

LUNCH Served 11:00AM - 2:30PM

PIZZAS

	10 inch
Margherita <i>Fresh tomato sauce, mozzarella and basil.....</i>	7.95
Grilled Veggie <i>Zucchini, Portobello mushrooms, red bell peppers, tomato, red onions, mozzarella.....</i>	8.50
Hawaiian <i>Forest Ham & Fresh Pineapple.....</i>	8.75
Pepperoni <i>The classic America's favorite.....</i>	8.50
Greek <i>Spinach, feta cheese, kalamata olives and tomato.....</i>	8.50

BEVERAGES

ESPRESSO SPECIALTY DRINKS made with Lavazza

	Single Shot 2oz	Double Shot 4oz
Espresso	2.15	2.95
Macchiato <i>Espresso with a dallop of foamed milk.....</i>	2.65	3.25
	Med 12oz	Large 16oz
Americano	2.50	2.95
Cappuccino <i>Espresso, foamed milk.....</i>	2.95	3.55
Latte <i>Espresso, steamed milk.....</i>	2.95	3.55
Mocha	3.45	4.05
Caramel Macchiato <i>Vanilla syrup, espresso, steamed milk and foam, topped with a generous amount of caramel sauce.....</i>	3.75	4.25
Caramel Mocha <i>Espresso, chocolate and caramel sauce, steamed milk.....</i>	3.75	4.25
<i>* Extra shot \$1.00 * Sub Almond Milk or Soy- Plus \$0.50 * Add Flavored Syrup - Plus \$0.50 * Ice any of the above espresso drinks!</i>		

MORE HOT DRINKS

	Med 12oz	Large 16oz
Fresh Brewed Coffee	1.95	2.45
Chai Tea Latte <i>A spicy black tea mixed with nutmeg, cinnamon and many other spices, steamed milk and topped with foam.....</i>	3.25	3.95
Mexican Hot Chocolate <i>A traditional hot chocolate mixed with cinnamon and other spices to give it an authentic taste.....</i>	2.95	3.55
Hot Chocolate	2.75	3.35
Organic Assorted Teas	2.25	

BEVERAGES

COLD BEVERAGES

	Med 12oz	Large 16oz
Fresh Brewed Iced Tea	1.75	2.25
Fountain Sodas	1.75	2.25
Canned Sodas	1.50	
Bottled Water	1.50	
Assorted Bottled Drinks	2.25	
Apple, Cranberry or Orange Juice	2.25	

FRUIT SMOOTHIES

Simply Fruit	4.50
<i>Choose up to 3 - Banana, Strawberries, Blue Berries, Peach, Pineapple, Mango Choose your juice or milk- Apple, Cranberry, OJ or Soy, Almond milk</i>	
ADD ON!	
<i>Protein Powder.....</i>	\$1.50
<i>Acai.....</i>	\$1.00
<i>Flax Seed.....</i>	\$0.75

WEEKLY SPECIALS

Receive weekly specials right to your email!
Simply sign up for Daily specials on our website
www.comeonincafe.com

Call or Text your Order- For Quick Pick-Up

WE DELIVER!

Delivery service available between 7:30am and 2pm.
Monday through Friday. \$20 minimum required.
Service fee 15%



COME ON IN! CATERING

Let us help make your next catered event a success!
Please refer to our easy to use catering menu for parties of 10 or more.
Come On In! can cater any business or special event. We will customize a menu for your needs and provide you with the highest quality service and food. We can also provide assistance with rentals and other event vendors.
For more information on catering, please contact Carmen at 858 864-9607 or call the store direct.
For catering menus, please ask at the counter or visit our website:
www.comeonincafe.com

MENU



COME ON IN!
C • A • F • E

Café • Catering • Special Events

Telesis Court
10184 Telesis Court.
San Diego, CA 92121

858.558.8964 • Fax 858.558.8917
Text 858.342.3371

Monday - Friday: 7:30am to 2:30pm

www.comeonincafe.com

BREAKFAST Served until 11:00AM

BREAKFAST MEALS

Served with roasted potatoes or fruit and your choice of wheat, pumpernickel or sourdough toast

Plain & Simple Eggs	
Two eggs any style.....	4.75
Add Boar's Head crispy bacon	1.50
Classic	
Fluffy scrambled eggs with sharp cheddar and tomato.....	5.25
Mediterranean	
Scrambled eggs, feta cheese, tomato and basil.....	5.50
Power Breakfast	
Scrambled egg whites, scallions, tomato, and spinach with a side of black beans.....	6.75

BAGELS & BREAKFAST SANDWICHES

Bagels - Plain, Sesame or Onion

Plain, with Butter and Jam, or with plain or daily selection

of flavored cream cheese.....	2.25
With cream cheese, Fresh sliced tomato & cracked pepper.....	2.75

Breakfast Burrito

Scrambled eggs, potatoes, black beans, cheddar cheese and salsa fresca side.....

