

☯ Mornings ☯

Scrambles

2 eggs scrambled and served on Toast, Bagel, Croissant or Burrito style in a herb or sun dried tomato wrap

~ Add a side of fruit to your breakfast for \$2.00 ~

Cheddar cheese and tomato ✨ \$4.99

Feta, basil and tomato ✨ \$5.59

Bell pepper, red onion, tomato ✨ \$4.99 add cheese \$5.99

Cheddar cheese, tomato, black beans, red onion and southwest sauce ✨ \$5.99

Bacon, tomato and melted cheddar cheese \$5.99

Avocado, tomato and melted cheddar cheese ✨ \$5.99

Avocado, bacon, tomato and melted cheddar cheese \$6.99

Quiche

veggie ✨: veggies and cheese \$5.99

Lorraine: spinach, bacon and cheese \$5.99

Fresh Fruit etc . . .

Fresh Fruit, yogurt and Granola ✨ \$5.99

Fresh Fruit with yogurt ✨ or Granola ♥ \$4.99

Fresh Fruit ♥ Cup . . . \$2.99 Bowl . . . \$3.99

Yogurt, granola and honey ✨ \$3.59

Acai

100% pure Acai blended with fresh banana, apple juice and milk or soy or non-fat yogurt

Smoothie ♥ ✨ \$5.99

Topped with bananas and Granola ♥ ✨ \$6.59

Topped with Granola ♥ ✨ \$5.99

Topped with Bananas ♥ ✨ \$5.59

Bagel~Wich

Toasted bagel with a choice of three items:

Cream cheese, pesto, roasted red pepper hummus, tomato, cucumber, red onion, bell pepper, jalapenos, sprouts, spinach ♥ ✨ . . . \$3.50
additional items35¢ each add cheese or avocado . . . \$1.00

Fresh Baked Goods and Desserts

Toasted bagel and cream cheeses ✨ \$2.25

Homemade mini breads, and assorted pastries and muffins ✨ \$1.95

Homemade chocolate chip and peanut butter cookies ✨ \$1.00

Carrot Cake, Brownies, Lemon Bars, White Choc Rasp Bars, Eclairs and More

vegan ♥ and vegetarian ✨ Selections

☪ Sandwich ~ Wrap ~ Bagel Melt ☪

~ Add a side salad for \$2.99 or side of fruit for \$2.00 ~

Greek Chicken

Grilled chicken breast, crumbled feta, kalamata olives, peperoncini, tomato, cucumber, spinach and tzatziki sauce . . . \$8.99

Turkey Hummus

Roasted turkey breast, red bell pepper hummus, tomato, red onion and green leaf lettuce . . . \$6.99
add Cheese . . . \$7.99 add Cheese & Avocado . . . \$8.99

Avocado Cheese ☘

Avocado, provolone & cheddar cheeses, tomato, cucumber, green leaf lettuce and mayo drizzled with balsamic vinegar . . . \$7.99

Southwest Chicken

Grilled chicken breast, avocado, shredded cheddar cheese, black beans, corn, tomato, green leaf lettuce, and zesty southwest sauce . . . \$8.99

Roasted Turkey Breast

Roasted turkey breast, provolone cheese, dried cranberries, tomato, green leaf lettuce and Mayo with a hint of dijon mustard . . . \$7.99

Southwest Veggie ☘

Avocado, shredded cheddar cheese, black beans, corn, tomato, green leaf lettuce and zesty southwest sauce . . . \$6.99

Apple Chicken

Grilled chicken breast, cheddar cheese, thinly sliced green apple, green leaf lettuce and mayo drizzled with balsamic vinegar . . . \$7.99

Baked Tofu ♥

Our signature balsamic baked tofu, avocado, tomato, cucumber, green leaf lettuce and dijon~veganaise . . . \$5.99

BLT

Bacon, green leaf lettuce, tomato, and mayo . . . \$5.99 add Avocado . . . \$6.99

Hummus & Tabouli ♥

Roasted red bell pepper hummus, tabouli, red bell pepper, tomato, cucumber and spinach . . . \$5.99

Veggie Cheese ☘

Avocado, cream cheese, provolone cheese, sunflower seeds, tomato, cucumber sprouts and spinach . . . \$7.99

Pesto Cheese ☘

Pesto, provolone cheese, avocado, cucumber, onion, tomato, and green leaf lettuce . . . \$7.99

