
Catarrhine Café Cookbook

*Mouth-watering recipes from the
world famous Catarrhine Café*



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(As of 2004, Diella Koberstein works for Food & Wine Magazine.)

See the following web pages for information on the Psychological Well-being Program and a sampling of the recipes:

<http://wanprc.org/wanprc/psych-wellbeing.htm>
<http://wanprc.org/wanprc/treats.htm>

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Our efforts to provide and document a variety of foraging enrichment for macaques and baboons at the Washington National Primate Research Center led to the development of this cookbook. We think that other species of non-human primate would enjoy these recipes too, and we hope that this book inspires creativity in other enrichment programs.

Rita and Diella would like to thank the following people: our undergraduate students and Kathy for their help in creating these culinary masterpieces; our Vet Staff who ensure we follow nutritional guidelines for the health and safety of all our animals; our Maintenance Shop Personnel for their help in creating our many enrichment devices, including the Puzzle Ball and Roller Bar Attachment mentioned within; Erik McArthur for all his efforts, from photos to web pages to putting the ñ in our Piña; Tony Kay for solving our pickle problem; Scott Cramp for promoting variety; the Primate Enrichment Forum (pef@primate.wisc.edu) and its participants for providing an opportunity for the exchange of enrichment ideas... many of those ideas have been re-interpreted by us and are included in this cookbook. And, a very special thank you goes to Dr. Carolyn Crockett, the Coordinator of our PWB Program, for her enthusiastic encouragement for the creation of this cookbook, and for her continuing contribution of browse and other enrichment items.

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Tricks of the Trade:

- Ask your own vet staff which items are approved for your animals, and in what quantities. For low-fat healthy alternatives to each recipe herein, use non-fat or low-fat ingredients (e.g., use water instead of juice, or serve plain instead of topped with sugary treats).
- For foods that target specific health issues (e.g. foods with higher levels of protein for protein-deficient animals), you have an immense variety of resources to consult- such as The Wellness Encyclopedia of Food and Nutrition (Morgen, Univ. Calif. Berkley, 1992) or internet sites (<http://www.dole5aday.com/CookBook/> or <http://www.produceoasis.com/>).
- Marmalade and honey do not freeze well, so be aware that the result will be somewhat sticky and messy even after freezing. Also note, add juice or water to cups and cubes for best results when freezing.
- Red Kool-Aid and Red jams can be mistaken for injuries. Check with your vet staff about this issue.
- Treats that are slender (e.g., squat soufflé cups) fit through cage bars thereby making distribution easy. Larger treats (Frozen Kongs) may require opening cages, but they provide a more complex foraging opportunity.
- Exact measurements are not necessary for these recipes. Use your own judgement and be creative!
- Soufflé cups vs. Dixie cups- Our vet staff has designated soufflé cups as edible while Dixie cups, with their waxy coating, are not. Consult your own vet staff to determine what types of paper enrichment may be edible.
- Fun idea: Consult the following webpage for a list of bizarre American food holidays! You can coordinate your treat-making and distribution to match! <http://library.thinkquest.org/2886/foo.htm>

Essential Items:

Necessities for the Catarrhine Café kitchen:

- Cardboard Tubes ~ clean, donated paper tubes
- Soufflé Cups ~ the 1 oz. sizes (squat and regular)
- Egg cartons ~ clean, donated cardboard egg cartons
- Ice cube trays
- Low-fat, fruit-flavored yogurt
- Fruit Juice (apple or white grape)
- Dry goods ~ cereal, raisins, shredded coconut, dry roasted & unsalted seeds and nuts (including peanuts in the shell), granola, honey, cinnamon, nutmeg, vanilla, allspice, black pepper, peanut butter, orange marmalade, mini-marshmallows, flour tortillas, mini-bagels, dry pasta, oatmeal, canned peaches, canned pineapple, canned pumpkin, applesauce, canned sweet potatoes, pickles, tortilla chips and unsweetened juice mix (e.g. Crystal Light or Kool-Aid).



Dry Mix:

When you crave something crunchy, this mix is for you! Dry Mix consists of any combination of the following dry goods:

Cereal

Oatmeal

Popcorn

Spices

Dry roasted, unsalted nuts

Dry roasted, unsalted seeds

Raisins or Craisins

Dried, chopped fruit

Shredded coconut

Small pieces of donated candy (e.g. candy canes, candy hearts, candy corn, etc.)

New World Chow

Dried beans

Dry pasta

Crushed tortilla chips

Dry Mix is used in many of our recipes. Feel free to be creative and make whatever combinations sound good to you!

Assorted Cups:



Clockwise from Top Left:
Juice Cube Variation, pg. 9;
Oatmeal Cookies, pg. 14;
Yogurt Drops, pg. 12;
Piña Coladas, pg. 10;
Apple Pies, pg. 15;
V.S.A. Cups, pg. 13;
Juice Cube Variation, pg. 9.

