

Waffle Bar

Pick a base and size:

Classic Buttermilk

Single: \$3⁵⁰ / Twin: \$6

Hearty Hemp and Buckwheat

Single: \$3⁷⁵ / Twin: \$6²⁵

Cornbread

Single: \$3⁷⁵ / Twin: \$6²⁵

Gluten-Free/Vegan

Single: \$3⁷⁵ / Twin: \$6²⁵

Waffles Come with Butter and Powdered Sugar OR Earth Balance

Toppings:

Agave	\$.25
Almond Butter	\$.75
Apple Butter	\$.50
Bananas	\$.50
Belgian Chocolate Sauce	\$.50
Caramel Sauce	\$.50
Chocolate Chips	\$.25
Compote of the Day	\$.75
Fresh Fruit of the Day	\$ 1
Fried Banana	\$ 1
Honey	\$.25
Hot Fudge	\$.75
Lemon Curd	\$.50
Maple Syrup	\$ 1
Nutella	\$.75
Peanut Butter	\$.50
Purity Ice Cream	\$ 1.25
Raw Walnuts	\$.25
Shredded Coconut	\$.25
Sweet Melissa's Ice Cream	\$ 1.75
Whipped Cream	\$.50
Yogurt	\$.75

🍷Homemade 🌱Vegan 🌍Local ❤️Organic

All toppings are Gluten-Free*

*Excluding select Purity Ice Cream flavors

Savory

Fried Eggs and Bacon

over a Waffle.....\$7/\$9⁵⁰

Two free-range local eggs and two strips of local Pasture-Raised bacon from *Autumn's Harvest Farms*

Substitute AHF Sausage..... \$1

Fried Chicken and Waffles.....\$9/11⁵⁰

Comes with three pieces of free range fried chicken and our signature Maple Hot Sauce

Homemade Turkey Chili over a

Cornbread Waffle.....\$7⁵⁰/\$10

Made with Free-Range and Hormone-Free turkey and topped with local Cheddar Cheese

Sweet

Ice Cream Sandwich.....\$9

Twin waffle folded over with two scoops, Whipped Cream, Chocolate Sauce, and Caramel Sauce on top. Big enough for two!

The Elvis.....\$5/\$7⁵⁰

Peanut Butter, Honey, and Bananas on the Hearty Hemp and Buckwheat

Banana Split.....\$7/\$9⁵⁰

Bananas, Whipped Cream, Walnuts, Chocolate Sauce, and Ice Cream

Almond Joy.....\$5/\$7⁵⁰

Almond Butter, Chocolate Sauce, and Shredded Coconut

P.B.J......\$5/\$7⁵⁰

Berry Compote and Peanut Butter

Candied Apple.....\$4⁷⁵/\$7²⁵

Apple Butter, Walnuts, and Caramel

Sandwiches & More

Grilled Cheese..... \$6

Pressed cheese sandwich made with Havarti on rustic French bread

- Roasted Garlic and Portabella
- Black Forest Ham and Maple Mustard
- The Frolic
Caramelized Onion, Apple Butter, and Bacon
- Roasted Turkey and Red Pepper
- Mediterranean
Spinach, Artichoke, and Kalamata Olive Spread
- Homemade Tuna Salad
- Artichoke and Red Pepper
- Sliced Tomato

Substitute Daiya Cheese (V)..... \$1

Tomato Soup \$2

Turkey Burger.....\$8

Grilled quarter pound burger on a Waffle Bun with Lettuce, Tomato, and Mayo. Made from Free-Range and Hormone-Free turkey. Comes with your choice of *Route 11* Potato Chips

Caramelized Onions, Bacon, and Cheddar Cheese.....\$1

Waffle Dog.....\$5

Our take on the classic Corndog. Jumbo Vegan *Smart Dog* dipped in our Vegan Waffle Batter and Fried. Served with Maple Mustard

Sides

Tomato Soup.....\$2⁹⁹/ \$4

Turkey Chili.....\$3⁵⁰/ \$5

Fried Eggs.....\$2²⁵

Bacon.....\$2²⁵

Sausage Links.....\$3

Fried Chicken.....\$5⁹⁹

Fried Banana w/Caramel Sauce..... \$2

The Commons
Ithaca, NY

Waffle Frolic

www.WaffleFrolicking.com

Beverages

Coffee

	Small	Medium	Large
Brewed Coffee.....	\$1.35	\$1.65	\$1.85
Cafe Au Lait.....	\$1.75	\$2.00	\$2.25
Red Eye.....	\$2.35	\$2.65	\$2.85

Espresso Drinks

All prepared with a double shot of espresso

Espresso (triple Ristretto).....	\$2.00		
Americano (any size).....	\$2.25		
Cappuccino.....	\$3.00		
Latte.....		\$3.35	\$3.50
Mocha.....		\$3.50	\$3.75
Macchiato.....	\$2.50		
Blended Frappe (Chocolate or Caramel).....			\$4.25

Tea and Other Refreshments

Organic Loose Leaf Tea (any size).....	\$1.75		
Tea Au Lait (any size).....	\$2.00		
Iced Tea.....			\$2.00
Homemade Chai Latte.....	\$2.50	\$3.00	\$3.35
Dirty Chai.....	\$3.50	\$4.00	\$4.35
Hot Chocolate.....	\$2.00	\$2.50	\$2.75
Hot Nutella.....	\$3.00	\$3.50	\$3.75
Apple Cider.....	\$2.00	\$2.50	\$2.75
Mulled Apple Cider.....	\$2.50	\$3.00	\$3.35
Steamer (w/choice of syrup or honey).....	\$2.00	\$2.50	\$2.75
Glass of Milk (skim or whole).....			\$2.00

Smoothies

All of our smoothies are made with whole frozen fruit, H₂O, and Organic Agave

Choose one of the following flavors:

- Triple Berry -- Strawberries, Blueberries and Raspberries
- Strawberry Banana
- Mango
- Peach
- Create your own -- choose any combination of Strawberry, Mango, Peach, Cherry, or Banana

Add one of the following to any smoothie at no extra cost:

- Local Organic Yogurt
- Almond Butter
- Flax Seed
- Peanut Butter

Our beans come from **Coffee Labs Roasters** in Tarrytown, New York. Many of our beans are Fair Trade, Organic, Bird Friendly, or Rainforest Alliance Certified.

Beans available by the pound. See a staff member for prices.



Extras

Add a Shot.....	\$1
Substitute Soy, Hemp, or Half and Half.....	\$.50
Add Whipped Cream.....	\$.25
Add Flavored Syrup.....	\$.50
• Vanilla, Caramel, Hazelnut, or Sugar Free Vanilla	
Bring your own mug.....	-\$1.20

Drinks available over ICE

All Espresso drinks can be made DECAF

Tea List

Black/Green

Chinese Green
Earl Gray
English Breakfast
Black Lavender
Minty Green

Decaf/Red

Allergy Tonic
Chamomile
Ginger Lemon
Passionfruit Rooibos
Pomegranite Wildberry

Ice Cream

Check out our Flavor Board for all of today's options

One Scoop.....	\$1.75
Two Scoops.....	\$3.00
Three Scoops.....	\$4.25
Sugar Cone.....	+\$1.50
Waffle Cone.....	+\$1
16oz Milkshake.....	\$5
Sweet Melissa's Vegan Ice Cream.....	+\$1



Ice Cream Toppings \$.25

Bananas, Belgian Chocolate Sauce, Caramel, Compote, Hot Fudge, Nutella, Peanut Butter, Walnuts, and Whipped Cream