



4727 N. 7th Ave., Phoenix, AZ 85013
 (602) 265-1725 www.therefugeaz.com
 @therefugeaz

Espresso Drinks

Hot: 8oz / 12oz / 16oz OR Cold: 12oz / 16oz / 20oz
 \$3.50 / \$4.00 / \$4.25

The Lavender

House made white chocolate lavender syrup, espresso and steamed milk

Cayenne Mocha

House made cayenne simple syrup, chocolate sauce, espresso and steamed milk

Eye Opener

Drip coffee with 2 added shots of espresso

Black & White

Cafe mocha with white and dark chocolate sauce

Haboob

Hot white chocolate mocha with added pieces of dark chocolate

Arizona Sunset

Cafe mocha with dark chocolate and orange syrup

Seasonal Special

Latte with seasonal house made syrup

Smoothies

Strawberry Banana, Mixed Berry, \$5.50

Peanut Butter & Banana

Green Machine

Kale, apples, bananas, strawberries & apple juice

Other Drinks & Extras

Italian Soda 20oz \$3.00

Fresh Lemonade/Arnold Palmer \$3.50

Bottled Coke \$2.75

Soda 12oz Can \$1.00

Juice \$3.25

Bottled Water (Sparkling Available) \$1.50

Espresso Double Shot \$1.00

Flavored Syrup \$0.75

Milk Alternative Soy, Almond, Half & Half \$0.75

Breakfast

Yogurt & Granola with Fruit \$5.00

French Toast with Fruit & Bacon \$8.75

Irish Steel Cut Oatmeal with Fruit \$6.00

Bagels with Spread \$3.50

Plain, Everything, Cinnamon-Raisin or Cranberry-Raisin-Oat

Lox with Bagel \$9.00

Cream cheese, pickled red onions & capers

Breakfast Sandwich \$6.50

Standard - Eggs & cheese on whole wheat

Add One - Bacon, ham, chorizo, sausage +\$0.75

green chile pulled pork, turkey or veggies

Breakfast Burritos \$6.50

Standard - Eggs, cheese & potato

Add One - Bacon, ham, chorizo, sausage +\$0.75

green chile pulled pork, turkey or veggies

Breakfast Bowls (Gluten Sensitive) \$6.50

Standard - Eggs, cheese & potato

Add One - Bacon, ham, chorizo, sausage +\$0.75

green chile pulled pork, turkey or veggies

Add Ons

Basil \$0.25

Cilantro \$0.25

Pickled Red Onion \$0.50

Mixed Greek Olives \$0.50

Extra Salsa \$0.50

Sour Cream \$0.50

Pesto \$0.50

Jalapeño \$0.50

Extra Cheese \$1.00

Avocado \$1.00

Extra Flat Bread \$1.50

All Meat (Except Salmon) \$3.00

Salmon \$4.50

Coffee, Espresso & Tea

Drip Coffee - 1 Free Refill \$2.50

Espresso \$2.50

Hot Tea \$2.50

Iced Tea - 1 Free Refill \$2.95

Americano \$2.75 / \$3.25 / \$3.50

French Press - Serves Two \$5.00

Cold Brew \$2.75 / \$3.25 / \$3.75

Nitro Cold Brew \$4.00 / \$4.50 / \$5.00

Traditional Macchiato \$2.50

Hot: 8oz/12oz/16oz

Cold: 12oz/16oz/20oz

Latte or Capuccino \$3.25 / \$3.50 / \$3.75

Mocha \$3.50 / \$3.75 / \$4.00

Chai \$3.50 / \$3.75 / \$4.00

Dirty w/Espresso Shot + \$0.50

Blended Drinks

Frozen Latte - Any Flavor \$4.00 / \$4.25 / \$4.50

Frozen Mocha

Chai Freeze

The Jam \$4.25 / \$4.50 / \$4.75

Peanut butter, banana, nutella & espresso

Sandwiches

Sandwiches served with choice of chips & salsa, side salad or cup of soup. Excluding taco plate.