Ice Cube Treats:



Juice Cubes can be made with any combination of ingredients!
(recipe on page 9)

Left to Right: Bananas, Apples and Banana peel; Raisins, Shredded Coconut, and Apples; Mushrooms and Juice.

Juice Cubes:

Juice Cubes are one of the most popular items on the Catarrhine Café Menu. They are quick and easy to prepare - a real classic!

Unsweetened Juice mix (or fruit juice)
Chopped fruits and vegetables
Dry Mix
Ice Cube trays
Apple sauce (optional)

Fill ice cube trays with any combination of fruits, vegetables and Dry Mix. Pour juice over all ingredients to fill tray. Freeze overnight.

Hearty Variation: Use applesauce instead of juice.

Low-calorie Variation: Use water instead of juice or applesauce.

Cup Variation: Use 1 oz. Soufflé cups with a creative blend of ingredients and serve frozen.



Piña Coladas:

A tropical blend of banana, pineapple and coconut! A refreshing island treat!

Pineapple (canned or fresh)

Shredded Coconut

Bananas

1 oz. Soufflé cups

Put one piece of pineapple and one slice of banana into a 1 oz. Soufflé cup. If using canned pineapple, drain the can of pineapple and reserve the juice. Sprinkle the cups with coconut and fill with water or the reserved juice. Set in the freezer overnight and serve frozen.

Cube Variation: Serve as ice cubes instead of cups.



Mini Pumpkin Pies:

For that Traditional Taste! A lovely and satisfying Fall Treat!

1 oz. Soufflé cups
Graham crackers
Canned pumpkin (may substitute canned
yams or sweet potatoes)
Mini-marshmallows

Crush graham crackers and sprinkle into soufflé cups for the “crust.” Spoon canned pumpkin into the cup and top with one or two mini-marshmallows. Serve frozen.



Yogurt Drops:

A low-fat, healthy snack alternative!

Low-fat Yogurt
Fruits and Vegetables
1 oz. Soufflé cups

Fill cups 2/3 full of yogurt. Chop produce into pieces and place in cup with yogurt. Serve frozen.

Cube Variation: Serve as ice cubes instead of cups.



V.S.A. Cups:

We have treats for every dietary preference at the Catarrhine Café! These treats are “Vet-Staff-Approved” for those patrons with various health concerns.

Yogurt
Primate biscuits
Banana
Raisins or grapes
1 oz. Soufflé cups

Soften biscuits with warm water and spread in the bottom of the Soufflé cup. Top with a slice of banana and a dollop of yogurt. Garnish the top with a few raisins or fresh grapes.

Cube Variation: Serve as ice cubes instead of cups.

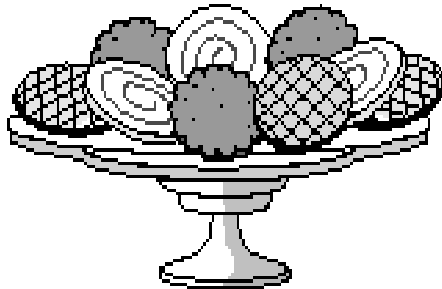


Oatmeal Cookies:

There's nothing like the smell of homemade oatmeal cookies - just like Grandma used to make!

Oatmeal
Rice Krispies
Coconut
Cinnamon
Raisins
Honey
1 oz. squat Soufflé cups

In a bowl, mix together oatmeal, cereal, coconut and cinnamon. Fill soufflé cups with mixture and top with raisins. Fill cups with water and drizzle with honey. Serve frozen.

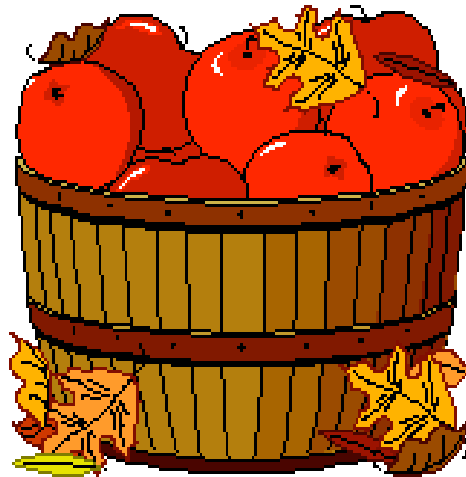


Apple Pies:

A refreshing summertime treat enjoyed by all!

Unsweetened Applesauce
Granola or oatmeal
Cinnamon or nutmeg
1 oz. Soufflé cups

Put a small amount of granola or oatmeal in the bottom of each Soufflé cup. Top with a spoonful of applesauce and sprinkle with cinnamon or nutmeg. Freeze and serve!



