

"ACAI" + "MISC. POWER BREAKFAST"

"SERVED ALL DAY" -- Extra Granola + \$1.90

OUR CLASSIC ORIGINAL SAMBAZON ACAI BOWL est. 2002 \$9.60	
Acai, Apple Juice, Blueberries, Blackberries, Banana topped with Granola, Slices of Banana & Coconut	
ACAI NUTTY PROTEIN BOWL \$11.25	ACAI ENERGIZER BOWL \$10.95
Acai, Almond Milk, Whey Protein, Banana and Apples Topped with Granola, Scoop of Peanut Butter, Slices of Banana, Almonds, Walnuts and Peanuts Drizzled with Honey	Acai, Apple Juice, Banana, Cherries, Scoop of Super Food Miracle Reds Topped with Granola, Slices of Banana, Slices of Fresh Apples, Frozen Raspberries, Flax Seeds and Chia Seeds
ACAI AMAZONIAN BOWL \$9.60	ACAI NUTTELLA BOWL \$10.95
Acai, Mango Juice, Kale, Banana and Strawberries Topped with Granola, Slices of Banana, Yogurt Chips and Coconut Flakes	Acai, Coconut Milk, Banana, Strawberries, Ghirardelli White Chocolate Topped with Granola, Nutella, Slices of Banana, Coconut Flakes, Whipped Cream & Almonds
SMOKED SALMON PLATTER \$10.45	NY BRUNCH WRAPP \$10.45
Smoked Atlantic Salmon, Bagel, Cream Cheese, Slices of Tomatoes, Sweet Red Onions, Cucumbers, Capers, Romaine Lettuce	Smoked Atlantic Salmon, Cream Cheese, Red Onions, Tomatoes, Capers, Cucumber, Romaine Lettuce Wrapped in Whole Wheat Tortilla
BAGEL with Fruit Jam or Butter \$2.05	BAGEL CAPRESE \$5.00
	Fresh Buffalo Mozzarella, Basil, Tomatoes, Pesto Sauce, Drizzled with Extra Virgin Olive Oil
BAGEL with CREAM CHEESE \$2.20	BAGEL with PEANUT BUTTER \$3.00
BAGEL with NUTELLA \$3.00	
Add Slices of Banana + \$0.75	Add Honey and Slices of Banana + \$0.75
POWER BREAKFAST \$7.40	HOT OATMEAL \$6.05
Oatmeal Topped with Granola, Banana, Walnuts and Raisins	Banana, Raisins, Walnuts - Brown Sugar Upon Request
NUTTY GRANOLA \$7.65	YOGURT PARFAIT \$4.95
Served with Banana, Walnuts, Raisins & Milk	Yogurt Topped with Granola, Banana, Whipped Cream

"EGGS w' THINGS" ... Served ALL Day

"Served with a Side of Orange Wedges and a Choice of Salad or Yogurt"

