

**THE**CAFÉ  
kitchen & juicery

**M E N U**



FRESH FLUFFY OMELETTES

VEGGIE & CHEESE OMELETTE 16.50

Mushroom, peppers, onions, spinach, tomato, choice of cheese

GREEK MEDITERRANEAN OMELETTE 16.50

Feta cheese, spinach & tomato

WESTERN OMELETTE 16.50

Ham, cheddar cheese, peppers & onions

CHORIZO OMELETTE 18.00

Chorizo, peppers, onions, potatoes, pepper jack cheese

\*SMOKED SALMON OMELETTE 23.00

Arugula, tomato, cream cheese, capers, smoked salmon

HAM OR BACON CHEESE OMELETTE 16.00

With a choice of ham or bacon and choice of cheese



SIDES

Cup of Fruit 5.50 / Cup of Berries 9.00  
Oven Roasted Potatoes 5.00  
Ham, Bacon or Turkey Bacon 5.00  
Sausage (link or patty) 5.00  
Turkey patty 5.00

ADDITIONS

Egg White 2.75  
Extra Cheese 2.75

REPLACEMENTS

English Muffin (instead of toast) 0.50 (G/F 1.50)  
Bagel (instead of toast) 1.25 (G/F 2.00)  
Croissant (instead of toast) 2.25  
Repl. reg. cheese with feta, mozzarella, brie or goat cheese 2.50

GLUTEN FREE OPTIONS AVAILABLE

please ask your server

BREAKFAST EGG CHOICES

\*EGGS BENEDICT 17.50

Grilled Canadian bacon, & poached eggs atop toasted English muffin with home made Hollandaise sauce & petite salad.

\*VEGGIE BENEDICT 18.50

Tomato, spinach, asparagus & poached eggs atop toasted English muffin with home made Hollandaise sauce & petite salad

\*TWO EGGS ANY STYLE 16.00

To your preference, choice of ham, bacon or sausage & toast

MEDITERRANEAN SCRAMBLER 17.00

Two eggs scrambled with potatoes, tomatoes, spinach, onions, Kalamata olives and feta cheese with toast

\*BALANCED BREAKFAST SALAD 17.00

Two eggs with black beans, fresh cilantro, avocado and papaya - sweet, savory with a toast

\*POWER BREAKFAST BOWL 17.50

Two eggs poached with avocado, sun-dried tomatoes, feta cheese, hot sauce over natural whole grain oatmeal

\*CAFE SHAKSHUKA 18.00

Two poached eggs in house tomato sauce, mozzarella, cilantro mojo, sesame seeds, crunchy garlic, micro greens, roasted potatoes & side of toast

OTHER BREAKFAST CHOICES

\*AVOCADO SMASH 17.50

Whole avocado smashed with fresh cilantro, chopped tomatoes, scallions, Lemon juice and feta cheese. Topped with two poached eggs and served with a slice of multigrain toast

\*VEGGIE TOAST 19.00

Avocado smash, sautéed broccolini, asparagus, spinach, micro greens, sesame seed, a chili drizzle topped with two poached eggs - with a slice of multigrain toast & a side of roasted potatoes

\*SMOKED SALMON BRUNCH BOWL 22.00

Smoked salmon, brown rice, sautéed spinach, sautéed mushrooms, oven roasted potatoes with a drizzle of lemon aioli with a medium poached egg

\*BURRATA-AVOCADO & EGG SANDWICH 21.50

Open-face multigrain breakfast sandwich with two poached eggs, avocado, prosciutto, burrata cheese, fresh raspberries and basil. Drizzled with honey and served with side of fruit

\*STEAK BREAKFAST BURRITO 21.00

Scrambled eggs, sautéed jalapeño, onions, tomato, grilled flank steak, avocado, pepper jack cheese. Home fries & Pico De Gallo

BREAKFAST SANDWICH YOUR STYLE 16.50

Eggs, cheese and your choice of ham, bacon or sausage on a toast or upgrade to a bagel or a croissant

\*CLASSIC LOX BAGEL 20.00

Delicious smoked salmon with cream cheese, lettuce, tomato, onions & capers served on a toasted bagel

HEALTHY BOWLS

CAFE BIRCHER - MUESLI 18.00

Overnight oats soaked in oatmilk and orange juice with almond butter yogurt, mixed berries, pineapple, mixed melon, mixed seeds, dry baked orange, grapefruit and ginger honey

IRONMAN OATMEAL 15.00

Natural whole grain oatmeal whipped in fresh beet-carrot-apple juice, topped with roasted flaxseeds, almonds, raisins, apples & agave nectar

THE WORKS OATMEAL 13.00

Whole grain oatmeal, raisins, walnuts, bananas & brown sugar  
Berries - add 4.00