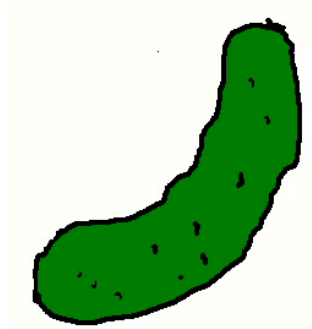
Pickled Paradise:

A little salty, a little sweet...we dare you to try it!

Dill pickle slices
Shredded coconut
1 oz. Soufflé cups

Put slices of pickles in the soufflé cups. Sprinkle with shredded coconut. Fill cups with water and pickle juice and freeze.

Cube Variation: Serve as ice cubes instead of cups.



Brekkie~on~the~Go:

Late for the lab? No time for a sit-down meal? No Problem! Just stuff this in your cheek pouch and off you go!

Dry Mix

Fruit

Spices

1 oz. Soufflé Cups

Combine all ingredients in a Soufflé Cup and serve frozen.

Cube Variation: Serve as ice cubes instead of cups.



Peanut Butter Cups:

This isn't your typical Reese's (or Rhesus) cup! It is a scrumptious snack for peanut butter enthusiasts! Featuring the Catarrhine Café's Famous PB Mix.

Peanut Butter

Oatmeal

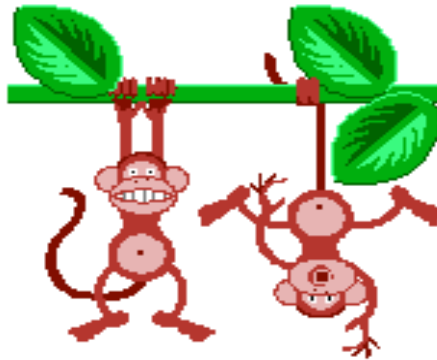
Raisins

Crushed Graham Crackers

Mini-marshmallows

1 oz. Soufflé cups

To make the famous PB Mix, combine the first four ingredients together. Mix thoroughly. Spoon into Soufflé cups and top with a mini-marshmallow. Serve frozen.



Paper and Cardboard Enrichment:



Clockwise from top left: Egg Carton Surprise, pg. 20; Lunch Sacks, pg. 23; Foraging Tubes, pg. 22; Tasty Tubes, pg. 21

Egg Carton Surprise:

After the treat is eaten, a piece of cardboard is left for shredding!

Bottom half of cardboard egg carton

Honey

Peanut butter or applesauce

Fruits and Vegetables (chopped)

Cinnamon or nutmeg

Smear a small amount of peanut butter in the bottom of each egg cup. Fill with chopped fruits and vegetables. Drizzle with honey and sprinkle with cinnamon or nutmeg. Freeze overnight. Tear off each cup for bite-sized portions before distributing.

Hearty Variation: Fill egg carton with applesauce, sprinkle with dry mix or fresh fruits/veggies. Serve frozen in bite-sized portions.

Buffet Variation: For larger to-go or all-you-can-eat buffet orders, the bottom of the egg carton is prepared as above. Use the egg carton lid to cover the order and tie it closed with licorice string or glue the lid closed with peanut butter. Served whole, either fresh or frozen.

Tasty Tubes:

Look inside and see what you can find! Foraging fun with paper after the goodies are gone!

Cardboard Tubes
Chopped produce
Dry Mix
Honey, peanut butter or marmalade
(optional)
Candy (optional)

Close off one end of a cardboard tube by folding the sides in. Fill the tube with an assortment of produce, dry goods and a bit of candy (optional). Drizzle in some honey, or smear a small amount of peanut butter or marmalade on the inside of the tube for a touch of sweetness. Close off the other end. Can be served fresh or frozen.



Foraging Tubes:

One of our most popular complex items. When the goodies are gone, the paper is great for shredding!

Cardboard Tubes

Peanut butter, marmalade, jam, or
flour/oatmeal paste

Dry Mix

Smear the peanut butter, jam, marmalade or flour/oatmeal paste over the outside of the cardboard tube. Roll the gooey tube in Dry Mix so that it sticks all over the outside. Serve frozen.

These tubes can either be put on top of the cage or attached with the “Roller Bar Attachment” for extra foraging fun.

(See pg. 39 for more information on the Roller Bar Attachment.)



Lunch Sacks:

For the adventurous at heart! What's inside is always a surprise! Is it lunchtime yet?!

Clean paper lunch sacks

Dry Mix

Fruits and vegetables

Peanut butter

Put about 1/4 cup of Dry Mix and a few small pieces of produce into each lunch sack. Drizzle with enough honey so that it all holds together. Fold or roll bag closed and seal with peanut butter. Can be served fresh or frozen.



