

Breakfast Items & Desserts

From **TASTE OF DENMARK**
EUROPEAN STYLE BAKERY

Prepared by a true Dane, these confections taste just like the real European pastry.

Crispie (w/o nuts) Light and crunchy, cinnamon-y and sweet.	\$2.50
Cinnamon Strip (piece or whole) This chewy twist is topped with a sweet glaze and almonds.	\$2.50 / \$10.00
Strudel (piece or whole) We carry apple, cherry, blueberry and apricot flavors.	\$2.99 / \$10.00
Smiley Cookie Shortbread cookie with a frosted and happy outlook!	\$1.75
Macaroon Munch on a buttery, delicious mound of toasted coconut!	\$2.99
Meringue Cookie A classic, light, sweet and simple treat for your sweet tooth! Gluten Free.	\$0.75
Kringle (piece or whole) This traditional, buttery Kringle with its sinful almond custard will take your taste buds straight to a patisserie in Denmark.	\$2.25 / \$10.00

From **SHARE GOOD**
foods

Prepared by local artisans, these delicious items are made with wholesome, natural ingredients!

Turkey, Sausage, Egg, & Cheese Sammies (gluten-free) Turkey sausage patty, American cheese, eggs, on gluten-free English muffin	\$2.95
Egg & Cheese Sammie Egg, American cheese on English muffin	\$2.95
Sausage, Egg & Cheese Sammie Sausage, American cheese, eggs on English muffin	\$2.95
Berry Parfait Vanilla yogurt with raspberries, blueberries, strawberries, and house-made granola	\$3.60
Muffins: Blueberry Lemon, Harvest Bran, Harvest Bran Made with pure ingredients including organic whole-wheat flour, pure butter, vanilla, eggs, fruits, nuts, and no artificial flavoring!	\$2.50
Scones: Maple Walnut, Mixed Berry Made with pure ingredients including organic whole-wheat flour, pure butter, fruits, nuts, and no artificial flavoring!	\$2.50
Raspberry Shortbread Bars Made with pure butter, almonds, vanilla and premium fruit preserves	\$2.45
Truffle Brownie (gluten-free) Decadent chocolate treats made without flour.	\$2.75
Cookies: Outrageous Oatmeal, Chocolate Chip Made from scratch with pure butter recipes!	\$1.95

Other Confections

Udi's Cinnamon Rolls & Muffins (gluten-free) With all the moist, glazed and cinnamon goodness but without the gluten! Also available: Blueberry & Chocolate muffins!	\$2.50
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WELCOME TO



Food Items List

iN-TEA carries a **delicious** variety of **self-serve** and **easy-prep food, snacks and treats** for all moods and taste buds. **Please help yourself from our display fridge and/or order at the front counter.**

Our fridge holds a rotating menu of savory **sandwiches, salads, and wraps** in addition to sweet and satisfying cups of **toffee**. Grab whatever sounds tasty and we'll prepare it for you on a plate, **toasted or tossed!**

Always available are our **made to order tapas**. Munch on one for a light **snack** or order a few for a Spanish-style **meal!**

We offer **gluten free, vegetarian, and vegan** options and alternatives, both in our sweets and our savory dishes. Peruse this brochure for these options or just ask!

Hours

Mon – Thurs: 8am – 7pm
Fri & Sat: 8am – 11pm
Sun: 11am – 5pm



Location

2440 W Main St
Littleton, CO 80120

720.981.2512
www.in-tea.net

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Tea of the Day!**

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Self-Serve Food Items

Sandwiches & Paninis

Our tasty sandwiches and salads come from Share Good Foods, a local, all-natural food company. Try them cold or have us grill them for you!

Garden Pesto Panini (vegetarian) \$6.45
House-made pesto sauce, Fontina cheese, fresh spinach, tomato, artichoke hearts, creamy balsamic dressing on Ciabatta bread

Alpine Turkey Panini \$6.45
Roasted Turkey Breast, Asiago and white cheddar cheese, caramelized onions, fresh spinach, tomato, garlic mayo on Ciabatta bread

Grilled Pesto Chicken Panini \$6.45
Grilled chicken, Fontina cheese, house-made pesto sauce, fresh spinach, tomato, creamy balsamic dressing on Ciabatta bread

Italian Turkey Panini \$6.45
Roasted turkey, salami, pepperoncini, tomato, fresh spinach, Asiago and Fontina cheese, roasted garlic mayo, creamy balsamic dressing on Ciabatta bread

