

lunch

burgers

Choice of French Fries, Homemade Potato Chips, Cucumber Salad, Arugula Salad, (Fruit or Onion Rings 1.00)

Hamburger

1/3 lb beef patty, lettuce, tomato, onion, pickles & Thousand Island on a sesame bun 10.50

Cheeseburger

American, sharp cheddar or swiss 10.95

Garden Burger

Garden Patty, sprouts, tomato, onion, pickles & mayo on a wheat bun 11.25

Double Cheeseburger

Double patty, double cheese 13.95

Bacon Avocado Burger

2 slices of bacon & avocado 12.95

Bacon Cheeseburger

2 slices of bacon & American cheese 12.25

Jalapeno Cheeseburger

Jalapenos & American cheese 11.45

salads & more

Balsamic Vinaigrette, Bleu Cheese, Ranch or Thousand Island

Cobb Salad

Chicken, egg, avocado, bacon, tomato & bleu cheese crumbles over romaine lettuce 14.25

Chicken Spinach Salad

Chicken breast, tomatoes, onion, pine nuts, parmesan cheese, spinach, tossed with olive oil & red wine vinegar 13.25

Stuffed Avocado Salad

Tomato, cucumber, red onion & avocado topped with tuna salad over romaine lettuce 13.25

Goat Cheese & Walnut Salad

Goat cheese, walnuts, strawberries, blueberries, arugula & spinach tossed with balsamic vinaigrette 13.25

House Salad

Tomato, red onion, cucumber & romaine lettuce 7.50

Quesadilla

Jack & cheddar 9.95 add chicken 2.50

Spicy BBQ Chicken Quesadilla

Chicken, red onion, cilantro, jack cheese & spicy bbq sauce 12.25

Turkey Spinach Quesadilla

Ground turkey, spinach, green onion, & jack cheese 12.25

beverages

Coffee 3.50

Cappuccino 4.50/5.20

Latte 4.50/5.20

Mocha 5.00/5.70

Hot Tea 3.75

Hot Chocolate 3.75

Iced Tea / Sodas / Pelligrino / Milk / Apple Juice /

Cranberry Juice / Grapefruit Juice / 4.50

Orange Juice 4.85

Chocolate Milk 3.75

sandwiches & melts

Choice of French Fries, Homemade Potato Chips, Cucumber Salad, Arugula Salad, (Fruit or Onion Rings 1.00)

Choice of Sour Dough, Whole Wheat, Rye or Wheat Bun

Roasted Red Bell Pepper Sandwich

Roasted red bell pepper, goat cheese, avocado, red onion arugula & mayo 10.95

B.L.T.

Bacon, lettuce, tomato & mayo 10.50

B.L.T.A.

Bacon, lettuce, tomato, avocado & mayo 11.50

Tuna Salad Sandwich

Homemade tuna salad, lettuce & tomato 11.75

Tuna Melt

Tuna salad & cheddar cheese 12.25

Chicken Club

Chicken, avocado, bacon, tomato, swiss & mayo 12.75

Turkey Club

Turkey, bacon, ham, tomato, lettuce, swiss & mayo 12.75

Grilled Chicken Sandwich

Chicken breast, alfalfa sprouts, tomato, onion & mayo on a Wheat Bun 11.95

Grilled Cheese

Jack & cheddar 9.95

California Melt

Chicken, avocado, grilled tomato, jack cheese & Ortega chiles 12.50

Florentine Melt

Chicken, spinach, mushroom & swiss cheese 11.95

T.C.A. Sandwich

Turkey, swiss, avocado, tomato, sprouts & mayo 12.25

Turkey Sandwich 11.95

Turkey, red onion, sprouts & mayo

Patty Melt 10.95

Garden or beef patty with melted cheddar on your choice of bread

sides

Sauteed Spinach 6.25

Toast or Tortillas 1.95

Homemade Potato Chips 5.25

French Fries 5.25

Onion Rings 6.25

Homestyle Potatoes 5.00

Rice or Beans 5.00

Low fat Cottage Cheese 5.00

3 Bacon or 2 two oz Sausage 5.50

Avocado 4.50

Sour Cream 1.75

Seasonal Fruit 5.00

Sliced Tomato 2.95

One Egg 2.50