ACAI BOWL (AMAZONIAN SUPERFOOD) 17.50

Organic Premium Grade Acai - Blended with pineapple, banana, orange juice & agave nectar. Topped with strawberries, blueberries, kiwi & house granola

PITAYA BOWL (ASIAN SUPERFOOD) 17.50

Organic Premium Grade Pitaya - Blended with strawberries, coconut manna, mango and almond milk. Topped with banana, strawberry, coconut flakes, honey & house granola

YOGURT GRANOLA DELIGHT 15.00

Yogurt parfait with fresh berries and house granola

THE SWEETER TOOTH

CAFE CREPES 17.00

Fresh berries and homemade mascarpone/ricotta cream filling, topped with raspberry syrup

CLASSIC VANILLA BELGIAN WAFFLE 13.00

Baked to order and served with syrup on the side  
Add a side of mixed fruit 5.50  
AVAILABLE GLUTEN FREE

CAFE BUTTERMILK PANCAKES 13.00

Baked to order and served with syrup on the side  
Add a side of mixed fruit 5.50

STRAWBERRY STUFFED FRENCH TOAST 17.25

Fresh baked Challah dipped in our house made vanilla, cinnamon, nutmeg and fresh OJ custard, stuffed with a creamy mascarpone cheese filling and fresh strawberries. Topped with house made raspberry syrup

BAKED GOODS

TOAST 2.50 (G/F 3.00)  
TOASTED BAGEL 3.75 (G/F 5.00) With cream cheese 5.00  
ENGLISH MUFFIN 3.00 (G/F 4.50)  
BAKED MUFFIN 4.50 (Ask for our daily selection)  
CROISSANT 4.75  
ENGLISH SCONE 4.50(Ask for our daily selection)

COME AND SEE OUR DELICIOUS SELECTION OF CAKES & COOKIES - BAKED FRESH DAILY



## GOURMET SANDWICHES

### A COCKY BLT 20.50

Bacon, lettuce. tomato, cheddar cheese, chipotle paste, fried egg and our house guacamole on artisanal sourdough bread

### GRILLED CAFE PANINI 19.00

Ham, chicken, or turkey with fresh mozzarella, avocado, tomato & pesto served on artisan ciabatta bread

### SMOKED CHICKEN HAVARTI 17.00

Sliced golden chicken with Havarti cheese, lettuce, tomato and creamy mayo on a toast

### NEW VEGGIE PANINI 17.00

Arugula, avocado, tomatoes, cucumber, onion, peppers, olives and spicy pesto served on artisan ciabatta bread

### GRILLED NY REUBEN 18.50

Pastrami or corned beef on rye grilled to perfection with sauerkraut, Swiss cheese and thousand island dressing

### BLT 16.50

Bacon, lettuce, tomato & creamy mayo on a toast  
Make it a turkey BLT - add 2.75

### CHIPOTLE CHICKEN FOCACCIA 19.00

Sliced roasted chicken breast, arugula, tomatoes, avocado, served on focaccia bread with our homemade chipotle-apricot-barbecue sauce

### FRENCH HAM & BRIE PANINI 19.00

Ham, brie, green apples, bacon, honey mustard, mayo, tomatoes, served on artisan ciabatta bread

## CAFE WRAPS

### LOW CARB WRAPS 18.25

With lettuce, tomato (creamy low-fat mayo) and a choice of: Chicken/Bacon I Turkey/Bacon I Ham/Cheddar

### \*STEAK WRAP 20.00

Sliced grilled steak, romaine, avocado, roasted red peppers, feta cheese and chipotle aioli

### MEXICAN WRAP 16.00

Avocado, black beans, cheddar cheese, tomato, peppers, onion, lettuce and spicy mayo  
Add Roasted Chicken Breast: 5.75 or Sliced Grilled Steak: 6.50

### MEDITERRANEAN SPINACH WRAP 16.00

Cucumber, olives, romaine, roasted red peppers, feta cheese, tzatziki  
Add Roasted Chicken Breast: 5.75

### SIDES

Coleslaw, oven roasted potatoes: 5.00  
Mediterranean salad, House or Cesar salad: 5.50

## PALEO DIET EAT LIKE A CAVEMAN

### PALEO-POLLO 19.00

Roasted chicken breast, shredded cabbage, crispy romaine, homemade coleslaw, topped with roasted almonds, dried cranberries and pesto

### PALEO BOLOGNESE 19.00

Raw vegetable pasta, home made seasoned all natural beef bolognese sauce, topped with pesto and shaved parmesan cheese.

