



DOWNTOWN MENU

BREAKFAST

*Served Monday to Friday 7:30am to 10:00am
Call 619-501-1010 for pick-up.*

GOURMET BREAKFAST

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

Classic

Scramble with sharp cheddar and fresh tomatoes.....5.75

Bacon & Eggs

Three eggs any style and boar's head crispy bacon.....6.25

Mediterranean

Scrambled eggs, feta cheese, tomato and basil.....6.25

Come On In! Omelette

Swiss cheese, prosciutto, spinach and tomato.....6.95

Power Breakfast

Scrambled egg whites, scallions, tomato and basil with a side of black beans.....6.50

Quiche Plate

Chef's daily choice served with fresh fruit.....5.25

*Sub egg whites \$1.00

BUTTERMILK PANCAKES

Served with Maple syrup and butter. Add fresh fruit or eggs for \$1.00.

Light and golden.....4.50

With fresh blueberries.....5.00

Bananas and pecans.....5.00



OTHER GOODIES

Come On In! Burrito
Scrambled eggs, roasted potatoes, black beans, cheddar cheese and salsa fresca.....5.95

Chorizo and Egg Burrito
Scrambled egg, red chorizo, cheddar cheese.....5.25

Breakfast Bagels
Daily choice of jalapeno, sesame, everything, plain bagels, onions

Plain, with cream cheese, butter or jam.....1.75
Cream cheese, sliced tomato and cracked pepper.....2.25
Scrambled eggs and cheddar.....3.50
Scrambled eggs, bacon or turkey sausage and cheddar cheese.....3.95
Lox, cream cheese, fresh sliced tomato, red onion, capers.....6.50

Onion, Sesame, Plain
With butter and jam, cream cheese or plain....1.50
With cream cheese, fresh tomato and cracked pepper....2.25
With scrambled eggs and cheddar cheese....3.50

SIDE ORDERS

Four slices Boars Head Bacon.....2.75
Turkey Sausage.....2.50
Two Eggs.....2.25
Slice of Fresh Fruit.....2.50
Home-roasted Potatoes.....1.75
Toast.....1.50



ON THE GO!

At the counter, ready to go!

Parfait

Granola, yogurt and fruit.....3.95

Homemade Granola

With milk.....3.25

Fresh Cut Fruit Bowl

Seasonal melon, grapes and berries.....3.95

Croissant Sandwiches

Chef's daily choice.....4.50

Napolitan Baguettes

Prosciutto and butter.....3.50

Prosciutto, fresh mozzarella, Roma tomato, arugula, olive oil.....5.50

Roma tomatoes, red onion, feta cheese, fresh basil and olive oil.....4.50

OUR BAKERY COUNTER

Daily selection of our fresh homemade bakery includes

Muffins, scones, breakfast breads, croissant.....1.90-2.50

Seasonal tarts, cakes and pies.....2.75-3.50

Cookies.....1.50

Bars.....2.00

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LUNCH

Served 10:00am to 4:00pm

HOMEMADE SOUPS

Bowls served with bread and butter

Cup.....3.00 (12 oz) | Bowl.....3.85 (16 oz)

Homemade Soup - Chef Choice Daily
Bowls served with Dutch crunch roll and butter

Black Bean Chili

Our homemade vegetarian black beans are made with vegetables, herbs and spices topped off with cheddar cheese, sour cream and green onions and cilantro.....3.85

Soup and Salad

Served with bread and butter

Cup of soup or chili and small garden greens.....6.50

SALADS

Served with Dutch crunch roll and butter

Come On In!