Refuge Focaccia	\$10.50
Choice of turkey or ham with bacon, cheddar, aioli and field greens	
Club	\$10.50
Turkey, ham, bacon, cheddar, provolone, aioli and field greens on focaccia bread	
Chicken Club	\$10.50
Chicken breast, bacon, swiss, provolone, tomato, aioli and field greens on challah roll	
Chicken Pesto	\$10.50
Chicken breast, provolone, pickled red onions, tomato, field greens and pesto aioli on challah roll	
Pulled Pork	\$10.50
Green chile pork, cheddar jack, pickled red onions, avocado and challah roll	
Tuna	\$10.50
Albacore tuna, gala apples, mild jalapeños, sunflower seeds, aioli on challah roll	
Tuna Melt	\$10.50
House made tuna, cheddar, provolone, aioli on whole wheat toast	
Veggie Wrap	\$10.50
Mixed veggies, goat cheese, pesto and spring mix on flour tortilla	
B.A.T.	\$9.00
Bacon, field greens, tomato and aioli on whole wheat toast	
Classic PBJ	\$7.00
Peanut butter and raspberry preserves on whole wheat toast	
Grilled Cheese	\$7.50
Any 2 - Cheddar, swiss, goat, or provolone	
Green Chile Pork Taco Plate*	\$11.00
Green chile pulled pork, salsa, sour cream, jalapeños, diced onions, shredded cheese with five small flour tortillas	

Salads & Soup

All salads made with field greens. Choice of Dressing: Balsamic vinaigrette, Caesar dressing, pesto balsamic vinaigrette and oil & vinegar

Roasted Beet	\$9.00
Roasted beets, feta and sunflower seeds	
Caesar	\$8.50
House made croutons and parmesan cheese with Caesar dressing (anchovy free)	
Pesto	\$8.50
Tomatoes, pickled red onions, cucumbers with pesto balsamic vinaigrette	
Cobb	\$10.00
Ham, bacon, boiled egg, tomatoes, cucumbers, cheddar and provolone	
Mixed Greens	\$8.50
Pickled red onions, house made croutons, candied pecans and goat cheese	
Veggie	\$8.00
Tomatoes, cucumbers, bell peppers, carrots and pickled red onions	
Greek	\$9.00
Tomatoes, cucumbers, pickled red onions, mixed greek olives and feta cheese	
Soup of the Day	\$3.50 Cup / \$5.50 Bowl

Appetizers

Bruschettas (Two per order)	
Tomatoes, basil, goat cheese, pesto with balsamic vinaigrette	\$4.00
Lox, goat cheese, pickled red onions & capers	\$5.00
Hummus Plate	Full \$10.00 / Half \$5.00
Cucumbers, carrot, red peppers, mixed greek olives and flat bread (1/2 order - flat bread only)	
Chips & Salsa	\$5.00
Quesadilla (See 'Add Ons' for protein)	\$6.50
Cheese, tomatoes, onions, jalapeños with salsa	

Make It Yours

Create your own plate with the ingredients below or choose one of the combination plates for a set price. Great for sharing, enjoy a variety of items to accommodate your dietary needs.

Any 3 Items (Meat, Cheese or Veggie)	\$10.00
Comes with 1 Topping and 1 Bread	
Any 5 Items (Meat, Cheese or Veggie)	\$15.00
Comes with 2 Toppings and 2 Breads	
Any 8 Items (Meat, Cheese or Veggie)	\$25.00
Comes with 3 Toppings and 3 Breads	
Meats	
Ham, Turkey, Chorizo, Chicken Breast, Green Chile Pulled Pork or Tuna	\$3.00
Salmon	\$4.50
Cheese	
Feta, Goat, Provolone, Cheddar or Swiss	\$3.00
Veggies	
Roasted Veggies, Roasted Beets, Mixed Greek Olives or Sliced Tomato & Cucumbers	\$3.00
Toppings	
Basil	\$0.25
Cilantro	\$0.25
Aioli	\$0.50
Balsamic Vinaigrette	\$0.50
Cream Cheese	\$0.50
Pickled Red Onion	\$0.50
Mixed Greek Olives	\$0.50
Extra Salsa	\$0.50
Sour Cream	\$0.50
Pesto	\$0.50
Jalapeños	\$0.50
Candied Pecans	\$1.00
Avocado	\$1.50
Bread	
Oregano Flat Bread, Focaccia, Baguette, Tortillas or Corn Chips	