### breakfast

Monday-Friday: 8:00am-11:00am  
Saturday-Sunday: 8:30am-11:00am

**egg creation**  
9  
omlet, egg white omelet or scramble. choose 3 ingredients.

(additional ingredients $0.50): tomato, avocado, red pepper, onion, black beans, spinach, mushroom, chicken, bacon, sausage, turkey, diced potato, pepper jack, cheddar, swiss, american, mozzarella, bleu, parmesan, goat or feta

**breakfast wrap**  
9  
eggs, bacon, mozzarella cheese, tomato, spinach, red peppers and basil pesto

**breakfast wrap lite**  
9  
egg whites, feta cheese, tomato and spinach

**two eggs**  
5  
2 eggs any style, served with wheat toast

**breakfast burrito**  
9  
eggs, sausage, cheddar cheese, tomato and black beans

**skillet**  
9  
2 eggs any style, diced potatoes, red peppers, tomato, spinach, mushroom and choice of bacon or sausage

**oatmeal**  
6  
served with walnuts, dried cranberries, and brown sugar

**bagel** (plain or wheat)  
3

**9-grain toast**  
3

**side of bacon or sausage**  
3

**hard boiled egg**  
1

### salads

**dressing choices:** balsamic vinaigrette, bleu cheese, caesar, chipotle ranch, cucumber ranch, lemon dijon, low fat ranch, sesame ginger or vinegar & oil

**add bacon or avocado:**  
1

**add fountain drink or bottled water:**  
1

**café chopped**  
9  
chicken breast, romaine lettuce, tomato, cucumbers, carrots and corn

**chicken caesar**  
9  
chicken breast, romaine lettuce, croutons, parmesan cheese with a side of caesar dressing

**buffalo chicken**  
9  
buffalo chicken, romaine lettuce, celery, carrots, bleu cheese crumbles and cucumbers

**tuna salad salad**  
9  
romaine lettuce, tomato and cucumber topped with our tuna salad and a side of balsamic vinaigrette dressing

**café cobb**  
9  
chicken breast, romaine lettuce, tomato, hard boiled egg, bacon, avocado and shredded cheddar

**strawberry spinach**  
9  
spinach, strawberries, pecans, red onion, and goat cheese with a side of balsamic vinaigrette dressing

**harvest**  
9  
choice of salmon, chicken or quinoa, walnuts, dried cranberries, bleu cheese crumbles and a side of lemon-dijon dressing

**scoop**  
5  
choice of tuna, chicken or egg salad, served with carrots & celery

**scoop duo**  
9  
choice of 2 scoops of tuna, chicken or egg salad, served toast and fruit

**small side salad**  
3  
lettuce, tomato and cucumber

### coffee, chai & tea

**espresso**  
1.75

**latte**  
sm. 3.50/lg. 4.50

**americano**  
sm. 3/lg. 4

**cappuccino**  
sm. 3.25/lg. 4.50

**café mocha**  
sm. 3.50/lg. 4.50

**rishi tumeric & ginger** or **masala chai**  
sm. 3.50/lg. 4.50

**coffee/tea**  
sm. 2/lg. 2.50
wraps and sandwiches

choice of side: chips, salad, carrots & celery, fries, sweet potato fries, or fresh fruit
add bacon or avocado:
add fountain drink or bottled water:
substitute cup of soup:
bread choices: wheat bread, white bread, flatbread, kaiser roll, sourdough, artisan roll, honey wheat wrap, or low carb wrap
cheese choices: american, cheddar, swiss, mozzarella, pepper jack, bleu, goat or feta
fountain drink: coke, diet coke, sprite, cranberry juice, lemonade or iced tea
turkey guacamole
roasted turkey, guacamole, romaine lettuce, tomato and mozzarella

vegetarian
romaine lettuce, cucumber, tomato, red peppers and hummus
café club
choice of turkey or chicken, bacon, romaine lettuce, tomato, dijon mustard and mayonnaise

southwest chicken
chicken breast, sweet corn, black beans, red peppers, tomato, romaine lettuce, and chipotle ranch

salmon
grilled salmon, spinach, apples, dried cranberries, and sesame ginger dressing

baja chicken
cajun chicken breast, grilled red peppers and onions, spinach, mozzarella, and cucumber ranch dressing
del-sol
choice of salmon, chicken or turkey, spinach, mozzarella, and sun-dried tomato pesto spread

m café tuna
tuna, walnuts, dried cranberries, raisins, celery, apples mixed into tzatziki sauce served with romaine lettuce and tomato

chicken salad new
chicken breast, walnuts, celery, red grapes, and mayonnaise

egg salad new
hardboiled eggs, celery, pickles, mustard and mayonnaise

chicken caesar wrap new
chicken breast, romaine lettuce, parmesan cheese, caesar dressing

spring chicken new
chicken breast, sliced strawberries, red onion, spinach, goat cheese and balsamic glaze on an artisan roll

buffalo chicken
buffalo tossed chicken, romaine lettuce, tomato, and ranch dressing

quinoa wrap new
quinoa, roasted beets, oregano and kale in a honey wheat wrap

old school turkey new
roasted turkey, lettuce, tomato, your choice of cheese, your choice of bread and mustard or mayonnaise

turkey panini new
roasted turkey, garlic aioli, tomato, spinach and mozzarella on sourdough pressed

fresh mozzarella panini new
fresh basil, fresh mozzarella, and roasted tomato, on a flatbread pressed

classic BLT new
bacon, lettuce, and tomato

grilled chicken
chicken breast, cheddar cheese, bacon, lettuce, tomato and mayonnaise

quesadilla new
choice of chicken or avocado, tomato, spinach, and chihuahua cheese

m café burger new
half pound, certified angus burger; served with your choice of toppings

snacks and soups

fruit cup
seasonal fruit
carrots & celery
parfait new
yogurt, fruit and granola
power snack new
hard-boiled egg, cheese cubes and red grapes

soup/chili
cup
bowl