Chicken Pesto

Grilled chicken breast, pesto, tomato, red onion, green leaf lettuce . . . \$6.99 add Cheese . . . \$7.99

Tuna

Specialty tuna salad, avocado, sprouts, red onion, tomato and green leaf lettuce . . . \$7.99
add Cheese . . . \$8.99

Hummus Avocado ☘

Red bell pepper hummus, Avocado, red onion, sprouts, tomato, cucumber and spinach . . . \$5.99
add Cheese . . . \$6.99

Turkey or Chicken Club

Choose from roasted turkey or grilled chicken breast, bacon, avocado, provolone cheese, red onion, tomato, green leaf lettuce and mayo . . . \$8.99

Toasted Cheese ☘

Cheddar and/or provolone cheese melted on toasted bread . . . \$4.99

PB & J ☘

Super crunchy peanut butter and grape jelly . . . \$3.99

1/2 wrap, melt or sandwich \$2.00 off the full price ~ add avocado \$1.00 ~ add cheese for melts \$1.00

Vegan ♥ and Vegetarian ☘ Selections

Salads

Old Cal Cobb

Roasted turkey breast, bacon, avocado, provolone cheese, red onion, tomato, cucumber, on a bed of spinach and green leaf lettuce . . . \$8.59

Apple Chicken

Grilled chicken breast, cheddar cheese, Apple slices, on a bed of green leaf lettuce . . . \$7.59

House ✨

Garbanzo beans, red bell peppers, corn, sunflower seeds, tomato, cheddar cheese, red cabbage on a bed of green leaf lettuce . . . \$6.59 add Avocado . . . \$7.59 add Chicken or Turkey . . . \$8.59

Greek Chicken

Grilled chicken breast, crumbled feta, kalamata olives, pepperocinis, tomato, cucumber on a bed of spinach and green leaf lettuce . . . \$8.79

Balsamic Baked Tofu ♥

Our Signature baked tofu, avocado, tomato, cucumber on a bed of green leaf lettuce . . . \$5.99

Feta Walnut ✨

Crumbled Feta, walnuts, tomato, red cabbage on a bed of green leaf lettuce . . . \$5.79
add Chicken or Turkey . . . \$7.79

Apple Pecan ♥

Apple slices, pecans, dried cranberries, on a bed of spinach and green leaf lettuce . . . \$4.99
add Chicken or Turkey . . . \$6.99

Tuna

Tuna salad, avocado, tomato, red onion, sprouts on a bed of Green leaf lettuce . . . \$6.99

Southwest ✨

Avocado, cheddar cheese, corn, black beans, red onion, tomato, on a bed of green leaf lettuce and zesty southwest dressing . . . \$6.59 add Chicken . . . \$8.59

Side Salad ♥ Tomato, cucumbers, and red cabbage on a bed of green leaf lettuce . . . \$2.99

Soups

Cup \$3.99

Bowl \$5.59

Homemade Vegan Chili ♥ ~ topped with onions and/or shredded cheddar cheese

Soups of the day ✨ ~ Vegetarian selection available daily

Combos

1/2 wrap or sandwich & 1/2 Salad . . . \$6.59

Quiche & 1/2 salad . . . \$7.59

1/2 wrap or sandwich & 16oz smoothie . . \$7.99

1/2 salad & 16oz smoothie . . \$6.99

1/2 wrap or sandwich & cup of soup . . . \$7.59

1/2 salad & cup of soup . . . \$6.59

Salads choose from: Apple pecan, Feta Walnut, House or Baked Tofu
Wraps add \$1.00 for: Clubs, Southwest Chicken or Greek Chicken

Quesadilla

Cheddar cheese, tomato, red onion and southwest sauce ✨ . . \$4.99

add avocado ✨ . . \$5.99 add chicken . . . \$6.99 add avocado and chicken . . . \$7.99

Chips & Dip

Served with fresh toasted herb & sundried tomato tortilla chips

Hummus, bell peppers, tomatoes and cucumbers ♥ Small \$3.99 Large \$5.99

Avocado, black beans, red onion and tomatoes ♥ Small \$4.59 Large \$6.59

Tzatziki, feta, tomatoes and cucumbers ✨ Small \$4.99 Large \$7.99

Vegan ♥ and Vegetarian ✨ Selections