## LUNCH BOWLS

### \*MARINATED PROTEIN BOWL 21.00

Slices of grilled marinated flank steak, farro grains, marinated shredded cabbage, mango, avocado, fresh basil and cilantro with zesty tahini sauce

### ANCIENT GRAIN BOWL 18.00

Ancient farro grains, roasted sweet potatoes, arugula, cherry tomatoes, black beans, avocado, spring onions with a lemon cashew dressing

### BAKED FALAFEL SALAD BOWL 22.00

House made falafel balls, shredded red cabbage, carrot, apple, roasted almond, feta, dates, pickled ginger, micro green celery and chives served with our house lemon tahini dressing

### \*AHI TUNA POKE BOWL 23.75

Diced sushi grade tuna, brown rice, edamame, avocado, steamed broccolini, pickled onion, mango & shredded red cabbage with house made Ponzu dressing

### SRIRACHA-LIME CHICKEN SALAD BOWL 19.25

Chopped roasted chicken breast, napa cabbage, shredded carrots, micro green celery, scallions, red peppers, cilantro, basil & roasted almonds with spicy, sweet, sour house sriracha-lime ginger dressing

## OUR SEASONAL SALADS

### \*AHI TUNA PROTEIN SALAD 25.00

Pan seared ahi tuna with sesame seed crust, served with avocado, cherry tomato, cucumber, radish, jalapeño, hard boiled eggs, mixed seeds and topped with a sweet chili soy dressing

### \*GRILLED SALMON SALAD 25.00

Grilled salmon, crispy romaine, avocado, edamame, spring onion, cucumber, Italian parsley, chopped peanuts and sesame seeds with our savory house made hoisin-chili-lime dressing

### CURRIED CHICKEN SALAD 17.50

Our house curry chicken salad blend on a bed of crispy garden salad, tomato, cucumber, pepper, carrot

### GRILLED CHICKEN CAESAR SALAD 18.00

Roasted chicken breast with croutons, parmesan & caesar dressing served over crispy romaine

### CREAMY TUNA SALAD 17.50

Our house creamy tuna salad blend served on a bed of crispy garden salad, tomato, cucumber, carrot, pepper

### GREEK SALAD 16.50

Delicious Mediterranean salad with tomatoes, Kalamata olives, onions, cucumber, greens and feta cheese

### BEET PISTACHIO SALAD 17.75

Roasted beets, arugula salad, roasted red peppers, mandarin orange, pistachios nuts, feta cheese and raspberry vinaigrette

### CAFE GOURMET SALAD 20.50

Delicious fresh garden salad and vegetables with avocado, tomato, cheddar cheese, hard-boiled eggs, pistachios &roasted chicken breast

All salads: Add Roasted Chicken Breast: 5.75 - Add Grilled Shrimp: 7.25  
Add grilled Salmon, Tuna or Mahi Mahi: market price

## OTHER LUNCH CHOICES

### \*CAFE GASTRO BURGER 21.00

House recipe Black Angus beef burger with baked cherry tomatoes, melted fresh mozzarella, pesto, roasted potatoes, arugula & avocado on artisan multigrain bun

### SCRATCH VEGAN BURGER 21.00

House made vegan patty (black bean-walnut-mushroom-beet based), topped with dill-pickles, arugula, diced tomato, avocado, vegan mayo and fresh jalapeño. Served with a toasted garbanzo salad

### \*MAHI MAHI FISH TACO 21.00

Grilled seasoned Mahi Mahi chunks, chipotle aioli and our home made green apple pepper coleslaw served in tortilla with a side of caesar or house salad

SOUP OF THE DAY BOWL 9.00 I CUP 7.00

The Cafe is pleased to offer a variety of gluten free menu options. We are, however, not a gluten-free restaurant and although we have procedures in place to minimize the risk of cross contamination, we cannot guarantee that cross contamination will never occur

\*Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs or unpasteurized milk may increase your risk of foodborne illness.



BEVERAGES

GOURMET COFFEE +  
(LAVAZZA)

- DAILY GRIND DRIP COFFEE 5.00
  - ESPRESSO SINGLE 3.50
  - CORTADO 5.75
  - CAPPUCCINO 6.25
  - CAFE LATTE 6.25
  - FLAT WHITE 6.25
  - MACCHIATO (S) 4.50
  - MOCHA 6.75
  - WHITE CHOCOLATE MOCHA 6.75
- All our espresso based drinks are double shot
- Syrups 1.75 | Extra Shot 2.50

Substitute Cow milk for Almond or Oatmilk 1.50

or substitute for Pistchio Milk 2.50

TEA  
(PALAIS DES THES)