Alfredo Chicken Panini \$6.45
Grilled chicken, Fontina Cheese, fresh spinach, tomato, Parmesan cream sauce on Ciabatta bread

Primavera Grilled Cheese Panini (vegetarian) \$6.45
Asiago and Fontina cheese, baby spinach, tomato, artichoke hearts, and creamy Italian dressing on Ciabatta bread

Spicy Ham & Cheese Panini \$6.45
Black forest ham, white cheddar cheese, chipotle and green chili sauce, fresh spinach, tomato on Ciabatta bread

Smoked Ham & Apple Sandwich \$5.65
Smoked ham, white cheddar, honey mustard, romaine lettuce, granny smith apple slices on cranberry nut bread

Turkey Pear Sandwich \$5.65
Turkey, blue cheese and white cheddar, roasted garlic mayo, fresh pears on cranberry nut bread

Asiago Roast Beef Sandwich \$5.65
Roast beef, Asiago cheese, romaine lettuce, tomato, tarragon garlic mayo on sourdough bread

SG Club Sandwich \$5.65
Roasted turkey and smoked ham, white cheddar cheese, creamy honey mustard, romaine lettuce, tomato on sourdough bread

Italian Ham & Cheese \$5.65
Black forest ham, salami, tomato, romaine lettuce, Asiago cheese, roasted garlic mayo on sourdough bread

Turkey, Jack & Cheddar Sandwich (gluten-free) \$5.65
Roasted turkey, jack and cheddar cheese, romaine lettuce, garlic mayo, tomato on gluten-free sourdough bread

Yummies

Mac & Cheese \$4.15
Maru-Chan Instant Ramen Noodles \$1.49
Rustic Crackers \$0.99
Sun Chips \$1.00

Self-Serve Food Items

Salads (all gluten-free!)

SG Chef Salad (gluten-free) \$6.95
Organic baby spinach, romaine lettuce, roasted turkey, black forest ham, green apple, red onion, blue cheese, white cheddar cheese and honey mustard dressing

Italian Chef Salad (gluten-free) \$6.95
Organic baby spinach and romaine lettuce with turkey, ham, salami, Parmesan cheese, pepperoncini, red onion, tomato wedges and creamy Italian dressing

Mediterranean Salad (gluten-free, vegetarian) \$6.95
Organic baby spinach, romaine lettuce, carrots, red onion, feta, Kalamata olives, pepperoncini, tomato wedges and Tzatziki dressing

Harvest Salad (gluten-free, vegan, dairy-free) \$6.95
Organic baby spinach, romaine lettuce, carrots, green onion, cilantro, brown rice, sunflower seeds, dried cranberries, raisins and berry vinaigrette

Sunflower Grilled Chicken Salad (gluten-free) \$6.95
Organic baby spinach, romaine lettuce, carrots, grilled chicken, granny smith apples, green onion, cilantro, sunflower seeds, dried cranberries and berry vinaigrette

Always Available:

Ready-To-Order Tapas

Our tapas are light and flavorful, made from natural ingredients. Enjoy as an appetizer, or do it the Spanish way and order several to create a meal!

Edamame Plate (gluten-free, vegan) \$3.99
Steamed soybeans served with sea salt.

Hummus with Whole Grain Crackers (vegan) \$5.99
Your choice of chickpea or black bean hummus topped with olive tapenade or a sprinkle of paprika. (Ask about our gluten-free options!)

Artichoke & Spinach Dip \$7.99
Served with rustic sesame and/or sunflower crackers. (Ask about our gluten-free options!)

Mozzarella & Roasted Garlic Chicken Sausage (gluten-free) \$7.99
Served with stone-ground mustard for dipping

Gluten-Free Options

These options are marked on our menu as gluten-free, but use this list for a quick reference to our gluten-free goods!

Turkey, Jack & Cheddar Sandwich \$5.65
SG Chef Salad \$6.95
Italian Chef Salad \$6.95
Mediterranean Salad (vegetarian) \$6.95
Harvest Salad (vegan, dairy-free) \$6.95
Sunflower Grilled Chicken Salad \$6.95
Edamame Tapas Plate (vegan) \$3.99
Hummus with GF Crackers or Carrots (vegan) \$5.99
Artichoke & Spinach Dip \$7.99
Mozzarella & Roasted Garlic Chicken Sausage \$7.99
Turkey, Sausage, Egg, & Cheese Sammies \$2.95
Truffle Brownie \$2.75