enjoy at home!  
(Shipping available in the continental US)

"We fight the bears so you don't have to!"



1325 Miccosukee Road

Tallahassee, Florida

(at the corner of Miccosukee and Magnolia, right across from TMT)



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# Salads

*Crispy Fresh  
healthy fare to help you have an  
Uptown Day!*

**DRESSINGS** - (always served on the side)

*Homemade Café Dressing—a tangy bleu cheesy delight!*

*Italian • Balsamic Vinaigrette • Raspberry Vinaigrette • Bleu Cheese  
Lite Ranch • Honey Mustard • 1000 Island*

## **FAJITA SALAD - 7.89**

Fresh garden greens with grilled roast beef, onions, peppers, tomatoes, mushrooms, jalapenos topped with cheddar cheese.

**ADD black beans and sour cream - 1.25**

**ADD guacamole - 1.25**

## **SMOKED SALMON SALAD - 7.89**

Our Famous Apricot Glazed Smoked Salmon served on a bed of fresh garden greens with tomatoes and feta cheese.

Good and good for you! **ADD avocado - 1.25**

## **THE B&B SALAD - 6.75**

Blackened Chicken and Black Beans with feta cheese, onion, green pepper and tomatoes served on garden greens with balsamic dressing.

**ADD artichoke hearts - 1.00**

**SMOKED SALMON instead of chicken - YUM! - only \$1.25 extra!**

## **CHUTNEY CHICKEN - 7.89**

Our Famous homemade Chicken Salad made with chicken breast, crisp celery, peanuts and our secret dressing combine for an extra special taste served on a bed of fresh garden greens with cucumbers slices, shredded carrots, and tomatoes.

## **UPTOWN CHEF - 7.89**

Turkey breast, smoked ham, swiss and cheddar cheeses served on a bed of fresh garden greens with tomatoes, onions, green peppers and sprouts.

## **UPTOWN GARDEN SALAD - 6.00**

Fresh garden greens with cucumbers slices, shredded carrots, tomatoes, onions, green peppers and sprouts.

**SALAD YOUR WAY!** add any of the following to our classic Uptown Garden Salad, **just \$1.89 each:**

*Tuna Salad • Eggotic Salad • Greek Garden  
Chutney Chicken Salad • Hummus • Tabouli*

## **FRUIT FANTASY - 5.50**

Assortment of fresh cut fruits topped with vanilla yogurt, granola and honey. *Now, that's a fantasy!*

# Sides

*delicious and homemade*

*Tuna, Eggzotic, Greek Garden, Hummus*

*or Chicken Salad with tomato & basil chips - 4.95*

*Fresh Fruit Salad - 4.95 • Tabouli - 2.25 • Guacamole - 1.25*

# Cold Sandwiches

*for a classic and filling  
Uptown lunch*

*New!*

## **SMOKED SALMON TABOULI WRAP - 6.89**

Our Uptown Smoked Salmon with tabouli, sliced tomatoes, sprouts and zesty Italian dressing.

## **SMOKED SALMON ON CIABATTA ROLL - 6.89**

The popular Uptown Smoked Salmon with garlic dill cream cheese, fresh spinach and tomatoes on a multigrain ciabatta roll.

## **RUBY DIAMOND - 6.89**

White turkey breast, provolone cheese, tomatoes, sprouts and mayo topped with zesty dressing on rye swirl bread. A Tallahassee favorite for 30 years.

## **THE ALDO - 6.89**

Smoked ham, cotto salami, provolone cheese, pickle, onion, tomato and lettuce are topped with Italian dressing. **THE ALDO ON A SUB! - 7.89**

## **NAME THAT TUNA - 5.89**

Made fresh each morning and served on whole wheat bread with mayo, dill pickle, onion, tomato and lettuce

## **FRED'S TUNA SUB - 7.19**

The NAME THAT TUNA served on a wheat sub with extra onions, feta cheese and banana peppers... and *that's* the way Fred likes it!

## **SUE'S TAILGATE - 6.89**

Garlic dill mayo, turkey breast, spinach, tomatoes, provolone and balsamic vinegar, on rye swirl bread.

## **EGGZOTIC EXPRESS - 5.89**

Homemade egg salad with curry & green onions served on wheat bread with shredded carrots, mayo, sunflower seeds, tomatoes and lettuce.