Grilled chicken, organic mixed greens, toasted walnuts, gorgonzola cheese, sliced green apples and balsamic vinaigrette.....7.75

Caesar

The classic one.....4.95

Add grilled chicken breast.....2.50

Baby Spinach

Organic baby spinach, caramelized pecans, blue cheese, sundried tomatoes and mushrooms tossed with our apple pecan dressing.....6.95

Healthy Alternative

Oven-roasted seasonal vegetables over organic mix greens and romaine topped with feta cheese and balsamic dressing.....7.50



Tuna Nicoise

White albacore tuna salad over organic mix greens with boiled potatoes, kalamata olives, French beans, sweet red onions, tomatoes and lemon vinaigrette.....7.95

Cobb

Grilled chicken breast, hard-boiled egg, crispy bacon, tomatoes, bleu cheese crumble, red onion, over organic field greens served with bleu cheese dressing.....7.95

Arugula Salad

Tender poached chicken breast, fennel and shaved parmesan over organic arugula and butter lettuce, tossed with our lemon vinaigrette dressing.....7.95

Garden Greens

Organic mixed greens with fresh seasonal vegetables and balsamic dressing.....6.25
Add a scoop from one of your favorites: tuna salad, curried chicken, basil chicken or waldorf chicken.....1.50
Add grilled chicken breast.....2.50

GOURMET SANDWICHES

On your choice of wheat, sourdough, French roll or pumpernickel swirl. Served with pasta salad or sub green salad or fruit for \$1.00 more. Add extra meat \$2.00.

Veggie and Cheese

Cucumber, tomato, onion, red bell pepper, Swiss cheese, green leaf, Dijon and mayonnaise.....5.25

Basil and Parmesan Chicken Salad

Tender poached chicken breast, mixed with a basil dressing topped with fresh arugula and a mayo spread.....6.25

Waldorf Chicken Salad

Tender poached chicken breast mixed with green apples, toasted pecans, and a light mayo mix topped with lettuce leafs and mayo spread..... 6.25

Curried Chicken Salad

Tender poached chicken breast, green apples, sliced almonds and golden raisins, mixed with a light mayo mix topped with lettuce leaf and mayo..... 6.25

Roasted Turkey

Boar's head prime quality turkey breast, cheddar cheese, tomato, lettuce leaf and mayo.....6.25



Roast Beef

Medium rare Boar's head prime quality roast beef, Swiss cheese, tomato, red onions, lettuce leaf with a Dijon and mayo spread.....6.25

Forrest Ham

Black Forrest Ham, cheddar cheese, tomato, lettuce leaf and mayo spread.....6.25

Tuna Salad

White albacore tuna salad mixed with pickles, parsley and celery, tomato, lettuce leaf and mayo.....6.25

Egg Salad

Freshly made with chopped celery, served with green lettuce leaf and mayo.....5.50

Blue Cheese & Spinach

Tender organic baby spinach tossed with blue cheese crumble and French lemon dressing, served on toasted bread with a walnut mayo spread.....5.50

BLT - The Classic One

Boar's Head bacon, lettuce leaf, tomato, served on toasted bread with mayo spread.....5.75

Meatball Sub

Homemade meatballs with marinara sauce and shredded mozzarella cheese, served on a French roll.....6.50

Half Sandwich & Cup of Chili or Soup
Any sandwich listed above6.50

Half Sandwich & Garden Greens
Any sandwich listed above6.50

PASTAS

Served with bread and butter

Bolognese

Pasta with our homemade meat sauce.....8.25

Primavera

Pasta tossed with fresh seasonal vegetables. Your choice of marinara sauce topped with parmesan cheese OR with Alfredo sauce....8.25



Come On In!
Our signature pasta! Pasta tossed in our homemade pesto sauce with sundried tomatoes and
grilled chicken breast.....8.75

Manicotti
Pasta sheets rolled with spinach and ricotta served with a pink tomato basil sauce.....8.95

Lasagna - deep dish
Homemade with bolognese (meat) sauce.....8.95

PIZZAS

Personal size

Margherita
Fresh tomato sauce, mozzarella and basil.....7.50

Grilled Vegetables
Zucchini, bell peppers, mushrooms, red onions, eggplant, fresh tomato sauce and mozzarella.....
7.95