Complex Foraging Treats:



Clockwise from Top Left: Filled and Frozen Kong, pg. 25; Pine Cone Delight, pg. 26; Frozen 3-Ball-Units, pg. 27

Filled and Frozen Kongs:

A perennial favorite and Catarrhine Café special! After eating the treats, keep the toy for playtime fun!

Clean Kong toys (any size)

Juice or applesauce

Fruits and vegetables (chopped)

Peanut butter

Dry Mix (optional)

Mini-marshmallows or candy (optional)

Plug the small hole of the Kong with peanut butter: spread peanut butter on the inside and outside of the Kong, in and around the small hole, until it is completely plugged. You can use raisins, jelly beans, or mini marshmallows to aid in the plugging, but peanut butter is necessary to “glue” it all into place. Set in the freezer overnight until frozen.

The next day, chop up fruits and vegetables into pieces that will fit into the large opening of the Kong toy. Take the Kongs out of the freezer and stand them up in empty egg cartons or fast food drink holders, large opening side up. Fill Kongs with chopped fruits and vegetables and then fill with juice, applesauce or water. Top with mini-marshmallows or candy if desired. Let freeze over night. Distribute frozen.

Pine Cone Delight:

A time consuming treat to eat! Foraging and shredding fun!

Pine Cones

Honey

Dry Mix

Juice or Water (optional)

To clean Pine Cones: Soak Pinecones in a 3% bleach solution for 20 minutes. Rinse well. Let dry for ~24 hours before preparing.

Drizzle Pine Cone with honey, making sure that it gets in all the nooks and crannies. Then sprinkle Dry Mix over the Pine Cone so that it sticks to the honey. It is helpful to use ingredients in the Dry Mix that are small, such as Rice Krispies, coconut, cinnamon, oatmeal and raisins. Pine Cone Delight can be served fresh or frozen.

Snow Capped Variation: after cleaning, drizzle with honey and sprinkle with shredded coconut, serve fresh or frozen.

Seeded Variation: Soak clean pine cones in a bucket of water or juice filled with seeds and cereals. After 15 or more minutes, the pine cones will start to close up, trapping the seeds inside. Remove from water or juice, and freeze or serve immediately.

Plain Variation: after cleaning, serve fresh with no artificial additives! A healthy low-fat, high fiber alternative.

Frozen 3~Ball~Units:

Enjoyed by all patrons of the Catarrhine Café! The brightly colored toys are an extra bonus!

Clean “3~Ball~Unit” toys (or any toys with accessible hollow centers)

Fruits and vegetables (chopped)

Dry Mix

Juice

Mini-marshmallows (optional)

1 oz. squat Soufflé cups

Lay soufflé cups out on a tray and fill them with water. Stand toys up in the water-filled cups and freeze overnight.

The next day, fill toys with chopped fruits and vegetables and Dry Mix. Top with a few mini-marshmallows. Fill toys with water or juice and freeze again. Serve frozen.



Miscellaneous Goodies:



Clockwise from Top Left: Mini-Bagelwiches, pg. 33; Burritos, pg. 29; Dixie Pops, pg. 36; Graham Crackerwiches, pg. 31; Applesauce Cones, pg. 30; Peachy Keens, pg. 38

Burritos:

Fun-filled flour tortilla served in petite portions!

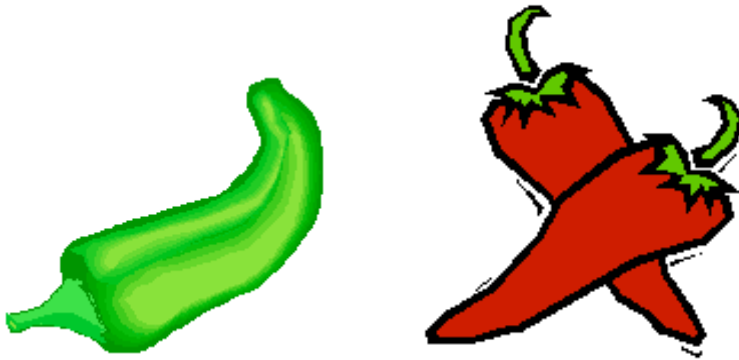
Flour Tortillas

Peanut butter, applesauce or marmalade

Dry Mix

Honey

Spread peanut butter, applesauce or marmalade on the flour tortilla. Sprinkle with Dry Mix. Drizzle with honey. Roll flour tortilla, flatten, and slice into 3 to 4 pieces. Serve frozen.



Applesauce cones:

Make sure to freeze this treat immediately after making to maintain the structural integrity of the cone...in other words, make sure it doesn't get soggy!

Flat bottomed Ice cream cones

Applesauce or Fruit Cocktail

Fruits and vegetables (chopped)

Cinnamon or nutmeg

Mini-marshmallows or cherry tomatoes

Fill cones with fruits and vegetables. Top with applesauce or Fruit Cocktail and sprinkle with cinnamon or nutmeg. Freeze immediately so the treat does not collapse.