CHEEZY HAM OMELETTE \$9.60 Eggs, Sweet Red Onions, Mushrooms, Topped with Swiss Cheese, Bell Peppers, Ham & Bacon – <i>with Toast</i>	MILANESE OMELETTE \$10.45 Eggs, Topped with Buffalo Mozzarella, Salami, Prosciutto, Cherry Tomatoes, Olives and Basil – <i>with Toast</i>
CORNERED BEEF OMELETTE \$9.60 Eggs, Sweet Red Onions, Napa Cabbage, Bell Peppers Topped with Melted Sharp White Cheddar, Corned Beef and Bacon – <i>with Toast</i>	THE ALASKAN OMELETTE \$10.45 Egg Whites, Red Onions, Bell Peppers Topped with Cream Cheese, Sliced Tomatoes, Smoked Atlantic Salmon, Capers and Fresh Basil – <i>with Toast</i>
VENEZIA OMELETTE \$9.60 Eggs, Mushrooms, Sweet Red Onions, Spinach, Topped with Provolone Cheese, Smothered with Pesto Sauce, Parmesan Cheese n' Fresh Basil – <i>with Toast</i>	BREAKFAST TACOS \$9.85 4 Baby Corn Tortillas, Eggs, Chicken Sausage, Corn, Cheddar Cheese, Black Beans, Bell Peppers, Avocado, Salsa, Sour Cream – <i>with Toast</i>
BIG BULL WRAPP \$9.60 Eggs, Chicken Sausage, Yellow Cheddar, Tomatoes, Red Onions, Spinach, Salsa and Sour Cream Wrapped in Whole Wheat Tortilla	TEQUILA SUNRISE WRAPP \$9.85 Eggs, Bacon, Avocado, Black Beans, Sour Cream, Tomatoes, Napa Cabbage, Bell Peppers, Red Onions & Salsa Wrapped in Whole Wheat Tortilla
SRIRACHA BAGEL EGG SANDWICH \$6.85 Bagel, Eggs, Sharp White Cheddar, Maple Honey Turkey, Sriracha and Mayo (SPICY)	PASTRAMI BAGEL EGG SANDWICH \$6.85 Bagel, Eggs, Turkey Pastrami, Muenster Cheese and Mayonnaise
BAGEL EGG SANDWICH \$6.85 Bagel, Eggs, Bacon and Cheddar Cheese	GLUTEN-FREE EGG SANDWICH \$7.65 Gluten-Free Bread, Eggs, Bacon, Swiss Cheese
AVOCADO EGG TOAST (Open Face) \$7.50 Rye Bread Topped w/ Eggs, Melted Muenster Cheese, Bacon, Avocado, Cherry Tomato, Black Olives, Basil & Olive Oil	BREAKFAST SLIDERS \$9.85 3 Soft Pretzel Buns, Eggs, Corned Beef, White Sharp Cheddar Cheese and Mayonnaise

BUILD YOUR OWN OMELETTE \$9.85

• Avocado + \$2.15 • Cheese(2 slices) + \$1.90 • Meat(2 oz.) + \$2.50 • Egg White + \$2.50

"FIELD of GREENS"

"Served with Slices of Toasted Multi-Grain Baguette n' Butter"

<p><u>FIESTA SALAD</u> \$9.75 Salsalito Turkey, Arugula, Kale, Black Beans, Corn, Celery, Bell Peppers, Cherry Tomato, Crushed Tortillas Chips, Crunchy Onions Tossed in Mango Lime Vinaigrette Dressing</p>	<p><u>MISO GINGER BEEF SALAD</u> \$9.85 Roast Beef, Mixed Greens, Arugula, Bell Peppers, Shredded Carrots, Cherry Tomatoes, Crunchy Noodles, Almonds, Alfalfa Sprouts Tossed in Carrot Ginger Miso Dressing</p>
<p><u>CRUNCHY THAI TUNA SALAD</u> \$9.60 Tuna Salad, Crisp Bacon, Napa Cabbage, Baby Spinach, Shredded Carrots, Almonds, Sweet Bell Peppers, Crushed Peanuts, Crunchy Chinese Noodles Tossed in Thai Peanut Dressing</p>	<p><u>INSALATA GRECA</u> \$9.35 Mixed Greens, Feta Cheese, Olives, Cherry Tomatoes, Walnuts, Cucumber, Red Onions, Sun-Dried Tomatoes, Bell Peppers Tossed in Creamy Italian Dressing and Extra Virgin Olive Oil</p>
<p><u>COW'S END CHOPPED SALAD</u> \$9.85 Chicken, Salami, Romaine Lettuce, Napa Cabbage, Blue Cheese, Cherry Tomatoes, Red Onions, Chopped Celery, Cucumber, Garbanzo Beans, Avocado and Croutons Tossed in Blue Cheese Dressing & Extra Virgin Olive Oil</p>	<p><u>TUSCAN INSALATA</u> \$9.35 Buffalo Mozzarella, Mixed Greens, Romaine Lettuce, Baby Spinach, Black Olives, Cherry Tomatoes, Basil, Sun-Dried Tomato, Almonds Tossed in Balsamic Vinaigrette and Extra Virgin Olive Oil</p>
<p><u>ALL HAIL KALE</u> \$9.75 Kale, Napa Cabbage, Chicken, Bacon, Feta Cheese, Shredded Carrots, Black Olives, Almonds, Cherry Tomatoes, Tossed in Cilantro Dressing and Extra Virgin Olive Oil then Topped with Hummus</p>	<p><u>ZESTY PESTO CAESAR</u> \$9.35 Crisp Romaine Lettuce, Parmesan Cheese, Seasoned Croutons, Capers, Sun-Dried Tomatoes, Almonds and Black Olives Tossed in Creamy Pesto-Caesar Dressing and Extra Virgin Olive Oil</p>
<p><u>CHICKEN ARUGULA SALAD</u> \$9.75 Arugula, Baby Spinach, Napa Cabbage, Chicken Breast, Shredded Carrots, Cherry Tomatoes, Bell Peppers and Almonds Topped with Seasoned Croutons and Crunchy Onions Tossed in Mango Lime Vinaigrette Dressing</p>	<p><u>MUM'S GARDEN</u> \$9.35 Garden Patty, Mixed Greens, Romaine, Sweet Red Onions, Bell Peppers, Shredded Carrots, Seasoned Croutons, Mushrooms, Feta Cheese, Cucumber, Black Olives, Alfalfa Sprouts, Tossed in Buttermilk Farm Ranch Style Dressing</p>

