



At the ROC *Express*, you can grab a quick meal, pick up a snack, satisfy your caffeine craving, or feed the kids before Upward sports practices because we provide speedy service with a smile every day of the week for every meal and snack time.

hours

Sunday	7:30 a.m.-6:30 p.m.
Monday	7:30 a.m.-8:00 p.m.
Tuesday	7:30 a.m.-8:00 p.m.
Wednesday	7:30 a.m.-8:00 p.m.
Thursday	7:30 a.m.-8:00 p.m.
Friday	7:30 a.m.-8:00 p.m.
Saturday	8:00 a.m.-8:00 p.m.

catering

We offer a variety of catering options for your event. Menus range from box lunches to buffet style dinner, hors d'oeuvres and formal dinners. Contact Linda Rogers at 816-268-1534 or lrogers@firstbaptistraytown.com to ask about our catering services.

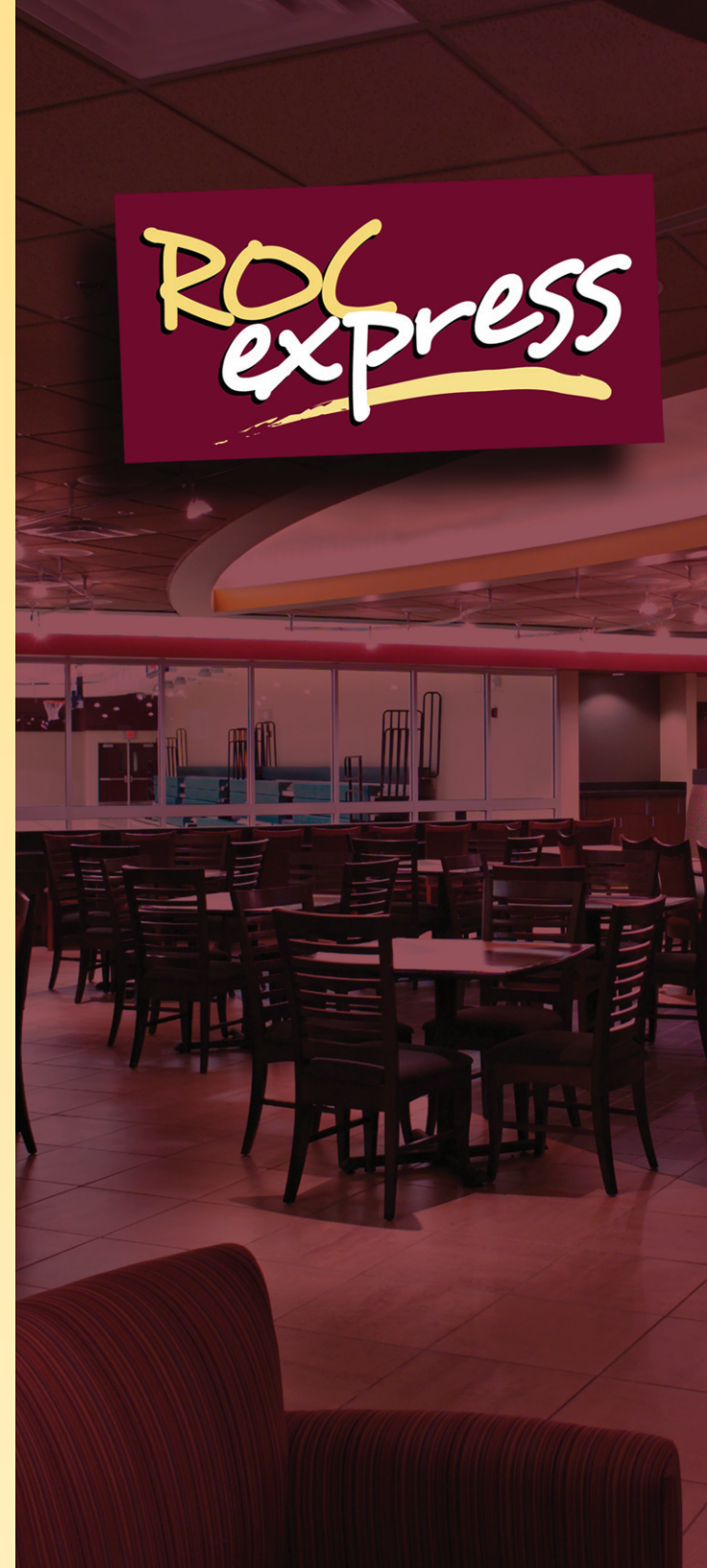


Call us at 816-268-1537

Linda Rogers, Director of Food Services
816-268-1534 | lrogers@firstbaptistraytown.com

ROC *Express* located at:

First Baptist Raytown
10500 East 350 Highway | Raytown, MO 64138
816-353-1994 | www.firstbaptistraytown.com



breakfast

Cereal & milk	\$2.50
Danish	\$1.75
Cinnamon roll	\$1.75
Small muffin	\$0.75
Large muffin	\$1.75
Bagel & cream cheese	\$1.75
Egg casserole (<i>small serving</i>)	\$1.99
Egg casserole (<i>large serving</i>)	\$3.99
Quiche	\$3.49

lunch & dinner

Sandwiches

Turkey wrap	\$4.99
BLT wrap	\$4.99
Ham/cheese sandwich on wheat	\$4.29
Turkey/cheese sandwich on wheat	\$4.29
Ham/cheese panini on wheat	\$5.28
Turkey/cheese panini on wheat	\$5.28
Chicken salad on croissant	\$4.99
Grilled chicken wrap	\$4.99
Chicken quesadilla	\$5.99

Check to see if this is available today



Salads

Chef salad	\$4.99
Side salad w/ dressing	\$1.59
Potato salad	\$1.59
Fruit salad	\$1.99

Soups

Cup	\$2.49
Bowl	\$3.99

sides

Sweet potato fries (small)	\$1.75
Sweet potato fries (large)	\$3.25
French fries (small)	\$1.50
French fries (large)	\$3.00
Bag of chips	\$0.75
Fresh fruit	<i>prices will vary</i>

desserts

\$1.00-\$3.00
 cake | brownies | cookies | pie
 ice cream – assorted flavors

Candy for \$0.75 2 cookies for \$1.25

fountain drinks

Small (12 oz)	\$1.00
Med. (16 oz)	\$1.25
Large (20 oz)	\$1.50

other drinks

Canned soda	\$0.65
Sobe Life water	\$2.19
Bottled juice	\$1.25
Milk carton (white or chocolate)	\$0.70



smoothies

16 oz Island Oasis Smoothies	\$3.50
<i>Add whipped cream</i>	\$0.25

banana | mango | pineapple
 wildberry | strawberry | bubble gum
 raspberry | orangesicle | peach
 lemonade | cotton candy

frappuccinos

Big Train Frappuccinos	\$3.50
<i>Add whipped cream</i>	\$0.25

Kona Mocha | Heath Mocha | Java Chip
 Caramel Latte | Vanilla Latte

ROC espresso drinks

	Small 12 oz	Large 16 oz
Hot Chocolate	\$1.99	\$2.49
Caramel Latte	\$2.79	\$3.99
White Chocolate Mocha	\$3.29	\$3.99
Mocha	\$2.99	\$3.99
Chai	\$2.79	\$3.79
Macchiato	\$2.99	\$3.99