Plain Variation: Use applesauce only. Top with mini-marshmallow or cherry tomato.



Graham Crackerwiches:

A yummy snack! Sweet and sticky, with honey and peanut butter!

Graham Crackers

Peanut butter, yogurt, or PB Mix

Honey

Dry Mix

Smear crackers with peanut butter or yogurt and top with a combination of dry goods. Drizzle with honey and sandwich together, or serve open-faced. Can be served fresh or frozen.

PB Mix Variation: Use the Catarrhine Cafe's Famous PB Mix (see Peanut Butter Cups recipe, pg. 18) to smother the graham crackers. Serve open-faced or sandwiched.



Banana Boats:

Transport yourself to paradise!

Fruits and vegetables (chopped)
Applesauce
Bananas

Peel banana carefully, trying to keep one end of the peel closed. Fill the peel with chopped fruits, vegetables and applesauce. Serve frozen.

Gooey Suitcase Variation: Wrap banana peel slices around bits of produce and seal shut with a dollop of peanut butter for mini-pinwheel or “gooey suitcase” bites.



Mini-Bagelwiches:

Who doesn't love P.B. & J? A sweet and sticky treat!

Mini-bagels
Marmalade or jam
Peanut butter
Shredded coconut
Raisins

Spread peanut butter and jam on a bagel. Sprinkle with shredded coconut or raisins if desired. Sandwich closed and cut in half or serve open-faced bagel halves. Serve fresh or frozen.

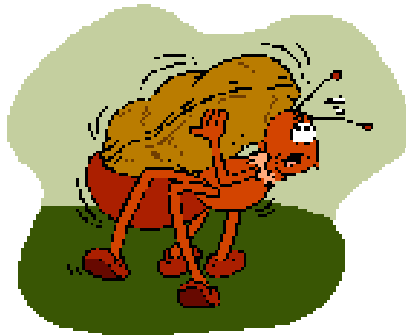


Ants on a Log:

A Catarrhine Cafe Favorite ~ don't have a picnic without 'em!

Celery
Peanut butter
Raisins

Cut celery into three or four inch lengths. Spread peanut butter into celery and place several raisins on top. Serve frozen.



Quesadillas:

A delightful snack for those who crave something from south of the border!

Flour Tortillas

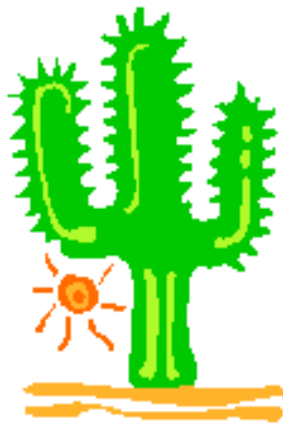
Peanut butter, marmalade or jam

Dry Mix

Fruits and Vegetables (chopped)

Honey

Spread a tortilla with jam, marmalade or peanut butter. Sprinkle with Dry Mix and chopped produce. Drizzle with honey and top with another flour tortilla. Cut into wedges, freeze and serve.



Dixie Pops:

A larger serving than the Juice Cube. A foraging treat everyone will enjoy!

Fruits and vegetables (chopped)

Dry Mix

Unsweetened Juice or water

Dixie cups

Fill Dixie cup with chopped produce, Dry Mix and juice or water. Freeze overnight. Remove cup before serving.

Buffet Variation: Fill larger plastic containers with Dixie Pop ingredients and freeze. Serve as an all-you-can-eat buffet for large groups. Remove plastic container before serving.



Tropical Tacos:

A refreshing and crunchy creation. Muy rico!

Taco Shells

Peanut butter

Applesauce

Fruits and vegetables (chopped)

Dry Mix

Honey (optional)

Spread peanut butter on the inside of the taco shells. Add fruits, vegetables and Dry Mix. Top with applesauce and drizzle with honey, if desired. Freeze before serving.



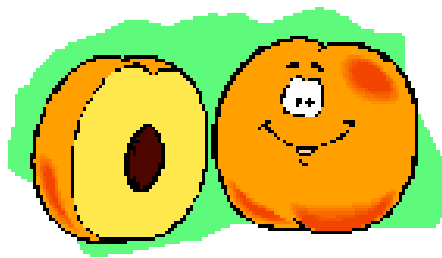
Peachy Keens:

A light and sweet treat, for those who yearn for some Southern hospitality.
A Savannah Specialty!

Canned peach halves
Canned pineapple chunks
Shredded coconut
Cinnamon
Mini-marshmallows

Lay peach halves out on a tray, with the hole from the pit facing up. Place one or two chunks of pineapple in each hole. Sprinkle with shredded coconut and freeze.

