

**Sodes Perk Central
Coffee House & Cafe**

7 Goethe
Guttenberg, IA 52052
563-252-3301



Iowa Café Menu

Breakfast Options

All breakfast items offered with the choice of mixed berries, tropical fruit blend, peaches, or apple. Breakfast also served with coffee, milk, or juice. One refill on coffee, no refills on milk or juice.

- **Egg Sandwich** - English muffin, sausage patty, egg, and slice of cheese
- **Biscuits & Gravy** - Biscuit covered with sausage gravy with 2 eggs on top
- **Quiche**
- **Eggs Made to Order** - 2 Eggs with the choice of bacon, sausage or ham and 2 pieces of toast
- **Pancake & Parfait** - Pancake served with Greek yogurt topped with choice of mixed berries or tropical fruit and granola.

Sandwiches & Wraps

All sandwiches and wraps served with the choice of soup, one side, and either coffee, milk, or juice.

- **Grilled Tuna** - Tuna grilled with American cheese on honey wheat bread
- **Fresh Tuna** - Tuna with lettuce and tomato on honey wheat bread)
- **Grilled Turkey Berry** - Grilled turkey with Swiss cheese and cranberry sauce on honey wheat bread
- **Fresh Turkey Berry** - Turkey with Swiss cheese and cranberry sauce on the side on honey wheat bread
- **Grilled Apple Ham & Cheese** - Grilled ham, cheddar cheese, honey mustard, and thinly sliced apple on honey wheat bread
- **Fresh Apple Ham** - Ham, cheddar cheese, honey mustard, on honey wheat bread with an apple sliced on the side
- **BLT Wrap** - Bacon, lettuce, tomato, mayo wrapped in a flour tortilla
- **Chicken Bacon Ranch Wrap** - Chicken, bacon, lettuce, cheese ranch dressing wrapped in a flour tortilla

Soups

- Tomato Basil
- Vegetable
- French Onion

Sides

- Coleslaw
- Cottage Cheese
- Peaches
- Apple Sauce



Welcome to the Iowa Café, a program supported by Northeast Iowa Area Agency on Aging (NEI3A), to help older persons increase their socialization and improve their nutrition. NEI3A serves your community in many ways to empower older individuals to remain independent. Ensuring that older persons can get the food they need and want is just one of our services.

If you are currently a registered member of the Iowa Café, you can eat from the Iowa Café menu found on the reverse of this page. You will not be charged, but you must provide the Keycard you received from NEI3A when you registered. You are eligible to eat a meal at any participating Iowa Café restaurant 12 times each month. You may only use your card once per day. NEI3A will reimburse the restaurant for all your meals and send you a contribution statement reflecting the number of meals you had at the beginning of the following month. You may send a contribution for any amount to help pay for the program and allow us to help others.

If you are not a registered member of the Iowa Café, you can still participate right now! Please tell your server that you do not have a Keycard, and they will help register you today. If you are 60 years of age or older (or the spouse of someone who is), you are eligible!

NEI3A offers support to caregivers, education programs to help individuals maintain their independence, and physical activity programs designed to prevent falls and promote healthy aging. If you would like to know more about how we can help, please check our website at www.NEI3A.org or call us at 800-779-8707.