• Avocado + \$2.15

• Cheese(2 slices) + \$1.90

• Meat(2 oz.) + \$2.50

"WRAPP IT UP"

"Served with Our House Salad- Wrapped in Whole Wheat Tortilla"

<u>SRIRACHA TERIYAKI WRAPP</u> \$9.75 Sriracha, Chicken Teriyaki, Muenster Cheese, Roasted Peppers, Bell Peppers, Ice Berg Lettuce, Mushrooms, Red Onions, Carrots, Crunchy Onions & Teriyaki Sauce	<u>ITALIANO WRAPP</u> \$9.85 Pastrami, Mortadella, Salami, Pepperoni, Sharp White Cheddar Cheese, Ice Berg Lettuce, Cucumber, Tomato, Bell Pepper, Mayo, Creamy Italian Dressing
<u>THAI TUNA WRAPP</u> \$9.75 Tuna Salad, Slivered Almonds, Crunchy Chinese Noodles, Crushed Peanuts, Napa Cabbage, Cucumber, Shredded Carrots and Thai Peanut Dressing	<u>MANGO LIME TURKEY WRAPP</u> \$9.75 Maple Honey Turkey, Napa Cabbage, Cherry Tomatoes, Shredded Carrots, Almonds, Crunchy Onions with Mango Lime Vinaigrette Dressing
<u>ZESTY TEX MEX WRAPP</u> \$9.75 Salsalito Turkey, Bacon, Provolone, Corn, Avocado, Crushed Tortilla Chips, Bell Peppers, Red Onions, Black Beans, Sour Cream, Salsa and Cilantro Dressing	<u>SPICY POLLO PESTO WRAPP</u> \$9.65 Chicken, Crisp Romaine Lettuce, Shaved Parmesan Cheese, Red Onions, Capers, Cracked Red Peppers, Croutons, Cucumber and Pesto-Caesar Dressing
<u>THE BLT WRAPP</u> \$9.65 Bacon, Ice Berg Lettuce, Tomato, Avocado, Blue Cheese, Olives, Crunchy Onions, Croutons, Blue Cheese Dressing	<u>CAPRI WRAPP</u> \$9.65 Buffalo Mozzarella, Arugula, Basil, Romaine, Olives, Tomatoes, Basil, Salt n' Pepper, Balsamic Vinaigrette
<u>THE VEGGIE WRAPP</u> \$9.65 Garden Patty, Mixed Greens, Bell Peppers, Cucumber, Tomatoes, Black Olives, Shredded Carrots, Feta Cheese and Cilantro Dressing	<u>RUSTICA WRAPP</u> \$9.65 Avocado, Romaine Lettuce, Feta, Cherry Tomatoes, Red Onions, Roasted Peppers, Olives, Cucumber, Bell Peppers, Virgin Olive Oil, Balsamic Vinaigrette
<u>SOUP of the Day -- \$6.95</u> (Served with Slices of Italian Baguette n' Butter)	<u>HUMMUS n' KALE WRAPP</u> \$9.65 Hummus, Kale, Turkey, Feta Cheese, Black Olives, Sweet Red Onions, Bell Peppers, Carrots, Roasted Peppers, Cilantro Dressing and Extra Virgin Olive Oil
<u>DAILY SPECIAL -- \$9.50</u> Soup of the Day + 1/2 Sandwich + House Salad	
•Avocado + \$2.15 •Cheese(2 slices) + \$1.90 •Meat(2 oz.) + \$2.50	