Cup Variation: Lay peach halves in a squat soufflé cup. Top with shredded coconut or sprinkle with cinnamon and top with a mini-marshmallow. Serve frozen.



Puzzles and Enrichment Devices:



Roller bars are attached to the outside of the cage. Here Foraging Tubes (recipe on pg. 22) are placed on the bar for a foraging experience

Paint Rollers (with cardboard centers) can be placed on the Roller Bar on the outside of the cage. It is an inexpensive alternative to Grooming Boards. Plain cardboard tubes can also be used on the bar as a kind of paper enrichment for shredding.



Puzzle Balls are attached to the outside of the cages and are recharged with peanuts in the shell, cereal or New World Chow. For more information on Puzzle Balls, go to:

<http://www.brown.edu/Research/Primate/lpn40-1.html#ball>

Browse:

We define “Browse” as any edible plant with complex, leafy or flowery tops. It is an easy and inexpensive foraging option. Some types of browse served at the Café are bamboo, broccoli, sunflowers, radishes with leafy tops, mustard, collards, beets with leafy tops, fennel tops and those shown below:



Clockwise from Top Left: Arugula; Grape Leaves; Rainbow Chard; Kale.

Other Foraging Ideas:

Here are some other easy options for foraging fun!

- Fortune Cookies ~ the paper fortune adds extra stimulation.
- Hardboiled Eggs ~ leave the shell on and be prepared for many different reactions!
- Whole Coconuts ~ works great for group-housed animals.
- Pine Cones ~ foraging and shredding fun!
- Frozen fruits and vegetables ~ adds a whole new variety of textures.
- Whole, small fruits ~ whole limes are a great foraging fruit!
- Ice pops or other popsicles ~ remove any plastic wrapping and sticks before distribution. Be prepared for a potential sticky residue.
- Corn-on-the-Cob with husk~ multiple foraging tasks all in one!



Produce Treats:

The Café prides itself on the variety of produce treats it offers. They are served clean and cut into appropriate sized pieces. Below is a list of some of the different types we have tried:

Apple
Apricots (no pits)
Asparagus
Banana
Blueberries
Bok Choy
Broccoli
Cabbage
Cantaloupe
Carrot
Cauliflower
Celery
Cherry (no pits)
Cherry tomato
Cilantro
Coconut
Corn-on-the-cob
Cranberries
Cucumber
Eggplant
Flowers (edible)
Garlic
Grape
Grapefruit
Green beans
Green onion
Green pepper
Honeydew melon
Kiwi
Lemon
Lettuce
Lime

Long green beans
Mint
Mushrooms
Nectarines (no pits)
Onion
Orange
Parsley
Peaches (no pits)
Pears
Peas in pod (snow, snap, etc)
Pineapple
Plums (no pits)
Poblano Peppers
Pomegranates
Potatoes
Pumpkin
Radish
Raspberries
Red lettuce
Red pepper
Red potatoes
Rhubarb
Strawberries
Tangelos
Tangerines
Tomatoes
Turnips
Watermelons
Yams
Yellow Squash
Yellow Peppers
Zucchini

Non~Produce Treats:

Our selection of Non-Produce treats is even more extensive than our Produce treats! Below is a list of some of the different types we have tried:

Allspice
Almonds
Apple chips
Apple juice
Applesauce
Baby food
Banana chips
Bread
Canned peaches
Canned pineapple
Canned pumpkin
Cap'n Crunch
Cheerios
Cinnamon
Coconut flakes
Cooked or raw spaghetti
Corn bread
Corn chips
Craisins
Dates
Dog bones (e.g. Milkbones)
Eggs (hard-boiled)
Fig Newtons
Filberts
Freeze pops (or other popsicle)
Fruit Cocktail
Fruit Loops
Fruit Roll-ups
Garlic bread
Ginger
Graham crackers
Granola
Grape juice
Grapenuts
Gummy Fruit snacks
Honey
Hot tamales
Jell-O (jigglers)
Jellybeans
Kool-Aid

Low salt crackers
Macaroni
Marshmallows
Mini-bagels
New World Monkey chow
Oatmeal
Oatmeal cookies
Orange marmalade
Peanut butter
Peanut butter cookies
Peanuts
Pecans
Peppermint sticks
Pickles
Pop tarts
Popcorn
Potato chips
Pretzels
Prunes
Pumpkin seeds
Raisins
Raisin Bran
Raspberry jam
Red-Hots
Rice cakes
Rice Krispies
Steamed or mashed potatoes
Steamed rice
Stuffing
Sunflower seeds
Sweet grains
Tortellini
Tortilla chips
Tortillas (flour)
Valentine hearts
Vanilla wafers
Walnuts
Yogurt

Bon Appetit!