## **CLUB CAFÉ - 6.89**

Turkey breast, smoked ham, cheddar cheese, and bacon topped with our own Café dressing, mayo, tomatoes and lettuce on a poppy seed roll.

## **CLUB CAFÉ ON A SUB - 7.89**

**ADD Roast beef and peppers on a sub - 1.75**

## **CHUTNEY CHICKEN SALAD SANDWICH - 6.89**

Chicken breast, crisp celery, peanuts and our secret dressing combine for an extra special taste. With cucumbers, shredded carrots, lettuce and tomatoes and mayo on a poppy seed roll.

## **CHUTNEY CHICKEN SALAD ON A WRAP - 7.19**

## **HUMBLE HUMMUS - 5.89**

Fresh and homemade. Served on rye swirl bread with shredded carrots, cucumbers, onions, tomatoes, sprouts and dressing.

**Try it with Turkey! - Add \$1.75**

## **TABOULI WRAP - 5.85**

Homemade Tabouli ( bulgur wheat Mediterranean salad) with tomatoes, cucumbers, lettuce, carrots, dressing. **Try it pressed!**

## **VEGGIE FLASH - 6.89**

Layers of shredded carrots, cucumbers, bell peppers, black olives, onions, cheddar cheese, tomatoes, provolone cheese, lettuce, Swiss cheese, and sprouts with mayo, mustard, and Italian dressing.

**VEGGIE FLASH ON A SUB - 7.89**

# Hot Sandwiches

*some Uptown warmth  
to satisfy your cravings!*

## **GREEK GARDEN TRADITIONAL - 6.89**

Our famous mixture of spinach, feta cheese, green onions and bell peppers topped with black olives, sunflower seeds, provolone cheese tomatoes, sprouts, mayo and Italian dressing on a pumpernickel roll (always served hot in house, and for delivery on request). **PRESSED IN A HOT WRAP - 7.19**

## **THE BALDWIN - 7.19**

Grilled ham and blackened chicken with pickles, swiss cheese and mustard on a toasted multigrain ciabatta roll. Not quite a Cuban, but better!

## **THE BABBAGE - 7.19**

Turkey and pesto grilled hot with tomatoes, spinach and swiss on a toasted multigrain ciabatta roll. Melty and delicious

## **THE OPTION - 7.19**

Turkey grilled with our Uptown avocado spread and garlic dill mayo combine with tomatoes and Swiss cheese on rye for a sandwich you won't forget. There are lots of options, but only one OPTION!

## **REUBEN DELIGHT - 7.19**

Fred's grandmother's sauerkraut makes the difference on this hot corned beef and Swiss classic served with thousand island dressing on rye swirl bread. Substitute Turkey or Roast Beef just for fun !

## **TUNA MELT - 7.19**

Add Swiss cheese to our homemade tuna and put it on rye swirl bread, mayo, grilled tomatoes, sliced pickle and onions and have it melted!

## **TURKEY MELT - 7.19**

Sliced turkey breast, crisp bacon, provolone cheese, mayo, onions, tomatoes on rye swirl and melted. **A true classic!**

## **ROAST BEEF CIABATTA MELT - 7.19**

We roast our own tender beef, slice it thinly, then grill sliced onions, green peppers and tomatoes and place it all on a toasted multigrain ciabatta roll with Swiss cheese.

## **BLACKENED CHICKEN WRAP PRESS - 7.19**

Spicy blackened chicken breast sliced and wrapped in a tomato basil flour tortilla with cheddar cheese, bacon, lettuce and tomato. We add lite ranch dressing for that extra pizzazz. Pressed hot.

## **BLACK BEAN PESTO WRAP PRESS - 7.19**

Tomato basil flour tortilla with our homemade pesto, black beans, cheddar cheese, spinach and tomato. Pressed hot.

**ADD BLACKENED CHICKEN BREAST - 1.85**

## **TURKEY PESTO WRAP PRESS - 7.19**

Sliced turkey breast with our homemade basil pesto, tomatoes, onions, fresh spinach cheddar cheese, wrapped in a tomato basil flour tortilla and pressed golden brown.

## **TURKEY ARTICHOKE WRAP PRESS - 7.19**

Sliced turkey breast, marinated artichoke hearts, cheddar cheese, tomatoes and lettuce, wrapped in a tomato basil flour tortilla and pressed hot.

**Make it  
a COMBO!**

**add a large drink and chips to any sandwich  
OR a large drink and a cookie for only \$2.00!**