



Ralph's Snack Bar

4501 W. Van Buren

Phoenix, AZ 85043

(602) 269-7707

Ralph's Snack Bar - Healthy Alternatives Menu

SANDWICHES

Grilled Cheese.....	\$1.50
Grilled Ham & Cheese.....	\$2.50
Egg Salad	\$3.00
Tuna Salad.....	\$3.00
Chicken Salad.....	\$3.00
Cold Ham & Cheese	\$3.00
Cold Turkey & Cheese	\$3.00
Cold Roast Beef & Cheese..	\$3.00
B.L.T.....	\$3.00
Fish Filet	\$3.00
Tuna Melt on Rye.....	\$3.00
Grilled Chicken	\$3.50
9" Cold Sub.....	\$4.00

All Sandwiches available on white, wheat, rye, & keiser Bread and are served with lettuce & tomato

HOT BOWLS 'SPECIALS'

Spaghetti & Marinara Sauce & Garlic Toast.....	\$3.00
Spaghetti & Meatballs & Garlic Toast.....	\$3.00
Meat Lasagna W/ Garlic Toast.....	\$3.00
Vegetable Lasagna W/ Garlic Toast.....	\$3.00
Chicken Teriyaki W/ Vegetables Bowl.....	\$3.00
Mexican Rice Bowl (Choice of steak & chicken..)	\$3.00
Macaroni & Cheese.....	\$3.00
Beefy Mac & Cheese.....	\$3.00

BEVERAGES

Water.....	\$1.00
20oz. 2% Milk.....	\$1.75
Orange Juice 10oz.....	\$1.00
Orange Juice 16oz.....	\$1.50
Grape Juice 10oz.....	\$1.00
Grape Juice 16oz.....	\$1.50
Cranberry 10oz.....	\$1.00
Cranberry 16oz.....	\$1.50
Apple Juice. 10oz.....	\$1.00
Apple Juice 16oz.....	\$1.50
Apple Cranberry 10oz.....	\$1.00
Apple Cranberry 16oz.....	\$1.50
O.J. Pineapple Juice 16oz.....	\$1.50
Grapefruit Juice 16oz.....	\$1.50
Ruby Red grapefruit 16oz.....	\$1.50
Strawberry Kiwi 16oz.....	\$1.50

WRAPS

Bean & Cheese.....	\$2.50
Grilled Chicken.....	\$3.00
Ham & Cheese	\$3.00
Turkey & Cheese.....	\$3.00
Cold Combo.....	\$3.00
Veggie, Beans & Rice.....	\$3.00
Egg & Cheese.....	\$2.50

SALADS

Garden Salad.....	\$2.50
Chef Salad.....	\$3.50
Grilled Chicken Salad.....	\$3.50
Tuna & Tomato Salad.....	\$3.00
Vegetable Salad.....	\$2.50
Fruit Salad.....	\$2.50
Large Fruit Salad.....	\$3.50

SOUPS 'SPECIALS'

Chicken Noodle w/crackers	\$2.50
Vegetable Soup w/ crackers	\$2.50
Broccoli & Cheese w/crackers ...	\$2.50

CHEESECRISP/TACOS

Cheesecrisp	\$2.00
Cheesecrisp w/Chk OR Meat.....	\$3.50
Chicken Cheesecrisp Supreme...	\$4.00
Chicken or Steak Taco	\$1.50

BURGERS

1/4lb Hamburger.....	\$2.00
1/4lb Cheeseburger.....	\$2.50

SNACKS

100 Calorie Packs.....	.75 cents
Fruit Packs.....	.75 cents
Granola Bar.....	.75 cents
Trail Mix.....	\$1.00
Big Grab Pretzels.....	\$1.00
Cheese-it.....	.50 cents
Apples/Orange/Bananas.....	.50 cents
Big Grab Sun Chips.....	\$1.00
Baked Chips.....	\$1.00



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ADDITIONAL MENU ITEMS

HOT WRAPS

Veggie, Beans & Rice\$2.50
 Grilled Chicken.....\$3.00
 Crispy Chicken & Cheese\$3.00

COLD WRAPS

Ham & Cheese\$3.00
 Turkey & Cheese.....\$3.00
 Roast Beef & Cheese.....\$3.00

HOT BOWLS

Chicken Teriyaki in/Vegetable Rice Bowl...\$3.00
 Chicken Fajitas Rice Bowl ... \$3.00
 Carne Asada Rice Bowl...\$3.00
 Green Chili Beef Rice Bowl...\$3.00

(Mexican Bowls come with Spanish Rice, Choice of Meat, Cheese & Pico De Gallo)

SAMPLE OF DAILY SPECIALS

Chicken Flautes W/ lettuce, tom, cheese, sour cream.....\$2.75

Meat Lasagna W/Garlic Bread\$3.00

Spaghetti & Marinara Sauce & Garlic Toast.....\$3.00

Chicken Teriyaki W/ Vegetables Bowl.....\$3.00

Beef or Chicken Enchiladas.....\$3.00

Navajo Taco.....\$3.00

Grilled Cheese & Fries or choice of Chips\$3.00

2 Steak Tacos W/Pico De Gallo...\$3.00

Turkey & Cheese on White or Wheat choice of Chips or side Salad.....\$3.50