For questions about recipes or enrichment devices, please contact the WaNPRC PWB staff: Carolyn Crockett at crockett@u.washington.edu or Rita Bellanca at rbell@bart.rprc.washington.edu, or send mail to: PWB Program, University of Washington National Primate Research Center, Box 357330, Seattle, WA 98195-7330.

Catarrhine Café Take-Out Menu

1. BURRITOS - A DELICATE FLOUR TORTILLA LIGHTLY SPREAD WITH PEANUT BUTTER, HONEY, OR JAM, THEN FILLED WITH CEREALS, AND FRESH OR DRIED FRUITS OR APPLESAUCE. THE BURRITO IS THEN ROLLED AND SLICED INTO PETITE PORTIONS AND SERVED FROZEN. ALSO AVAILABLE AS A QUESADILLA.

2. PEANUT BUTTER CUPS - THIS ISN'T YOUR TYPICAL REESE'S (OR RHESUS) CUP, BUT RATHER A DELIGHTFUL MIXTURE OF PEANUT BUTTER, OATMEAL, RAISINS, AND CRUSHED GRAHAM CRACKERS SPOONED INTO AN EDIBLE CUP, TOPPED WITH FRUIT OR A MINI-MARSHMALLOW, AND SERVED FROZEN.

3. FROZEN AND FILLED KONGS - THE PERENNIAL FAVORITE AND CATARRHINE CAFÉ SPECIAL! THE EVER-POPULAR RUBBER CHEW TOY IS FILLED CHOPPED FRUITS OR VEGETABLES AND EITHER UNSWEETENED KOOL-AID (YOUR CHOICE OF FLAVORS) OR APPLESAUCE. TOPPED WITH A MINI-MARSHMALLOW AND SERVED FROZEN. AFTER EATING, KEEP THE TOY FOR PLAYTIME FUN!

4. EGG CARTON SURPRISE - EGG CARTONS FILLED WITH JUST A TOUCH OF PEANUT BUTTER OR APPLESAUCE, THEN TOPPED WITH DRY MIX AND LIGHTLY DUSTED WITH CINNAMON OR NUTMEG, DRIZZLED WITH HONEY, AND SERVED FROZEN. LARGE TO GO ORDERS TIED WITH SMALL AMOUNTS OF LICORICE STRING AND SERVED WHOLE.

5. PICKLED PARADISE - A SHOCKING COMBINATION OF SALTY AND SWEET THAT TICKLES THE TONGUE! WE DARE YOU TO TRY THIS CATARRHINE CAFÉ ORIGINAL! DILL PICKLE SLICES TOPPED WITH COCONUT, SERVED IN A BED OF WATER DRIZZLED WITH PICKLE JUICE. FROZEN, AND PRESENTED IN A SOUFFLÉ CUP OR AS A CUBE, YOUR CHOICE.

6. JUICE CUBES - LITTLE ICE CUBES OF UNSWEETENED KOOL-AID (YOUR CHOICE OF FLAVORS) OR JUICE, FILLED WITH FRUITS OR DRY MIX. SERVED INDIVIDUALLY, OR AS AN APPETIZER FOR A LARGER GROUP. FOR A HEARTIER SNACK, ASK FOR APPLESAUCE INSTEAD OF KOOL-AID. DIXIE CUP OR SOUFFLÉ CUP VARIATIONS AVAILABLE UPON REQUEST.

7. APPLESAUCE CONES - DELICATE "ICE CREAM" CONES FILLED WITH APPLESAUCE AND FRESH FRUITS/VEGETABLES, LIGHTLY TOPPED WITH CINNAMON OR NUTMEG, AND FLASH-FROZEN TO MAINTAIN THE STRUCTURAL INTEGRITY OF THE CONE. FRUIT COCKTAIL CAN BE SUBSTITUTED FOR APPLESAUCE IF YOU PREFER.

8. GRAHAM CRACKERWICHES - GRAHAM CRACKER HALVES TOPPED WITH THE CAFÉ'S FAMOUS PB MIX OR PB & J, AND SANDWICHED TOGETHER. SERVED FRESH OR FROZEN. FOR A LOW-FAT VARIATION, ASK FOR YOGURT INSTEAD OF PEANUT BUTTER.

9. PINE CONE DELIGHT - PINE CONES FILLED WITH GRAINS OR STUFFED WITH PEANUT BUTTER, HONEY, AND RAISINS (YOUR CHOICE). SERVED FRESH OR FROZEN, FOR FORAGING AND SHREDDING FUN! SNOW-CAPPED (POWDERED-SUGAR OR COCONUT) VARIATION ALSO AVAILABLE.

10. PIÑA COLADAS - A MIXTURE OF PINEAPPLE, BANANA AND JUICE, TOPPED WITH A TOUCH OF COCONUT AND SERVED FROZEN IN A DAINTY SOUFFLÉ CUP. A PERFECT ISLAND GETAWAY.

