



WELCOME to the SPEEDTRAP!

Our mission is to provide a cozy place for the community to gather and enjoy friendly service, healthy and delicious food, well-crafted beverages and creative musical talent. Thank you for joining us!

Be Kind to Each Other!

BEVERAGES

In addition to whole and fat free milk, we offer soy, almond and coconut milk.

BREWED COFFEE

Serrano's Dark or Light Roast

In house/free refills 2.75

To go 12 oz 2.50

16 oz 2.75

Cold Brew 5.25

ESPRESSO DRINKS

Latte 4.00 / 4.50

Mocha or White Mocha 4.25/4.75

Cappuccino 4.00 / 4.50

Breve 4.75 / 5.25

Latte made with frothed half & half

Espresso 3.25 / 3.75

Americano 3.25 / 3.75

HOUSE LATTES

Nutella 4.75 / 5.25

Chocolate Covered Cherry 4.75 / 5.25

Old Fashioned Caramel 4.75 / 5.25

White Chocolate Raspberry 4.75 / 5.25

Entrapmint 4.75 / 5.25

White mocha with peppermint

Macadamia Nut 4.25 / 4.75

Hazelnut 4.25 / 4.75

Toasted Almond 4.25 / 4.75

Pumpkin Spice 4.25 / 4.75

Steamer 4.75 / 5.25

Your choice of syrup

Sugar Free 4.25 / 4.75

Vanilla, caramel or hazelnut

TEA

Chai Latte, Yerba Mate Latte 4.00 / 4.50

Harney & Sons Gourmet Tea 2.50

Black, Green, Herbal Varieties / Some Seasonal

Mango Iced Tea Blend 2.75 glass

Tazo Black Iced Tea 2.00

SODAS AND OTHER DRINKS

Fruit Smoothie (GF) 5.50

Pineapple, mango, peaches and strawberries blended with vanilla yogurt and fruit juice. Add 14g of whey protein +1.95

Soda 2.00

Coke, Diet Coke, Sprite

Italian Soda 3.00

Club soda, half and half and your choice of orange, lime, cherry, raspberry, caramel or vanilla syrup. Served with whipped cream.

Lemonade 3.25

Fruit Juices 3.25

Orange, apple, cranberry, pineapple or grapefruit

Milk 2.25

Whole or fat-free

Chocolate Milk 2.75

Hot Chocolate 3.75 / 4.25

Hot Cider 3.75 / 4.25

Enjoy your beverage with a freshly baked muffin, cinnamon roll, scone, sweet bread or cookie.

Please ask your server for our daily selections.

They are also available by special order.

BREAKFAST

Served 8:00 a.m. – 2:00 p.m.

EGGS, BACON AND MORE**

Substitute egg whites for whole eggs available by request

The Breakfast 9.50

Two eggs cooked to order with your choice of Applewood smoked bacon or ham, Cheddar potatoes, toasted house made bread

Beet Toast 13.00

Red and golden beet puree, feta and fresh rosemary on house made bread, topped with two poached eggs and served with fresh fruit

Ricotta Toast 13.00

Roasted sweet and Yukon potatoes, spinach and ricotta on house made bread, topped with two poached eggs, served with fresh fruit

Bratwurst & Eggs 13.50

Two eggs cooked to order, choice of lamb or buffalo bratwurst, Cheddar potatoes and toasted house made bread

The Scramble 12.00

Two eggs scrambled with your choice of any 3 items listed below, served with Cheddar potatoes and toasted house made bread
Veggies: cherry tomatoes, pepperoncini, scallions, cilantro, asparagus, mushrooms, spinach. *Meats:* bacon, ham, turkey.
Cheeses: Cheddar, Gruyère, Feta, Bleu. Side of Hollandaise +2.00

Steak & Eggs 22.00

Corner Post 7 oz NY strip steak, two eggs cooked to order, Cheddar potatoes, toasted house made bread and fresh fruit

Rustic Breakfast Pie 14.00

House made crust, buffalo bratwurst, Applewood smoked bacon, sunny side egg, topped with hollandaise

Vegetarian Breakfast Pie 14.00

House made crust, garlic oil, mushrooms, asparagus, onion, spinach, Havarti, topped with a sunny side egg

French Toast or Pumpkin French Toast 12.00

Our house made bread served with *orange* or *pumpkin* infused cream cheese, pure maple syrup and fresh fruit. +side of bacon 3.00

A LA CARTE

Applewood Smoked Bacon (2 pieces) 3.00

Jambon (ham) de Paris 4.00

Lamb or Buffalo Bratwurst 4.50

Salmon 4.50

Cheddar Potatoes 3.00

Eggs Cooked to Order (2)** 3.25

Stuffed Brioche 7.00 Sweet or Savory: Chef's Choice. Ask your server.

