

## CAFFE BAR

<b>Fresh Brewed Coffee</b> .....reg. \$2.00	lrg. \$2.75	
<b>Espresso</b> .....single \$1.75	double \$1.95	
<b>Macchiato</b> .....single \$2.25	double \$2.50	
<b>Latte</b> .....reg. \$3.50	lrg. \$3.95	
<b>Cappuccino</b> .....reg. \$3.50	lrg. \$3.95	
<b>Dark Mocha</b> .....reg. \$3.95	lrg. \$4.50	
<b>Crème Caramel</b> .....reg. \$3.95	lrg. \$4.50	
<b>Matcha Latte</b> .....reg. \$3.95	lrg. \$4.50	
<b>Chai Latte</b> .....reg. \$3.95	lrg. \$4.00	
<b>Vanilla Latte</b> .....reg. \$3.95	lrg. \$4.50	
<b>Hazelnut or Almond Latte</b> .....reg. \$3.95	lrg. \$4.50	
<b>Hot Chocolate</b> .....reg. \$3.95	lrg. \$4.25	
<b>Americano</b> .....reg. \$1.95	lrg. \$2.50	
<b>Add shot</b> .....\$.50	<b>Add Syrup</b> .....\$.75	<b>Add Soy</b> .....\$.60
<b>Add almond milk</b> .....\$.60		

## BREAKFAST- served all day

<b>Hard Boil Egg</b> .....	\$1.25
<b>Oatmeal</b> .....	\$.50
Served with fresh berries, bananas and brown sugar	
<b>Granola</b> .....	\$.60
Toasted oats, farm fresh yogurt, berries and honey	
<b>Seasonal Fruit Plate</b> .....	\$.60
<b>Quiche of the Day</b> .....	\$.50
Choice of savory quiche served with side of mixed greens	
<b>French Toast</b> .....	\$.70
Served with fruit and maple syrup on brioche bread.	
<b>Belgian Waffle</b> original.....	\$.60
Add bananas, blueberries raspberries, or strawberries	
.....	\$.1.50 each
<b>Bagel</b> (everything, onion, or plain).....	\$.20
<b>Bagel &amp; Cream Cheese</b> (everything, onion, or plain).....	\$.30
<b>Bagel &amp; Lox</b> .....	\$.90
Choice of everything, onion, or plain bagel served with smoked salmon, cream cheese, tomato & red onion, capers, and dill	
<b>Breakfast Sandwich with a side of fruit</b> .....	\$.80
Served with scrambled eggs, bacon, tomato and cheddar cheese on your choice of bagel.	
<b>Breakfast Wrap with mixed greens</b> .....	\$.60
Served with your choice of ham, bacon, or veggies.	

## EGGS & FRITATTAS

Made with 3 organic eggs and sea salt. Served with your choice of fresh fruit, mixed greens or roasted potatoes. Egg whites \$1.00

<b>Tomato &amp; Basil</b> .....	\$.70
<b>Asparagus, Mushroom</b> .....	\$.80
<b>Spinach, Tomato &amp; Goat Cheese</b> .....	\$.90
<b>Bacon, Tomato &amp; Four Cheese</b> .....	\$.90
<b>Smoked Salmon Onion &amp; Dill</b> .....	\$.90
<b>3 eggs any style</b> .....	\$.90
Choice of sausage or bacon, served with roasted potatoes, mixed greens or fruits	

\*ALL PRICES ARE SUBJECT TO CHANGE

## BROWN RICE BOWLS

Your healthy choice- brown rice served with steamed vegetables (broccoli, carrots and squash)

<b>Baked Salmon</b> .....	\$11
<b>Grilled Chicken Breast</b> .....	\$9
<b>Chicken Teriyaki Breast</b> .....	\$10
<b>Tofu, Spinach, Kale</b> .....	\$8
<b>Egg Whites, Spinach &amp; Grilled Chicken</b> .....	\$10
<b>Seared Blackened Ahi Tuna</b> .....	\$14

## PANINIS

Served with mixed greens, fruit or potatoes

<b>French Dip</b> caramelized onion, provolone, with au jus and creamy horseradish.....	\$12
<b>Waldorf Chicken Salad</b> green apple, walnuts, celery, dried cranberries, mayo, on a buttery croissant.....	\$10
<b>Blackened Chicken Club</b> bacon, avocado, provolone, lettuce, tomato, and mayo on wheat.....	\$12
<b>Ham &amp; Swiss</b> lettuce, tomato and mayo on white.....	\$9
<b>Turkey Club</b> turkey, bacon, avocado, cheddar, lettuce, tomato, mayo on wheat.....	\$12
<b>Classic Tuna</b> tuna salad with capers, celery red onion, mayo, lettuce and tomato on 7 grain.....	\$8
<b>Prosciutto &amp; Mozzarella</b> basil, tomato, and balsamic vinegar on white.....	\$11
<b>Turkey &amp; Havarti</b> cranberries, balsamic vinegar, lettuce, tomato and mayo on wheat.....	\$10
<b>Grilled Chicken Pesto</b> tomato, lettuce on wheat.....	\$9
<b>Primo</b> mortadella, capricola, soprasetta, salami, provolone lettuce, peppercinis, tomato, mayo on baguette.....	\$10
<b>Roasted Beef Swiss</b> , lettuce, tomato, mayo on white.....	\$10
<b>Roasted Veggie</b> mushroom, zucchini, eggplant, tomato, bell pepper, and goat cheese on olive with balsamic vinegar.....	\$8