11. MINI PIES - GREAT HOMEMADE TASTE JUST LIKE GRANDMA USED TO BAKE! PUMPKIN: CRUSHED GRAHAM CRACKER CRUST, TOPPED WITH PUMPKIN AND A MINI-MARSHMALLOW. APPLE: APPLESAUCE OVER A GRANOLA OR OATMEAL CRUST, TOPPED WITH CINNAMON OR NUTMEG. BOTH SERVED FROZEN IN A SOUFFLÉ CUP.

Catarrhine Café Take-Out Menu

12. FORAGING TUBES - A MENTALLY STIMULATING TASTE TREAT! PEANUT BUTTER OR FLOUR PASTE SPREAD OVER A TASTY CARDBOARD TUBE AND SMOTHERED IN DRY MIX. PLACED ON A ROLLER BAR FOR ADDED FORAGING FUN!

13. LUNCH SACKS - JUST LIKE MOM USED TO PACK! A PAPER LUNCH SACK FILLED WITH DRY MIX AND FRESH FRUITS OR VEGGIES, DELICATELY DRIZZLED WITH HONEY, FOLDED OR ROLLED SHUT, AND SEALED WITH A DOLLUP OF PEANUT BUTTER. IS IT LUNCHTIME YET?

14. V.S.A CUBES - FOR PATRONS WITH VARIOUS HEALTH CONCERNS- THESE TREATS ARE VET STAFF APPROVED AND HEALTHY. SOFTENED BISCUITS TOPPED WITH A SLICE OF BANANA, A DROP OF YOGURT, AND A FEW FRESH GRAPES OR RAISINS. SERVED FROZEN IN A SOUFFLÉ CUP.

15. OATMEAL COOKIES - THERE'S NOTHING LIKE THE TASTE OF FRESH, HOMEMADE OATMEAL COOKIES! A MIXTURE OF OATMEAL, RICE KRISPIES, COCONUT AND CINNAMON SPOONED INTO A SOUFFLÉ CUP, TOPPED WITH RAISINS AND DRIZZLED WITH HONEY. SERVED FROZEN.

16. TASTY TUBE - MORE FORAGING FUN! A TUBE FILLED WITH FRESH PRODUCE, DRY MIX, AND A DRIZZLE OF HONEY, SEALED ON BOTH ENDS FOR YOUR AMUSEMENT. CAN YOU OPEN IT WITHOUT SPILLING THE SURPRISE TREATS INSIDE?!

17. MINI BAGELWICHES - A PB & J LOVERS FAVORITE! MINI BAGEL HALVES TOPPED WITH PEANUT BUTTER AND ORANGE MARMALADE (OR APRICOT PRESERVES), AND CROWNED WITH RAISINS OR COCONUT. SERVED FRESH OR FROZEN.

18. ANTS ON A LOG - FOR YOUR PICNICKING PLEASURE! CELERY SMOTHERED WITH PEANUT BUTTER AND TOPPED WITH A FEW RAISINS. NO ONE CAN RESIST SNEAKING OFF WITH THIS ONE! FOR A LIGHTER VARIATION, TRY YOGURT INSTEAD OF PEANUT BUTTER.

19. BANANA BOATS - A BANANA PEEL FILLED WITH FRUITS AND VEGETABLES OR APPLESAUCE, AND SERVED FROZEN. ALTERNATIVE- THE GOOEY SUITCASE: SMALLER PORTIONS OF BANANA PEEL-WRAPPED FRUITS DRIZZLED WITH HONEY AND SERVED FROZEN, IN SOUFFLÉ CUPS.

20. PEACHY KEENS - SWEET GEORGIA PEACH HALVES TOPPED WITH PINEAPPLE, COCONUT, CINNAMON, AND A MINI-MARSHMALLOW. A SAVANNAH SPECIALTY!

21. YOGURT DROPS - A HEALTHY SNACK ALTERNATIVE! YOGURT CUPS TOPPED WITH FRUITS OR VEGETABLES, SERVED FROZEN.

22. BREKKIE-ON-THE-GO - LATE FOR THE LAB? NO TIME FOR A SIT-DOWN MEAL? JUST STUFF THIS COMBO OF FRUIT, SPICES, AND DRY MIX INTO YOUR CHEEK POUCH AND YOU'RE READY TO GO! SERVED AS A CUBE OR IN A CUP.

23. TROPICAL TACOS - A SOUTH-OF-THE-BORDER-SPECIALTY! TACO SHELLS LIGHTLY SPREAD WITH PEANUT BUTTER AND FILLED WITH FRUITS, VEGGIES, AND DRY MIX. TOPPED WITH APPLESAUCE AND SERVED FROZEN.