

SALT N SAVOR



DELI AND CAFE
Savor the Flavors

INSIDE RADY CHILDREN'S MEDICAL OFFICES/RESEARCH CENTER

📍 7910 Frost St. Suite 170 San Diego, CA 92123

📞 (858) 707-7083

OPEN HOURS

MONDAY - FRIDAY: 7AM - 5PM
Breakfast Served Until 10:30AM

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Program for FREE ITEMS
Coming Soon

CATERING AVAILABLE

Breakfast

Substitute For Egg Whites **\$2.50**
Gluten Free Wrap Or Bread
Available **\$2.50** Add Avocado **\$1.75**
Add Sausage, Bacon, Ham or
Turkey **\$1.75**

LOX BAGEL

Everything Bagel, Herbed Cream Cheese, Arugula, Tomatoes, Smoked Salmon, Capers, Onions

EGG WHITE WRAP

Wheat Wrap, Egg Whites, Spinach, Feta, Tomatoes

ARUGULA EGG

Focaccia, Fig Jam, Egg, Cheddar, Arugula, Applewood Smoked Bacon

BREAKFAST BURRITO

Flour Tortilla, Scrambled Eggs, Roasted Potatoes, Cheddar, Salsa, Choice Of Applewood Smoked Bacon, Sausage, Ham or Avocado
Power Burrito: Bacon, Ham & Sausage \$10.95

SUNRISE SANDWICH

English Muffin or Croissant With Egg, White American Cheese

SUNRISE PLUS

English Muffin or Croissant, Egg, White American Cheese . Your choice of Sausage, Bacon, Ham or Avocado
(Get 2 Sunrise Plus Sandwiches for \$11.99)

AVOCADO TOAST

Multigrain, Avocado, Sesame Seeds, Tomato, Red Pepper Flakes, Arugula. Add Egg \$2.00

PEANUT BUTTER CRUNCH TOAST

French Bread, Creamy Peanut butter, Banana, Granola, Drizzled Honey

BAGEL & CREAM CHEESE

Plain, Everything, Cinnamon Raisin, Jalapeno Cheddar

BUTTER & JAM

Your Choice Of Artisan Toast, English Muffin, Bagel Or Croissant

BREAKFAST BOWLS

Add: Extra Cheese **\$1.50** Meat **\$2.50** Avocado **\$1.75**

SO-CAL BOWL GF

Roasted Potatoes, Scrambled Eggs, Avocado, Cheddar, Black Beans, Corn, Salsa, Red Onion, Cilantro

THE CITY BOWL GF

Roasted Potatoes, Scrambled Eggs, Cheddar Cheese, Choice of Ham, Bacon, Sausage or Avocado
City Bowl With the Works: Bacon, Ham & Sausage **\$10.95**

OATMEAL BOWL V VG GF

Organic Steel Cut Oats With Your Choice Of 2 Toppings Fresh Strawberry, Fresh Blueberries, Organic Clover Honey, Walnuts, Cranberries, Sliced Almonds, Cinnamon, Brown Sugar Extra Toppings **\$0.50** non dairy milk available **\$0.95**

All of our PASTRIES and DESSERTS are baked in house from scratch.

Chocolate Chip Oatmeal Bar	3.99
Plain Toast Or Bagel	3.50
Yogurt Parfait	4.75
Fresh Fruit Cup	4.75
Hard Boiled Egg	1.99
Assorted Muffins	4.50
Peanut Butter Cookie	1.99
Chocolate Chip Cookie	1.99
Bacon, Sausage or Ham	2.50
Nova Smoked Salmon	3.75
Avocado	1.75
Peanut Butter	1.00
Cream Cheese	1.00
Extra Cheese	1.50
Roasted Potatoes	4.50

SMOOTHIES & BOWLS

Dairy Free Smoothies 20 Oz - **\$7.99**

ISLAND BLISS

Coconut Milk, Pineapple, Banana, Passion Fruit, Vanilla Protein

STRAWBERRY OATMEAL

Almond Milk, Strawberries, Bananas, Steel Cut Oats, Honey

ROCKET FUEL

Coconut Milk, Banana, Cacao Powder, Chia Seeds, Honey, Vanilla

DR. GREEN

Almond Milk, Spinach, Orange, Pineapple, Banana, Ginger, Chia Seeds, Honey

ACAI SMOOTHIE

Acai, Strawberry, Blueberry, Banana, And A Hint Of Apple Juice

ACAI BOWL

BASE: Organic Acai, Strawberry, Blueberry and Banana
TOPPINGS: Fresh Sliced Banana, Strawberries, Coconut Flakes And Crunchy Granola

ICE CREAM SUNDAE BOWL

Vanilla Ice Cream, Sliced Banana, Chocolate Syrup, Fresh Strawberry, Granola

Date Shake

Vanilla Ice Cream, Dates, Banana, Walnuts, Milk, Cinnamon

Lunch

PANINI & SANDWICHES

On Artisan Bread. Served With A Pickle Add Macaroni Salad **\$2.99** or Side Mixed Green Salad With Dressing **\$3.99** Gluten Free Bread or Wrap Available **\$2.50** (Any Half Sandwich **\$3** Off)