Add bacon.....	5.75
----------------	------

Grilled Cheese

Melted cheddar on choice of bread.....	3.50
--	------

Breakfast Sandwiches

On your choice of croissant or ciabatta selection

Eggs and cheddar cheese.....	3.75
------------------------------	------

Eggs, Bacon or sausage and cheddar cheese.....	4.25
--	------

The Spicy Ranchero.....	4.75
-------------------------	------

(Black Forest Ham, egg, cheddar cheese, tomato, onion and jalapeno)

HEALTHY STARTS

Fresh Cut Fruit Parfait

Greek Plain Yogurt, Fresh Cut Fruit, House made Granola (oats, apple juice, shredded coconut, cranberries).....

	4.25
--	------

Berry Parfait

Greek Plain Yogurt, Fresh Berries, House made Granola (oats, apple juice, shredded coconut, cranberries).....

Honey upon request.....	4.75
-------------------------	------

Hearty Hot Oatmeal

Served with dried cranberries, sliced green apples, almonds and brown sugar.....

Add Fresh Berries.....	0.50
------------------------	------

LUNCH Served 11:00AM - 2:30PM

WRAPS

Served in a warm Spinach Tortilla or Gluten Free Paleo Tortilla with a side of fresh fruit

Turkey Wrap

Roasted turkey, avocado, tomato, baby spinach, tossed in lemon vinaigrette and pesto aioli.....

	8.25
--	------

Greek Wrap

Diced chicken breast, cucumber, feta, tomato, red onion, Kalamata olives, chopped lettuce, lemon vinaigrette.....

	8.25
--	------

Tuna Wrap

White albacore tuna mixed with mayo, pickles, parsley and celery with Kalamata aioli spread, red onion, tomato and chopped lettuce.....

	8.25
--	------

Roasted Veggie

Roasted Zucchini, Yellow Squash, Portobello, Red bell pepper, Tomato, Mozzarella, Baby Spinach, Tomato aioli.....

	8.25
--	------

LUNCH Served 11:00AM - 2:30PM

FAVORITE SANDWICHES

Choice of Ciabatta Roll, Whole Wheat, Sourdough or Pumpernickel Served with pasta salad or sub Fresh Fruit or Garden Greens for \$1.25 more.

Veggie and Cheese

Cucumber, tomato, onion, red bell pepper, swiss cheese, green leaf,

Dijon, Hummus.....	6.25
--------------------	------

Basil and Parmesan Chicken Salad

Tender poached chicken breast, mixed with a basil dressing

topped with fresh arugula and a mayo spread.....	7.50
--	------

Waldorf Chicken Salad

Tender poached chicken breast mixed with mayo, green apples,

toasted pecans with lettuce leaf and mayo spread.....	7.50
---	------

Curried Chicken Salad

Tender poached chicken breast mixed with plump golden raisins, toasted

almonds in a light curry with lettuce leaf and mayo spread.....	7.50
---	------

Roasted Turkey

Boar's head prime quality turkey breast, cheddar cheese, tomato,

lettuce leaf, and mayo spread.....	7.25
------------------------------------	------

Roast Beef

Medium rare Boar's head prime quality roast beef, Swiss cheese,

tomato, red onions, lettuce leaf with a Dijon Aioli spread.....	7.25
---	------

Black Forest Ham

Black Forest ham, cheddar cheese, tomato, lettuce leaf

and Honey Mustard Aioli spread	7.25
--------------------------------------	------