"SANDWICH GRUB"

"Served with Our House Salad"

<u>BLACK FOREST</u> \$10.20 Black Forest Ham, Bacon, Swiss Cheese, Avocado, Tomatoes, Iceberg Lettuce, Roasted Peppers, Red Onions, Honey Mustard, Mayonnaise, Ciabatta Bread	<u>EL PATRON</u> \$10.20 Salami, Pastrami, Mortadella, Provolone, Tomatoes, Red Onions, Mustard, Pepperoncini, Iceberg Lettuce, Mayo, Creamy Italian Dressing, Italian Baguette
<u>HEALTH-NUT</u> \$9.85 Ovengold Turkey, Fresh Buffalo Mozzarella, Basil, Tomatoes, Romaine Lettuce, Low-Fat Mayonnaise, Balsamic Vinaigrette on Multi-Seeded Grain Baguette	<u>UNCLE DAUNDY'S PASTRAMI</u> \$9.85 Turkey Pastrami, Pesto Sauce, Provolone Cheese, Tomatoes, Onions, Olives, Avocado and Mixed Greens on Italian Baguette
<u>TUNA MELT PANINI</u> \$9.85 Tuna Salad, Melted Cheddar Cheese, Avocado, Mayo, Deli Mustard and Spinach on Rye Bread	<u>PROSCIUTTO PANINI</u> \$10.20 Prosciutto, Melted Provolone n' Muenster Cheese, Mayo, Spinach, Roasted Pepper, Olives, Rye Bread
<u>THE TRIPLE CLUB</u> \$10.20 Roast Beef, Salami, Bacon, Muenster Cheese, Onions, Iceberg Lettuce, Bell Peppers, Horseradish, Cilantro Dressing, Italian Baguette	<u>SMOKED SALMON PANINI</u> \$10.20 Smoked Salmon, Melted Swiss Cheese, Cream Cheese, Fresh Basil, Tomatoes, Cucumber, Arugula Served on White Sliced Bread
<u>CHICKEN TERIYAKI</u> \$9.85 Chicken Teriyaki, Muenster Cheese, Teriyaki Sauce, Mayonnaise, Tomatoes, Sweet Red Onions, Ice Berg Lettuce, Crunchy Onions on Ciabatta Bread	<u>COW DAWG</u> \$9.85 Chicken Sausage, Roast Beef, Swiss Cheese, Ice Berg Lettuce, Tomatoes, Jalapeno, Extra Virgin Olive Oil, Deli Mustard, Mayonnaise on Italian Baguette (SPICY)
<u>CAPRESE MELT</u> \$9.85 Buffalo Mozzarella, Basil, Salt n' Pepper, Tomato, Romaine Lettuce, Extra Virgin Olive Oil, Sun-Dried Tomato, Balsamic Vinaigrette on Ciabatta Bread	<u>WILD CHILD</u> \$9.60 Garden Patty, Feta, Bell Pepper, Onions, Crunchy Onions, Roasted Pepper, Alfalfa Sprouts, Lettuce, Cucumber, Tomato, Pesto, Olive Oil, Multi-Seeded Baguette

• Avocado + \$2.15 • Cheese(2 slices) + \$1.90 • Meat(2 oz.) + \$2.50 • Egg White + \$2.50