BBQ CHICKEN PANINI

Focaccia, Grilled Chicken Breast, BBQ Sauce, Bacon, Mozzarella, Red Onion, Mild Peppers, Arugula

ITALIAN ROLL

French Roll, Mozzarella, Salami, Ham, Lettuce, Tomato, Onions, Mustard, Mayo, Hot Pepper Mix (muffuletta)

MEATY PANINI

French Roll, Turkey, Ham, Salami, Bacon, Mozzarella, Lettuce, Tomato, Mayo, Mustard

HAM 'N SWISS MELT

Multigrain, Ham, Sliced Pickles, Swiss Cheese, Mayo, Mustard

SMOKED SALMON PANINI

Focaccia, Smoked Salmon, Arugula, Brie, Tomato, Balsamic Glaze

BACON BRIE PANINI

Focaccia, Brie, Fig Jam, Arugula, Smoked Bacon, Pickled Jalapeno

CHICKEN PESTO PANINI

Focaccia, Grilled Chicken Breast, Tomato, Red Onions, Mozzarella, Pesto, Mayo

FLAMING CHICKEN

Artisan Sourdough, Spicy Chicken Breast, Cheddar, Avocado, Bacon, Lettuce, Tomato, Buttermilk Ranch

CLASSIC CLUB

Artisan French White Bread, Turkey, Ham, Bacon, Lettuce, Tomato, Mayo

SPROUTED TURKEY

Artisan Sourdough, Smoked Turkey, Applewood Smoked Bacon, Avocado, Sprouts, Tomatoes, Cheddar, Mayo

CHICKEN SALAD

French Roll, Chicken Salad, Lettuce, Tomato, White American Cheese

TUNA MELT

Artisan Multigrain, Tuna Salad, Swiss, Mayo, Mustard

TUNACADO

Artisan Multigrain, Tuna Salad, Avocado, Tomato, Cucumbers, Sprouts, Mustard

GARDEN VEGGIE V

Artisan Sourdough, Avocado, Tomato, Mozzarella, Sprouts, Basil Pesto, Cream Cheese

BACON AVOCADO GRILLED CHEESE

Artisan French Bread, Applewood Smoked Bacon, Lettuce, Tomato, Mayo

BLT

Artisan Sourdough, Cheddar, Mozzarella, Applewood Smoked Bacon, Avocado

GRILLED TRIPLE CHEESE V (No Half Sandwich)

Artisan French White Bread, White American Cheese, Mozzarella, Cheddar Cheese

WRAPS

Served with a pickle. Add Macaroni Salad **\$2.99** or Side Mixed Green Salad with dressing **\$3.99** Gluten Free Wrap Available **\$2.50**

CHICKEN CAESAR WRAP

Spinach Wrap, Mixed Greens, Grilled Chicken Breast, Shredded Parmesan Cheese, Tomato, Caesar Dressing Try it Buffalo Chicken Caesar Style **\$10.99**

SPICY TUNA WRAP

Wheat Wrap, Mixed Greens, Tuna Salad, Avocado, Cilantro, Shredded Carrot, Red Onion, Mustard, Siracha

CHIPOTLE CHICKEN WRAP

Tomato Basil Wrap, Grilled Chicken Breast, Lettuce, Black Beans, Corn, Red Onions, Tortilla Strips, Jalapenos, Cheddar, Buttermilk Ranch

FALAFEL WRAP V

Flour Wrap, Falafel, Lettuce, Tomato, Shredded Beets, Red Cabbage, Shredded Carrots, Pickled Red Onions, Cilantro, Pickles, Garlic Aioli, Lemon Tahini

ASIAN GINGER CHICKEN WRAP

Wheat Wrap, Mixed Greens, Grilled Chicken Breast, Red Cabbage, Shredded Carrot, Sesame Seeds, Chow Mein Noodles, Asian Ginger Vinaigrette, Mayo

TURKEY CLUB WRAP

Spinach Wrap, Oven Roasted Turkey, Bacon, Avocado, Lettuce, Tomato, Ranch
Gluten Free Wrap Available **\$2.50**

QUINOA HEALTHY BOWLS

Add Grilled Chicken or Falafel **\$3.50** Smoked Salmon **\$3.99**

AVOCADO BOWL V GF

Quinoa, Avocado Salsa, Black Beans, Corn, Red Onion, Cheddar, Red Cabbage, Crispy Tortilla Strips, Jalapeno Aioli, Cilantro Lime Sauce

GREEK BUDDHA BOWL V

Quinoa, Feta, Kale, Kalamata Olives, Pickled Red Onions, Basil, Tomatoes, Cucumbers, Crispy Baked Pita Chips, Lemon Tahini Sauce, Garlic Aioli