Oatmeal 8.00 With brown sugar, bananas, roasted pecans, maple syrup

Crepe with Pure Maple Syrup 4.00

Fruit Plate 5.50

Everything Bagel with Cream Cheese 4.25

Butter Croissant with Berry Jam 3.50

English Muffin with Berry Jam 2.50

House Made Toast (1 slice) 2.00

House Made Baked Goods Varied daily specials may include:

Muffins, sweet breads, scones, cinnamon rolls, cookies, bars.

Also available for special order. Check with your server.

Pure Maple Syrup 1.50

Hollandaise Sauce 2.00

QUICHE** Made fresh daily. Served with fresh fruit.

Ham (Jambon de Paris), Gruyère & Fresh Asparagus 12.00

Bacon, Sharp Cheddar & Scallions 12.00

Quiche du Jour 12.00

CREPES** *Gluten Free crepes available upon request*

Ham & Swiss 13.50

Jambon (ham) de Paris and Gruyère cheese baked in a crepe, served with fresh fruit. Add a side of Hollandaise +2.00

Eggs Benedict 14.00

Crepe topped with Jambon (ham) de Paris, two poached eggs and Hollandaise, served with Cheddar potatoes

Smoked Salmon Asparagus Benedict 15.00

Crepe topped with smoked salmon, fresh asparagus, two poached eggs and Hollandaise, served with Cheddar potatoes

Build Your Own Crepe 11.00

Two scrambled eggs and sharp Cheddar cheese rolled in a crepe, served with fresh fruit. Add your choice of the following:

Cherry tomatoes, pepperoncini, scallions or cilantro +.50 each

Fresh asparagus, mushrooms or spinach +1.50 each

Bacon, ham or turkey +2.00 each Add side of Hollandaise +2.00

Substitute cheese: Feta, Bleu +.50 or Gruyère +1.00

Berries & Creme 12.00

Filled with mixed berry cream cheese topped with a berry compote

Pumpkin 12.00

Filled with pumpkin cream cheese and topped with candied pecans

Chocolate & Strawberries 12.00 (*not available GF*)

Chocolate crepe with strawberries, chocolate and coulis sauces

Nutella 9.00

Crepe filled with Nutella, served warm with bananas and pecans

BREAKFAST SANDWICHES**

Healthy Trap 8.00

Sprouts, mushrooms, tomato and a fried egg on an English muffin

Breakfast BLT 11.00

Applewood smoked bacon, organic greens, tomatoes topped with a fried egg on house made bread with mayo, served with fresh fruit

Egg & Cheddar Croissant 8.50

Two scrambled eggs and sharp Cheddar cheese in a butter croissant, served with fresh fruit. Add bacon, ham or turkey +2.00

Speedwich 5.00

Scrambled egg and Cheddar cheese on a house made Brioche bun or English muffin. Add bacon, ham or turkey +2.00

SPEEDTRAP SPECIALS**

Autumn Vegetable Hash 14.00 (Served Saturdays / Sundays)

Yukon Gold and Sweet Potatoes sautéed with house veggies topped with two sunny side eggs. Choice of ham or bacon.

B's & G's 14.00 (Served Saturdays / Sundays)

Large house made biscuit and sausage gravy served with two eggs cooked to order and Cheddar potatoes

Sunday Quality Waffles 14.00 (Served only on Sundays)

Blue corn/flax seed waffle topped with bananas, pecans and pure maple syrup, served with fresh fruit, yogurt and granola

LUNCH

Served 10:30 a.m. – 2:00 p.m.

House made Dressings: Maple, Raspberry or Balsamic Vinaigrette; Basil Ranch
(GF) Gluten Free items available upon request

SOUPS AND SALADS

French Onion Soup 8.50

Authentic recipe baked with house made baguette, Gruyère and Emmental cheeses

Sweet Potato Soup (GF) Cup 4.75 Bowl 6.75

Made with fresh ginger and dark rum, served with a baguette

Soup Du Jour Cup 4.75 Bowl 6.75

Served with house made baguette. Limited quantities.

Speedtrap Salad (GF) 11.00

Organic greens, cherry tomatoes, Applewood smoked bacon, roasted walnuts, cranberries, Feta or Bleu cheese, served with a house made baguette and your choice of dressing.

Add chicken + 4.00 Add turkey + 2.00

Spinach & Strawberry Salad (GF) 12.00

Organic baby spinach, strawberries, shredded carrots, roasted almonds and fresh Parmesan served with a baguette and balsamic vinaigrette. Add chicken + 4.00 Add turkey + 2.00

Roasted Beet Salad (GF) 13.00

Roasted red and golden beets, feta, candied pecans, bacon bits and cherry tomatoes with rosemary maple dressing

Soup and Salad (GF) 12.75 / 13.75

A bowl of Sweet Potato Soup or Soup du Jour and a half Speedtrap or Spinach & Strawberry salad. Served with house made baguette.

A LA CARTE

Half Speedtrap Salad 6.75

Half Spinach & Strawberry Salad 7.25

Stuffed Brioche 7.00

Savory or Sweet: Chef's Choice. Ask your server.

