



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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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** 7.45
Everything Bagel, Herbed Cream Cheese, Arugula, Tomatoes, Smoked Salmon, Capers, Onions
- EGG WHITE WRAP** 8.99
Wheat Wrap, Egg Whites, Spinach, Feta, Tomatoes
- ARUGULA EGG** 6.99
Focaccia, Fig Jam, Egg, Cheddar, Arugula, Applewood Smoked Bacon
- BREAKFAST BURRITO** 8.45
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** 5.25
English Muffin or Croissant With Egg, White American Cheese
- SUNRISE PLUS** 6.99
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** 7.45
Multigrain, Avocado, Sesame Seeds, Tomato, Red Pepper Flakes, Arugula. Add Egg \$2.00
- PEANUT BUTTER CRUNCH TOAST** 4.99
French Bread, Creamy Peanut butter, Banana, Granola, Drizzled Honey
- BAGEL & CREAM CHEESE** 4.50
Plain, Everything, Cinnamon Raisin, Jalapeno Cheddar
- BUTTER & JAM** 4.50
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** 8.45
Roasted Potatoes, Scrambled Eggs, Avocado, Cheddar, Black Beans, Corn, Salsa, Red Onion, Cilantro
- THE CITY BOWL GF** 8.45
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** 4.99
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	1.75
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 9.99

BASE: Organic Acai, Strawberry, Blueberry and Banana
TOPPING: 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 7.99

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** 10.99
Focaccia, Grilled Chicken Breast, BBQ Sauce, Bacon, Mozzarella, Red Onion, Mild Peppers, Arugula
- ITALIAN ROLL** 10.99
French Roll, Mozzarella, Salami, Ham, Lettuce, Tomato, Onions, Mustard, Mayo, Hot Pepper Mix (muffuletta)
- MEATY PANINI** 11.99
French Roll, Turkey, Ham, Salami, Bacon, Mozzarella, Lettuce, Tomato, Mayo, Mustard
- HAM 'N SWISS MELT** 10.99
Multigrain, Ham, Sliced Pickles, Swiss Cheese, Mayo, Mustard
- SMOKED SALMON PANINI** 11.99
Focaccia, Smoked Salmon, Arugula, Brie, Tomato, Balsamic Glaze
- BACON BRIE PANINI** 10.99
Focaccia, Brie, Fig Jam, Arugula, Smoked Bacon, Pickled Jalapeno
- CHICKEN PESTO PANINI** 10.99
Focaccia, Grilled Chicken Breast, Tomato, Red Onions, Mozzarella, Pesto, Mayo
- FLAMING CHICKEN** 10.99
Artisan Sourdough, Spicy Chicken Breast, Cheddar, Avocado, Bacon, Lettuce, Tomato, Buttermilk Ranch
- CLASSIC CLUB** 10.99
Artisan French White Bread, Turkey, Ham, Bacon, Lettuce, Tomato, Mayo
- SPROUTED TURKEY** 10.99
Artisan Sourdough, Smoked Turkey, Applewood Smoked Bacon, Avocado, Sprouts, Tomatoes, Cheddar, Mayo
- CHICKEN SALAD** 10.99
French Roll, Chicken Salad, Lettuce, Tomato, White American Cheese
- TUNA MELT** 10.99
Artisan Multigrain, Tuna Salad, Swiss, Mayo, Mustard
- TUNACADO** 10.99
Artisan Multigrain, Tuna Salad, Avocado, Tomato, Cucumbers, Sprouts, Mustard
- GARDEN VEGGIE V** 10.99
Artisan Sourdough, Avocado, Tomato, Mozzarella, Sprouts, Basil Pesto, Cream Cheese
- BACON AVOCADO GRILLED CHEESE** 9.99
Artisan French Bread, Applewood Smoked Bacon, Lettuce, Tomato, Mayo
- BLT** 9.99
Artisan Sourdough, Cheddar, Mozzarella, Applewood Smoked Bacon, Avocado
- GRILLED TRIPLE CHEESE V** (No Half Sandwich) 8.99
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** 10.99
Spinach Wrap, Mixed Greens, Grilled Chicken Breast, Shredded Parmesan Cheese, Tomato, Caesar Dressing Try it Buffalo Chicken Caesar Style \$10.99
- SPICY TUNA WRAP** 10.99
Wheat Wrap, Mixed Greens, Tuna Salad, Avocado, Cilantro, Shredded Carrot, Red Onion, Mustard, Siracha
- CHIPOTLE CHICKEN WRAP** 10.99
Tomato Basil Wrap, Grilled Chicken Breast, Lettuce, Black Beans, Corn, Red Onions, Tortilla Strips, Jalapenos, Cheddar, Buttermilk Ranch
- FALAFEL WRAP V** 10.99
Flour Wrap, Falafel, Lettuce, Tomato, Shredded Beets, Red Cabbage, Shredded Carrots, Pickled Red Onions, Cilantro, Pickles, Garlic Aioli, Lemon Tahini
- ASIAN GINGER CHICKEN WRAP** 10.99
Wheat Wrap, Mixed Greens, Grilled Chicken Breast, Red Cabbage, Shredded Carrot, Sesame Seeds, Chow Mein Noodles, Asian Ginger Vinaigrette, Mayo
- TURKEY CLUB WRAP** 10.99
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** 9.75
Quinoa, Avocado Salsa, Black Beans, Corn, Red Onion, Cheddar, Red Cabbage, Crispy Tortilla Strips, Jalapeno Aioli, Cilantro Lime Sauce
- GREEK BUDDHA BOWL V** 9.75
Quinoa, Feta, Kale, Kalamata Olives, Pickled Red Onions, Basil, Tomatoes, Cucumbers, Crispy Baked Pita Chips, Lemon Tahini Sauce, Garlic Aioli
- BBQ BOWL V** 9.75
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** 8.99 9.99
Romaine, House Made Croutons, Shredded Parmesan Cheese, Caesar Dressing
 - CRANBERRY WALNUT SALAD V** 8.99 9.99
Spinach, Walnuts, Cranberries, Red Cabbage, Feta, Balsamic Vinaigrette
 - SMOKED SALMON SALAD** 11.99 13.99
Mixed Greens, Arugula, Smoked Salmon, Blueberries, Sesame Seeds, Avocado, Walnuts, Red Onion, Feta, Honey Chia Seed Vinaigrette
 - GREEK SALAD V** 8.99 9.99
Mixed Greens, Cucumber, Tomato, Shredded Beets, Feta, Mild Peppers, Kalamata Olives, Greek Dressing
 - ITALIAN CHOPPED SALAD** 11.99 13.99
Mixed Greens, Ham, Salami, Tomato, Mild Peppers, Kalamata Olives, Mozzarella, Italian Dressing
 - SANTA FE SALAD V** 8.99 9.99
Mixed Greens, Red Cabbage, Black Beans, Corn, Red Onion, Avocado, Crispy Tortilla Strips, Cheddar, Salsa, Cilantro Lime Dressing
 - GARDEN SALAD V** 8.99 9.99
Mixed Greens, Cucumber, Tomato, Shredded Carrots, House Made Croutons, Buttermilk Ranch Dressing
 - ASIAN GINGER SALAD V VG** 8.99 9.99
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 |

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

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 6.45

- 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
- ImmuniTEA (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