



Being Benson's first and only cafe', The Grind is also proud to announce that it is Omaha's first and only all organic coffee shop. Only 100% organic, fair trade beans are used to craft our premium brews. A wide array of herbal teas, smoothies, and specialty coffee drinks are also made.

Benson Grind also has an extensive menu that allows the customer to create his or her own home made meal. The Grind serves lunch, dinner and all day breakfast, so create your own menu and enjoy.

Be sure to check out our catering menu for your party needs.

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Hot Coffees

espresso (double shot)	1.75
extra shot	.75
macchiato (espresso & creamy foam)	2.25
espresso con panna (espresso & whipped cream)	2.50
cappuccino	2.90 - 3.15 - 3.40
cafe' latte'	2.90 - 3.15 - 3.40
mocha	3.25 - 3.50 - 3.75
extra shot of flavor	.75
breve (espresso & steamed half n' half)	3.25 - 3.50 - 3.75
americano (espresso & hot water)	2.00 - 2.50 - 3.00
italiano	2.00 - 2.50 - 3.00
cafe' au lait (coffee and steamed milk)	2.00 - 2.50 - 3.00
daily brews (organic brews change daily)	1.50 - 1.75 - 2.00
"grind on the go" (serves 8 w/ condiments, cup, airpot of coffee, and treats)	25.00
make your drink iced	add .50

Specialty Drinks

all specialty drinks	3.65 - 3.90 - 4.15
-turtle dove (chocolate, carmel, praline)	
-jungle mocha (chocolate, hazelnut, banana)	
-benson's best (caramel, toffee, nut)	
-grass hopper (pepermint chocolate)	
-albow (caramal, irish creme)	
-white rhino (white chocolate, almond, coconut)	

- three sixty (vanilla, hazelnut, cinnamon)
- zurburt (white chocolate, raspberry)
- grinder (white chocolate, cherry, toffee)

Other Drinks

hot or ice tea	1.55 - 1.80 - 1.95
spiced chai	2.75 - 3.00 - 3.25
hot chocolate	2.25 - 2.50 - 2.75
steamers	2.25 - 2.50 - 2.75
pop	1.00
italian sodas	2.50
apple or orange juice	2.00
bottled water	1.00

Breakfast - Served All Day

assorted pastries	1.00 - 3.75
scrambled eggs w/ fruit garnish	5.95
bagel & cream cheese	1.50
chef's choice breakfast (sandwich or wrap)	6.00
fruit plate	3.25 - 6.95
fruit smoothie	4.00
yogurt	1.00
add granola	.75

Lunch & Dinner

fresh deli sandwich (choose two or three w/ choice of bread)	5.95
your choices - meats: deli sliced ham, roast beef, turkey	
- cheese: american, provolone, swiss, colby jack	
sandwich w/ garnish	6.95
your choices - small fruit salad, raw veggies, assorted chips, macaroni salad, or yogurt	
add extra meat or cheese	1.00
chicken salad croissant w/ fruit	6.95
tuna salad sandwich w/ fruit	6.95
veggie sandwich w/ fruit	6.95
specials of the day	market price

Catering

come on in and talk to Al.

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