



Ophelia's Place is a non-profit organization committed to empowering individuals, families, and communities to redefine beauty and health through initiatives that increase self-esteem, improve body image and introduce alternatives to dangerous desires for perfection; and to providing outreach, advocacy and educational services to those impacted by eating disorders, disordered eating and body dissatisfaction.

In November of 2009, Ophelia's Place opened Café at 407. Along with providing partial financial sustainability for the organization through the sale of food, coffee and unique locally-made retail items, **the cafe offers a space in which the mission of Ophelia's Place is brought to life.** We've created an environment where community is embraced, conversations happen, and change occurs.

CHANGE the conversation.
Join us in our MOVEMENT
that defies stereotypes,
CELEBRATES diversity and screams,
"I AM BEAUTIFUL just the way I am!"

www.opheliasplace.org

Ophelia's Place

Presents



a cafe open to the community to
provide a creative way of funding
this little non-profit.

beauty is...coffee. community. conversation. change.

"Picture this: around you... CONVERSATION.
COMMUNITY. Take a breath—the music's great,
time to take a BREAK. This is YOUR time—this
is your SPACE. Whatever your reason for
BEING here—lunch with FRIENDS, a MOMENT to
study, COFFEE to go—you BELONG and we're
glad to see YOU."

407 Tulip Street ♥ Liverpool, NY 13088
(315) 451-5855

your body is beautiful. celebrate it.

Café at 407 Community Room

A community room is available for groups or businesses to utilize throughout the day.

Guests are welcome to order from the Café at 407 menu. Specialized catering is available upon request.

In support of Ophelia's Place, Café at 407 requests a donation for use of the community room.



We do not live by coffee alone. Have a biscotti!

BEAUTY is...

baked goods that are freshly prepared by our AMAZING staff and volunteers.

using FRESH and LOCAL ingredients whenever possible.

meats that are ALL NATURAL and FRESHLY ROASTED ORGANIC FAIR TRADE COFFEE and an array of Specialty espresso drinks.

FREE wi-fi.

Being part of a COMMUNITY.

Stop by ANYTIME and tell us what BEAUTY means to YOU.

Café hours:

Monday – Friday 8-8

Saturday 8-4

(Join us Friday nights for live music from 7-9pm.)

Menu

Breakfast (or anytime)

Apple Pie Oatmeal ~ 3.95

Steel cut oats fortified with flax seed and egg whites, apples, cinnamon, and dried cranberries.

Breakfast Burrito ~ 5.50

Eggs, black beans, green peppers, onion, topped with shredded cheese in a flour tortilla.

Greek Yogurt ~ 1.95 English Muffin ~ 1.45

English Muffin Breakfast Sandwich ~ 3.85

English muffin, 1 egg, cheese, and bacon.



Chicken Salad Sandwich ~ 6.95

Our yummy chicken salad is made with chicken, green grapes, raisins, and red onion.

Chipotle Turkey ~ 6.95

Turkey, romaine lettuce, tomato, pepper jack cheese, and chipotle mayo.

Veg Out ~ 6.95

Homemade garlic hummus, tomato, spinach, and provolone cheese.

Bleu Cheese BLT ~ 6.95

Bacon, lettuce, tomato, and blue cheese on focaccia.

Café Cuban ~ 7.95

Turkey, ham, provolone cheese, sweet pickles, and our spicy sauce.

Apple Walnut Salad ~ 5.95 (add chicken \$2.00)

Mix greens, apples, walnuts, beets, blue cheese, and dried cranberries with a balsamic vinaigrette.

Café Classic Salad ~ 5.95 (add chicken \$2.00)

Mix greens, hard boiled egg, grape tomatoes, sunflower seeds, bacon, parmesan cheese, and garbanzo beans with a house vinaigrette.

Café Tuna Salad ~ 5.95

Solid white albacore tuna drizzled in olive oil and herbs. Served with tomatoes and grilled focaccia.

Hummus Plate ~ 6.95

Our homemade garlic hummus with fresh chopped tomatoes, parmesan and provolone cheese, served with focaccia wedges.

Great as an appetizer, as a light lunch or to share with a friend.

Soup varies daily!

"There are things you do because they feel right & they may make no sense & they may make no money & it may be the real reason we are here; to love each other & to eat each other's cooking & say it was good." -storypeople