Come On In!
Artichoke hearts, kalamata olives, forrest ham, tomato sauce and mozzarella.....8.25

Pepperoni
The classic America's favorite.....7.95

Greek
Spinach, feta cheese, kalamata olives, tomato and red onion.....7.75

Pesto
Goat cheese, sundried tomatoes and pesto.....7.75

Pizza additions

Pepperoni, sausage, ham, chicken, prosciutto, portobello mushrooms.....1.50 ea.
**Bell peppers, extra cheese, eggplant, tomato, jalapeno, kalamata olives, spinach, white
mushrooms.....0.50 ea.**



WRAPS

Wrapped in a warm spinach tortilla and served with a side of fresh fruit.

Turkey Wrap

Roasted turkey, avocado, tomato and baby spinach, tossed in lemon vinaigrette and pesto aioli.....
7.50

Chicken Caesar Wrap

Diced grilled chicken breast, romaine, parmesan and tomato in classic Caesar dressing.....7.50

Greek Wrap

Diced chicken breast, cucumber, feta, tomato, red onion, kalamata olives, chopped lettuce and lemon vinaigrette.....7.50

BURGERS

Served with mixed greens.

Veggie Burger

Garden veggie patty with avocado, Swiss cheese, tomato, sprouts, red onions and pesto aioli on a whole wheat bun.....7.50

Turkey Burger

Grilled to order and served with Swiss cheese, avocado, tomato, lettuce and a garlic and lemon herbed aioli, served on a whole wheat bun.....7.50

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DAILY SPECIALS

Enjoy a variety of featured specials every day, including:

Soup of the Day ~ Pizza Special ~ Pasta Special

Salad Special ~ Sandwich Special



SMOOTHIES

Made from 100% fresh fruit and your choice of cranberry, apple or orange juice.

Strawberry.....3.75

Peach.....3.75

Strawberry, Peach and Banana3.75

SPECIALTY COFFEE DRINKS

made with Lavazza

Add any syrups to your LATTE or MOCHA for an even better taste:

Sugar Free Vanilla, Vanilla, Sugar Free Hazelnut, Hazelnut, Caramel.....\$0.50

Espresso.....single 1.50 double 2.00

Espresso Macchiato

Espresso topped with a light scoop of foam....single 1.75 double 2.25

Cappuccino

Espresso, foamed milk.....single 2.25 double 2.75

Caffe Latte

Espresso, steamed milk, foamed milk.....single 2.50 double 2.95

Café Mocha

Espresso, steamed milk, chocolate, whipped cream.....single 2.95 double 3.45

Caramel Macchiato

Light amount of vanilla syrup with espresso, steamed milk and foam, topped with a generous amount of caramel sauce....single 3.25 double 3.75

Milky Way

Espresso and steamed milk mixed with chocolate and caramel sauce, topped with whipped cream....single 3.25 double 3.75



MORE COFFEE AND OTHER BEVERAGES

Fresh Brewed Diedrich Coffee
Fresh roasted blend, decaf or regular....single 1.50 double 1.95

Café Au Lait
Coffee, steamed milk.....single 1.95 double 2.35

Hot Chocolate
Chocolate, steamed milk, fresh whipped cream....single 2.25 double 3.25

Mexican Hot Chocolate
A traditional hot chocolate mixed with cinnamon and other spices for an authentic flavor, topped with whipped cream....single 2.75 double 3.25

Chai Tea Latte
A spicy black tea mixed with nutmeg, cinnamon and many other spices, steamed milk and topped with foamsingle 2.50 double 2.95

Assorted Hot Teas.....1.50

Assorted Snapples & Bottled Drinks.....1.75

Bottled Water.....1.25

Canned Sodas.....1.00

Fresh Brewed Ice Tea.....1.50

Milk.....1.50

Apple or Cranberry Juice.....1.75

Fresh Squeezed Orange Juice8 oz 1.75 / 16 oz 2.95

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