BBQ BOWL V

Quinoa, Shredded Lettuce, Black Beans, Corn, Red Onion, Mild Peppers, Red Cabbage, Cheddar, Cilantro, BBQ Sauce, Buttermilk Ranch

SALADS

Served With A Toasted Crostini All Salad Dressings Are Made In House From Scratch Add Grilled Chicken, Falafel, Tuna or Chicken Salad to any Salad... Half Salad **\$3.50** Full Salad **\$3.99** Add Smoked Salmon half Salad **\$3.75** full Salad **\$4.75** *For Gluten Free, Please Ask For No Toasted Crostini Or Croutons

CLASSIC CAESAR VG G

Romaine, House Made Croutons, Shredded Parmesan Cheese, Caesar Dressing

CRANBERRY WALNUT SALAD V

Spinach, Walnuts, Cranberries, Red Cabbage, Feta, Balsamic Vinaigrette

SMOKED SALMON SALAD

Mixed Greens, Arugula, Smoked Salmon, Blueberries, Sesame Seeds, Avocado, Walnuts, Red Onion, Feta, Honey Chia Seed Vinaigrette

GREEK SALAD V

Mixed Greens, Cucumber, Tomato, Shredded Beets, Feta, Mild Peppers, Kalamata Olives, Greek Dressing

ITALIAN CHOPPED SALAD

Mixed Greens, Ham, Salami, Tomato, Mild Peppers, Kalamata Olives, Mozzarella, Italian Dressing

SANTA FE SALAD V

Mixed Greens, Red Cabbage, Black Beans, Corn, Red Onion, Avocado, Crispy Tortilla Strips, Cheddar, Salsa, Cilantro Lime Dressing

GARDEN SALAD V

Mixed Greens, Cucumber, Tomato, Shredded Carrots, House Made Croutons, Buttermilk Ranch Dressing

ASIAN GINGER SALAD V VG

Mixed Greens, Carrots, Cucumber, Tomato, Red Onion, Red Cabbage, Sesame Seeds, Chow Mein Noodles, Asian Ginger Vinaigrette

All of our dressings are made in-house using the freshest ingredients

All Dressings Are Available for purchase in 16oz. bottles \$7.99

Choose From:

Classic Caesar VG GF	Ginger Vinaigrette VG GF
Balsamic Vinaigrette VG GF	Cilantro Lime VG GF
Honey Chia Seed Vinaigrette V GF	Buttermilk Ranch V GF
Lemon Tahini VG GF	Italian V GF

Made From Scratch Daily. Served With Toasted Crostini **\$5.45**

SOUPS

MONDAY:	Chicken Noodle
TUESDAY:	Tomato Basil
WEDNESDAY:	Loaded Baked Potato Soup
THURSDAY:	Parmesan Orzo
FRIDAY:	Chef's Choice

CRAFT A MEAL, PICK ANY 2 FOR - \$12.49

Pick Two: Any 1/2 Sandwich, Soup of the Day, Small Garden or Caesar Salad

Coffee & Tea

Milk Substitutions Available: Almond, Coconut or Oat Milk **\$0.95**

COLD - 20 OZ

Iced Coffee **\$4.50**

Iced Latte (Regular, Vanilla, Hazelnut or Caramel) **\$5.45**

Iced Caramel Macchiato **\$5.45**

Iced Chai Tea Latte **\$5.45**

ICE BLENDED FRAPPS - 20 OZ

Mocha Frapp Coffee Frapp

Caramel Frapp Chai Tea Frapp

Mocha Crunch Frapp Coconut Mocha Frapp

HOT

Organic Fair Trade Coffee: Small \$3.25 Medium \$3.55 Large \$3.75

Organic Espresso: Single Shot \$2.25, Double \$2.65, Triple \$3.25

Organic Americano: Small \$3.45 Medium \$3.85 Large \$4.25

Cappuccino: Small \$4.25, Medium \$4.75, Large \$5.45

Latte: Small \$4.25, Medium \$4.75, Large \$5.45

Vanilla Latte: Small \$4.25, Medium \$4.75, Large \$5.45

Caramel Macchiato: Small \$4.25, Medium \$4.75, Large \$5.45

Mocha (White Or Chocolate): Small \$4.25, Medium \$4.75, Large \$5.45

Chai Tea Latte: Small \$4.25, Medium \$4.75, Large \$5.45

Hot Chocolate: Small \$4.25, Medium \$4.75, Large \$5.45

Mexican Hot Chocolate: Small \$4.25, Medium \$4.75, Large \$5.45

London Fog (Earl Grey, Lavender, Brown Sugar, Vanilla, Steamed Milk): Small \$4.25, Medium \$4.75, Large \$5.45

ImmunITE! (Honey, Turmeric, Ginger, Cinnamon, Apple Cider Vinegar): Small \$4.25, Medium \$4.75, Large \$5.45

Hot Tea (Selection Of Organic Teas) : 1 Tea bag \$2.50, 2 Tea bags \$3.25

Prices displayed are cash discount prices, other forms of payment will have a 3.99% non-cash charge