Meatball Sub

Meatballs in marinara, melted Mozzarella on a Ciabatta Roll	6.95
---	------

Albacore Tuna Salad

Albacore tuna mixed with pickles & parsley, sliced tomato, sprouts,

Kalamata olive Aioli spread	7.25
-----------------------------------	------

BLTA The Classic One

Boar's Head bacon, lettuce leaf, tomato, and avocado

served on toasted bread with tomato aioli spread.....	7.25
---	------

Club Trio

Boar's Head quality Roasted Turkey, Black Forest Ham, Crispy Bacon,

Cheddar, Tomato, Lettuce Leaf, Tomato Aioli Spread	7.95
--	------

Half Sandwich & Garden Greens or Caesar Salad

Any sandwich listed above (except for sub or trio).....	7.50
---	------

Half Sandwich & Soup or Black Bean Chili

Any sandwich listed above (except for sub or trio).....	7.50
---	------

HOMEMADE SOUPS

Bowls served with our homemade Ciabatta Bread & Butter

Cup...3.50 Bowl...4.50

Homemade Soup of the Day (made fresh daily)

Black Bean Chili-Vegetarian

Our homemade black beans soup made with vegetables, herbs, and spices.

Topped with shredded cheddar, sour cream, green onion and cilantro

Soup and Salad (served with bread and butter)

Cup of soup or chili and small garden greens.....	6.95
---	------

LUNCH Served 11:00AM - 2:30PM

SIGNATURE HOT SANDWICHES

Served on Ciabatta or Focaccia. Served with a side salad.

Grilled Pesto Chicken

Grilled Chicken, Roasted Red Bell Peppers, Mozzarella, Tomato,

Lettuce Leaf, Pesto Aioli.....	8.25
--------------------------------	------

Chipotle Chicken

Grilled Chicken, Avocado, Tomatillo, Pepper Jack Cheese, Chipotle Aioli,

Lettuce Leaf.....	8.25
-------------------	------

Turkey Brie

Roasted Turkey, Brie, Tomato, Dijon, Lettuce leaf.....	8.25
--	------

Roasted Veggie

Roasted Zucchini, Yellow Squash, Portobello, Red bell pepper, Tomato,

Mozzarella, Arugula, Tomato aioli.....	8.25
--	------

SALADS

Served with our homemade Ciabatta Bread & Butter

Caesar

Our classic. Chopped Romaine, homemade croutons,

Parmesan and Caesar dressing. Served Tossed.....	6.25
--	------

Add grilled chicken.....	2.50
--------------------------	------

Baby Spinach

Organic baby spinach, caramelized pecans, blue cheese, sun dried

tomatoes, and mushrooms tossed with our apple pecan dressing.....	7.50
---	------

Healthy Alternative

Oven-roasted zucchini, yellow squash, red onion, tomato, portabello

mushrooms over organic mix greens and romaine topped with feta	
--	--

cheese and balsamic dressing.....	7.95
-----------------------------------	------

Tuna Nicoise

White albacore over organic mix green with boiled potatoes, tomatoes

kalamata olives, French beans, sweet onions and lemon vinaigrette.....	8.75
--	------

Come On In!

Grilled chicken, organic mixed greens, toasted walnuts,

gorgonzola cheese, sliced green apples and balsamic vinaigrette.....	8.75
--	------

Cobb

Grilled chicken breast, bacon, hard boiled egg, bleu cheese crumbles,

tomato and red onion over organic mixed greens and romaine.	
---	--

Served with bleu cheese dressing.....	8.95
---------------------------------------	------

Palmito

Tender Poached Chicken, Hearts of Palm, Avocado, Fennel, shaved

Parmesan, over organic Arugula and Butter lettuce. Served tossed	
--	--

with lemon vinaigrette.....	9.25
-----------------------------	------

Garden Greens

Organic mixed greens topped with shredded carrots, tomatoes, cucumber

and red onion. Served with Balsamic Dressing.....	6.25
---	------

Enhance your salad with a scoop

Select from one of your favorites: tuna salad, basil chicken, curried

chicken, or waldorf chicken.....	2.50
----------------------------------	------

PASTAS

Served with our homemade Ciabatta Bread & Butter. Ask for Gluten free.

Daily selection of pasta with

Bolognese (meat sauce).....	8.95
-----------------------------	------

Come On In (pesto sauce with chicken and sun dried tomatoes).....	8.95
---	------

Primavera (seasonal vegetables, marinara sauce or alfredo sauce).....	8.95
---	------

Meatballs (in a spicy tomato sauce).....	8.95
--	------