- GOURMET TEA SELECTION 5.00
- HOME BREWED ICED TEA 5.00
- ARNOLD PALMER 5.50
- CHAI TEA 6.00

HOT CHOCOLATE 5.50

BARISTA SPECIALS

- GOLDEN TURMERIC LATTE (HOT) 8.00  
Fresh sq. turmeric & ginger, oatmilk, cinnamon, honey
- MATCHA LATTE (HOT or COLD) 7.50  
Ceremonial grade Matcha, honey and oatmilk
- GINGER MATCHA LATTE (HOT or COLD) 8.50  
Ginger, matcha, collagen, cinnamon, oatmilk, honey
- LAVENDER LATTE 8.50  
Espresso, lavender, vanilla, oat milk
- PISTACHIO LATTE 9.00  
Espresso, Pistachio Creme, Pistachio Milk & Crunched Pistachio Nuts
- BLUE BLISS 8.00  
Butterfly pea, vanilla, ginger, honey, cinnamon, oatmilk
- BLUE BOOST 8.00  
CG Matcha, butterfly pea, vanilla, lavender, oatmilk

(RAW & HANDCRAFTED TO ORDER)

JUICES - 16oz / 10.50

- REVITALIZERS
  - GLOW RAW  
Carrot, Pineapple, Ginger, Aloe, Parsley, Coco Water
  - BEE HEALTHY  
Carrot, Apple, Celery, Parsley, Bee Pollen
  - WATERMELON HYDRATOR  
Watermelon, Aloe, Mint, Coconut Water
  - C-BOOSTER  
Carrot, Pineapple, Grapefruit, Lime, Camu Camu
- THE ROOTS
  - PINK PLEASURE  
Beet, Pineapple, Strawberry, Apple, Ginger, Orange
  - LIQUID OXYGEN  
Apple, Beet, Carrot, Ginger, Cayenne
  - HEARTBEAT  
Beet, Apple, Kale, Celery, Lemon, Ginger
- GREEN GOODNESS
  - DR. RAWZ  
Spinach, Cucumber, Pineapple, Mint, Lemon, Lime
  - IMMUNITY  
Kale, Spinach, Apple, Grapefruit, Celery, Ginger
  - RAWSOME  
Kale, Spinach, Apple, Parsley, Celery, Cucumber, Lemon

SHOTS - 6.00

- DEFENSE SHOT 2oz  
Lemon, Ginger, Cayenne
- FLU SHOT 2oz  
Echinacea, Lemon, Ginger
- GINGER OR TURMERIC 2oz  
Take it straight or add it to one of our drinks
- ZEN SHOT 4oz  
BrainOn, Orange Juice



CLASSIC PRESSED JUICES

- ORANGE (7.50)
- GRAPEFRUIT (8.50)
- SQUEEZED TO ORDER (12oz)

SMOOTHIES - 16oz / 11.50

- FRUITICIOUS
  - SUNSET ON 5TH  
Strawberry Banana, Pineapple, Orange, Alm. Milk
  - LIQUID SUNSHINE  
Pineapple, Mango, Aloe, Orange, Coconut Water
  - FLORIDA GLOW  
Pineapple, Kiwi, Avocado, Dates, Aloe, Coconut Water
- ACTIVATORS
  - SUPER STAMINA  
Mango, Pineapple, Banana, Vegan Protein, Coconut Water
  - NUT-TORIOUS  
Almond, Cashew, Flaxseed, Dates, Mint, Orange, Almond Milk
  - RISE & SHINE  
Banana, Oats, Flaxseed, Yogurt, Dates, Orange, Almond Milk
- SUPERFOODS
  - CHOCO BOOSTER  
Raw Cacao, Avocado, Acai Berries, Dates, Almond Butter, Almond Milk
  - D-RAW DETOX  
Kale, Spinach, Pineapple, Banana, Lime, Alm. Milk
  - GREEN MACHINE  
Avocado, Kale, Spinach, Yogurt, Coconut Manna, Coconut Water, Dates, Lime

OUR WINES

- WHITES
  - CHARDONNAY 11.50 (44.00)  
Juggernaut - Sonoma Coast
  - SAUVIGNON BLANC 9.50 (36.00)  
Babich - Marlborough, NZ
  - PINOT GRIGIO 9.50 (36.00)  
Gancia Della Venezia - Veneto Italy
- ROSE
  - ROSE 9.50 / (36.00)  
Vino By Charles Smith - Washington State
- RED
  - CABERNET SAUVIGNON (organic) 11.50  
Wander + Ivy - Mendocino County, California

BEER

- BUD LIGHT 6.75  
Premium light lager
- BLUE MOON 7.50  
White Belgian Wheat Ale
- SAMUEL ADAMS 7.50  
Boston Lager
- CORONA EXTRA 7.50  
Mexico
- HEINEKEN 7.50  
Premium Lager, Holland
- STELLA ARTOIS 7.50  
Premium Lager Belgium

MIXED ALCOHOLIC DRINKS

- BELLINI 10.75
- MIMOSA 10.75
- BLOODY MARY 10.75

OTHER BEVERAGES

- SAN PELLEGRINO or PERRIER  
(small) 5.25 (large) 8.50
- ACQUA PANNA  
(large) 8.50
- SODAS  
(Coke, Diet Coke, Sprite, Club Soda) 5.00