Cheddar Potatoes 3.00

House Made Baguette 2.50

Fruit Plate 5.50

House Made Baked Goods

Varied daily specials may include: muffins, sweet breads, scones, cinnamon rolls, cookies. Also available for special order. Check with your server.

QUICHE

Served with half Speedtrap or Strawberry/Spinach salad (add +1.00)

Ham (Jambon de Paris), Gruyère & Fresh Asparagus 13.00

Bacon, Sharp Cheddar & Scallions 13.00

Quiche du Jour 13.00

Made fresh daily, limited quantities.

CREPES

Gluten Free Crepes available upon request

Made fresh daily, served with a half Speedtrap or Spinach and Strawberry Salad (add 1.00)

Bratwurst & Caramelized Onions 13.00

Choice of lamb or buffalo sausage, sautéed with fresh cilantro, rolled in a crepe with sharp Cheddar cheese

Smoked Salmon 14.50

Salmon, house made tapenade, chives and lemon-infused cream cheese rolled in a crepe, served warm. Add fresh asparagus +2.00

Ham & Swiss with Asparagus 14.00

Jambon (ham) de Paris and Gruyère cheese rolled in a crepe with fresh asparagus. Delicious with a side of Hollandaise +2.00

Mushroom & Gruyère 13.00

Sautéed with scallions. Add bacon +2.00

SANDWICHES

Served with Kettle chips and house made pickle. Substitute fresh fruit or a Speedtrap (+4.00) or Spinach & Strawberry salad. +5.00

Speedtrap Sandwich 10.50

Applewood smoked bacon, alfalfa sprouts, tomatoes with a tapenade mayo on a flaky butter croissant

Jambon Buerre (Ham & Butter) 13.00

Jambon (ham) de Paris and French butter on a house made baguette, served with fresh fruit

French Onion Philly 13.00

Shredded beef, green onions, caramelized onions, Gruyère cheese on a Brioche bun

Cajun Chicken Salad Sandwich 11.50

Mixed greens, tomato and remoulade chicken on a croissant

Turkey Salami 11.50

Herb roasted turkey, salami, roasted tomato tapenade mayo, pepperoncini, Havarti, tomatoes on house made bread

BLT 10.00

Applewood smoked bacon, organic greens, tomatoes and mayo on lightly toasted house made bread.

Lox Bagel 11.50

Everything bagel lightly toasted, topped with chives and lemon infused cream cheese, smoked salmon, red onions and capers

****DISCLAIMER:** Food items are cooked to order and may be served raw or undercooked. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase the risk of foodborne illness.

DESSERTS

Pouding Chomeur 8.00

French vanilla cake baked into our house made maple cream, served warm with vanilla ice cream

Crème Brulee 8.00

Rich custard topped with a layer of caramelized sugar. Rotating flavors.

Berries & Creme Crepe 12.00

Crepe filled with mixed berry cream cheese topped with a berry compote

Pumpkin 12.00

Crepe filled with pumpkin cream cheese and topped with candied pecans

Chocolate & Strawberries Crepe 12.00

Chocolate crepe filled with fresh strawberries and topped with chocolate sauce and strawberry coulis sauce
(Not available Gluten Free)

Nutella Crepe 9.00

Served warm with bananas and roasted pecans

Crepe with Pure Maple Syrup 4.00

Served warm with pure maple syrup and powdered sugar

SPEEDTRAP MERCHANDISE FOR SALE

T-Shirts

Ladies and Men's – S, M, L, XL 20.00

Ladies and Men's – XXL 22.00

Mugs 10.99

Magnets 2.50

Coming Soon Long-sleeved shirts, hats and more stickers!

GOOD TO KNOW!

- We stay **OPEN** Fridays and Saturdays until 11:00 p.m. (The kitchen is closed from 2:00-3:00 p.m., but beverages and pastries are available.) Ask your server to see a copy of our delicious and creative **Autumn/Winter Evening Menu** which is served until 9:00 p.m. each night!
- **Live Music** starts about 7:00 p.m. on Friday and Saturday evenings. The bar is open until 11:00 p.m. Musicians are paid by your gratuities. Thank you for supporting live music!
- Visit speedtrapbistro.com to find out about upcoming events. Like us on Facebook or Instagram!
- Reserve The Speedtrap for your private party. Email your request to speedtrapgo@gmail.com.
- Speedtrap gift cards, t-shirts, mugs and other merchandise are available for purchase. Art and photography are also for sale. Bulk baked goods are available by special order.
- We support local food vendors and organic produce farmers including: Arkansas Valley Growers, LoCo Foods, Ranch Foods Direct, Corner Post Meats, Savory Spice Shop ...Therefore, our prices are subject to change.

We thank you for your patronage of The Speedtrap.
Spencer Boyles and Samantha Padgett, Proprietors