## WRAPS served with mixed greens, fruit or potatoes.

Choice of wheat or flour tortilla.	
<b>B-L-T</b> bacon, lettuce, tomato, avocado, mayo.....	\$.90
<b>Turkey Avocado</b> lettuce, tomato, and mayo.....	\$.90
<b>Chicken Teriyaki</b> brown rice, carrots, sprouts.....	\$.90
<b>Curry Chicken</b> curry powder with mayo golden raisins, green apple, and mango.....	\$.90
<b>Salmon Wrap</b> capers, tomato, onion, romaine and mayo.....	\$10
<b>Grilled Shrimp</b> avocado, lettuce, tomato, 1000 island dressing.....	\$.90
<b>Classic Tuna salad</b> sprouts, tomato, lettuce, tuna salad mixed with mayo, celery, capers, and red onions.....	\$.80
<b>Soup of the Day</b> .....	\$.40

Ask cashier for the day's selection

## ENTREE SALADS

<b>Ahi Tuna Salad</b> .....	\$14
Seared, blackened Ahi tuna on a bed of mixed Greens, cucumber, carrots, sprouts, tomato, green onion, with a light lemon dressing	
<b>Chicken Caesar</b> .....	\$10
Tender roasted breast of chicken on a bed of romaine with croutons, tomatoes, parmesan, and Caesar dressing (no muffins)	
<b>Sub Salmon: \$3</b>	
<b>Blackened Chicken Salad</b> .....	\$12
Mangoes, golden raisins, green apples, strawberries, spinach, and raspberry dressing	
<b>Quinoa</b> .....	\$12
Asparagus, goat cheese, avocado, dried cranberries, walnuts, mint, red onion, tomato, and cucumber in lemon dressing	
<b>Spinach, Mango, Cranberry</b> .....	\$11
Fresh spinach leaves in pomegranate dressing, with grilled chicken breast, topped with mango and cranberries	
<b>Greek Salad</b> .....	\$.90
Crisp romaine, red onion, tomato, cucumber, Kalamata olives and feta cheese tossed with lemon dressing	
<b>Chop-Chop</b> .....	\$10
Mixed greens, tomato, carrot, celery, swiss cheese, turkey breast, salami and garbanzo beans chopped and tossed in balsamic	
<b>Spinach &amp; Pomegranate Salad</b> .....	\$10
Diced chicken breast on a bed of spinach, pomegranate seeds, spicy pecans, and bleu cheese with pomegranate dressing	
<b>Baked Salmon Pesto Salad</b> .....	\$13
Filet of salmon dressed in savory pesto on a bed of mixed greens and tomato in a crisp lemon dressing	
<b>Shrimp Avocado Salad</b> .....	\$12
Grilled shrimp nested on crisp romaine with hard-boiled egg, tomato and avocado, tossed with thousand island dressing	
<b>Blackened Salmon Salad</b> .....	\$13
Arugula with cucumber, tomato, and lemon dressing	
<b>Chicken Avocado</b> .....	\$11
Snow peas, celery, pomegranate, sweet potato, cherry tomatoes, mint, pomegranate dressing, mixed greens	
<b>Chicken Cobb Salad</b> .....	\$12
Diced chicken breast, tomato, bacon, avocado and blue cheese tossed with balsamic vinaigrette	
<b>BBQ Chicken Salad</b> .....	\$11
Mushroom, tomato, cucumbers, BBQ chicken, mozzarella and peppercinis on a bed romaine & mix greens with balsamic	

\*Some of our food may contain traces of nuts or other allergens, please check with our staff.

## SMOOTHIES-add protein for \$1.00

<b>Acai Berry</b> Apple juice, acai, blueberries, raspberries, strawberries.....	\$5
<b>Muscle Builder</b> Orange juice, pineapple, peaches, strawberries, banana, yogurt, .....	\$6
<b>Peanut Butter Blast</b> Milk, peanut butter, banana, yogurt....	\$6
<b>Get skinny</b> Orange juice, strawberries, blueberries, raspberries, goji berries, banana, yogurt .....	\$5
<b>Green Machine</b> Almond milk, banana, spinach, kale.....	\$6
<b>BBC</b> Apple Juice, beets, banana, carrots.....	\$6
<b>Mocha</b> Milk, banana, single espresso shot, chocolate powder.....	\$6
<b>Avocado</b> Almond milk, peach, banana, avocado, honey.....	\$6
<b>Banberry</b> Apple Juice, orange juice, strawberries, banana.....	\$6
<b>Cinnamon Crunch</b> Almond milk, banana, granola, cinnamon, honey, yogurt.....	\$5