BE CREATIVE w' BUILD YOUR OWN

(Build Your Own Sheet on Countertop Near Register)

OMELETTE - \$9.85

Served with Toasted Multi-Grain Baguette n' Butter,
Orange Wedges, and a Choice of Yogurt or Salad

Choose: 1 Meat + 1 Cheese + up to 5 Different Fillers

SANDWICH or Wrapp- \$10.15

Served with Our House Salad

Choose: 1 Meat + 1 Cheese + up to 5-6 Different Fillers

Hot or Cold – Choice of Bread or Whole Wheat Tortilla Wrap

SALAD - \$9.85

Served with Slices of Toasted Multi-Grain Baguette n' Butter

Choose: 1 Meat + 1 Cheese + up to 8 Different Fillers + Dressing

BE CREATIVE and BUILD YOUR OWN

<u>CHOOSE</u>	OMELETTE-\$9.85 <i>"Served with Italian Baguette, Orange Wedges & Yogurt or Salad"</i>	SALAD-\$9.85 <i>"Served with Toasted Italian Baguette"</i>	SANDWICH-\$10.15 <i>HOT or COLD</i> <i>"Served with Our House Salad"</i>
<u>BREAD</u>	Italian Baguette ■ Multi-Seeded Grain Baguette ■ Sliced Rye ■ Ciabatta Sliced White ■ Whole Wheat Wrap ■ Sliced Gluten-Free Bread + \$1.00		
<u>ONE MEAT</u>	Tuna Salad ■ Oven Gold Turkey ■ Turkey Pastrami ■ Salsalito Turkey Eggs ■ Maple Honey Turkey ■ Chicken Breast ■ Chicken Teriyaki Chicken Sausage ■ Roast Beef ■ Corned Beef ■ Pastrami ■ Pepperoni Genoa Salami ■ Mortadella w/Pistachios ■ Black Forest Ham ■ Bacon Smoked Salmon (+\$2.50) ■ Prosciutto (+\$2.50) ■ Garden Patty		
<u>ONE CHEESE</u>	Provolone ■ Yellow Cheddar ■ White Cheddar ■ Parmesan ■ Feta Blue Cheese ■ Muenster Cheese ■ Swiss Cheese ■ Fresh Mozzarella +\$1.90		
<u>FILLERS</u> Limit: Omelette: 5 Sandwich: 5 Wraps: 6 Salads: 8	Ice Berg Lettuce ■ Romaine ■ Mixed Greens ■ Spinach ■ Kale ■ Arugula ■ Mint Napa Cabbage ■ Mushrooms ■ Basil ■ Tomato ■ Cucumber ■ Celery ■ Corn Alfalfa Sprouts ■ Bell Peppers ■ Cherry Tomato ■ Capers ■ Black Olives Pepperoncini ■ Jalapeno ■ Carrots ■ Red Onions ■ Pickles ■ Roasted Peppers Croutons ■ Chinese Noodles ■ Crunchy Onions ■ Garbanzo Beans ■ Black Beans Hummus +\$1.25 ■ Almonds +\$.75 ■ Walnuts +\$.75 ■ Peanuts +\$.75		
<u>Sauces</u> N' <u>Dressings</u>	Extra Virgin Olive Oil ■ Pesto ■ Mayo ■ Low-Fat Mayo ■ Yellow Mustard Deli Mustard ■ Honey Mustard ■ Horseradish ■ Salsa ■ Teriyaki Sauce Balsamic Vinegar ■ Balsamic Vinaigrette Dressing ■ Cilantro Dressing ■ Mango Lime Dressing Italian Dressing ■ Thai Peanut Dressing ■ Ginger Carrot Miso Dressing Caesar Dressing ■ Blue Cheese Dressing ■ Buttermilk Farm Ranch Style Dressing		
<u>EXTRAS</u>	•Avocado +\$2.15 •Cheese(2 slices) +\$1.90 •Meat(2 oz.) +\$2.50 •Egg White +\$2.50		