## FRESH JUICE JARS \$6: Made Fresh Daily!

**Puregreen Cleanse:** cucumber, spinach, romaine lettuce, parsley.

**Energizer:** carrot, apple, lemons, ginger

**Digestive Cleanse:** pineapple, ginger, mint

**Sweet Greens:** cucumber, kale, pears, parsley

**Beautiflier:** cumber, lemon, mint, aloe vera

**Stamina Boost:** carrot, mint, beet, lime

**Citrus Cleanse:** grapefruit, oranges, lemon, lime, cayenne pepper, agave

**Juice:** Apple, orange, and carrot.....med \$5.....lrg. \$6

## ALCOHOLIC BEVERAGES

<b>BEERS</b> .....	\$5
<b>Corona, Corona Light, Budweiser, Bud lite, Pacifico, Fat tire, Red Hook IPA, Rolling Rock, Moretti</b>	
<b>DRAFTBEERS</b> .....	\$4
<b>REDS</b> .....	\$6 Glass/Bottle \$24
<b>Merlot, Cabernet Sauvignon, Pinot Noir</b>	
<b>WHITES</b> .....	\$6 Glass/Bottle \$24
<b>Chardonnay, Sauvignon Blanc, Pinot Griggio</b>	
<b>SPARKLING</b>	
<b>Champagne</b> .....	\$6 Glass / Bottle \$24
<b>Mimosa</b> .....	\$7
<b>Bellini</b> .....	\$7

**JOIN US FOR A BEER, OR GLASS OF WINE FOR \$3, AND OUR HAPPY HOUR FOOD SPECIALS! 3 PM TO CLOSE EVERYDAY!!**

## PIZZA

Individual sized, thin-crust pizzas (with marinara sauce)  
**Margherita**.....\$9  
Tomato, mozzarella cheese, and basil

<b>Roasted Veggie</b> .....	\$10
with peppers, mushrooms, zucchini, and eggplant	
<b>Pepperoni</b> .....	\$10
<b>Italian Sausage</b> .....	\$10
<b>BBQ Chicken</b> .....	\$12
Diced chicken breast in tangy bbq sauce, onions, cilantro and mozzarella (no marinara)	
<b>PASTA</b> -served with baguette	
<b>Chicken Mushroom Alfredo</b> .....	\$11
<b>Penne with Meat Sauce</b> .....	\$9
<b>Spaghetti Marinara</b> .....	\$8
<b>Spaghetti with Meat balls</b> .....	\$11
<b>Cheese Ravioli with Marinara</b> .....	\$10
<b>Homemade Meat Lasagna</b> .....	\$11
<b>White Truffle Shrimp</b> .....	\$12
<b>Penne Eggplant Zucchini</b> .....	\$10
<b>Spaghetti Carbonara</b> .....	\$11
<b>Spicy Sausage Spaghetti</b> .....	\$11
<b>Salmon Penne</b> .....	\$12

## HOUSE SPECIALTIES

<b>Turkey Meat Loaf</b> served with brown rice and kale .....	\$10
<b>Turkey Burger</b> served with roasted potatoes .....	\$10
<b>Chicken Parmigiana</b> .....	\$12
Breaded herbed chicken breast baked in rich tomato sauce and mozzarella, served with spaghetti and marinara	
<b>Chicken Milanese</b> .....	\$9
Roasted breast of chicken wrapped in herbed bread crumbs, served with mixed green salad	
<b>Roasted Chicken</b>	
Half chicken served with steamed vegetables and roasted potatoes or brown rice (please allow 15-20 minutes cook time).....	\$12
<b>Parmesan sandwich</b> with melted mozzarella and marinara on a bun served with mixed greens.....	\$9
<b>Meatball Sandwich</b> with melted mozzarella and marinara on a bun served with mixed greens.....	\$9

## FRENCH CREPES

<b>Savory Crepes</b>	
Savory crepes served with fresh mixed greens and tomatoes tossed in a light balsamic. Sub fruit or potatoes for \$2.00	
<b>Bacon, Tomato &amp; Mozzarella</b> .....	\$9
<b>Turkey, Mozzarella &amp; Caesar</b> .....	\$9
<b>Ham, Swiss, Tomato &amp; Pesto</b> .....	\$8
<b>Scrambled Eggs, Ham &amp; Mozzarella</b> .....	\$8
<b>Chicken, Mushroom &amp; Spinach</b> .....	\$9
<b>Asparagus, Mushroom and Zucchini</b> .....	\$8
<b>Sweet Crepes</b>	
<b>Banana &amp; Nutella</b> .....	\$7
<b>Banana &amp; Dulce de Leche</b> .....	\$7
<b>Strawberry &amp; Dark Chocolate</b> .....	\$7
<b>Nutella, Strawberry, Banana</b> .....	\$8



## DOWNTOWN LA \*\*

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## WEST HOLLYWOOD

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