

THE CAFÉ
kitchen & juicery

M E N U

FRESH FLUFFY OMELETTES

- VEGGIE & CHEESE OMELETTE 14.75**
Mushroom, peppers, onions, spinach, tomato, choice of cheese
- GREEK MEDITERRANEAN OMELETTE 14.75**
Feta cheese, spinach & tomato
- WESTERN OMELETTE 14.75**
Ham, cheddar cheese, peppers & onions
- CHORIZO OMELETTE 16.25**
Chorizo, peppers, onions, potatoes, pepper jack cheese
- *SMOKED SALMON OMELETTE 20.00**
Arugula, tomato, cream cheese, capers and delicious smoked salmon
- HAM OR BACON CHEESE OMELETTE 14.00**
With a choice of ham or bacon and choice of cheese

ALL
OMELETTES
COME WITH
A SLICE OF
TOAST

SIDES

- Cup of Fruit 5.50 / Cup of Berries 8.75
- Oven Roasted Potatoes 4.75
- Ham, Bacon or Turkey Bacon 4.75
- Sausage (link or patty) 4.75

ADDITIONS

- Egg White 2.50
- Extra Cheese 2.50

REPLACEMENTS

- English Muffin (instead of toast) 0.50 (G/F 1.00)
- Bagel (instead of toast) 1.00 (G/F 1.75)
- Croissant (instead of toast) 1.50
- Replace regular cheese with feta, mozzarella, brie or goat cheese 2.50

GLUTEN FREE OPTIONS AVAILABLE
please ask your server



BREAKFAST EGG CHOICES

- *EGGS BENEDICT 16.25**
Grilled Canadian bacon & poached eggs atop a toasted English muffin with our delicious home made Hollandaise sauce
- *VEGGIE BENEDICT 17.25**
Tomato, spinach, asparagus & poached eggs atop a toasted English muffin with our delicious home made Hollandaise sauce
- TWO EGGS ANY STYLE 14.25**
Made to your preference with a choice of ham, bacon, or sausage and toast
- MEDITERRANEAN SCRAMBLER 15.50**
Two eggs scrambled with potatoes, tomatoes, spinach, onions, kalamata olives and feta cheese with toast
- *BALANCED BREAKFAST SALAD 15.50**
Two eggs with black beans, fresh cilantro, avocado and papaya - sweet, savory with a toast
- *POWER BREAKFAST BOWL 16.00**
Two eggs poached with avocado, sundried tomatoes, feta cheese, hot sauce over natural whole grain oatmeal

OTHER BREAKFAST CHOICES

- *AVOCADO SMASH 15.75**
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
- *SMOKED SALMON BRUNCH BOWL 20.50**
Smoked Salmon, brown rice, sautéed spinach, sautéed mushrooms, oven roasted potatoes with a drizzle of lemon aioli with one medium poached egg
- *BURRATA-AVOCADO AND EGG SANDWICH 19.75**
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 19.50**
Scrambled eggs with sautéed jalapeno, onions and tomato, grilled flank steak, avocado and pepper jack cheese. Served with a side of home fries and Pico De Gallo.
- BREAKFAST SANDWICH YOUR STYLE 13.75**
Eggs, cheese & your choice of ham, bacon or sausage on a toast or upgrade to a bagel or a croissant
- *CLASSIC LOX BAGEL 18.25**
Delicious Smoked Salmon with cream cheese, lettuce, tomato, onions & capers served on a toasted bagel

HEALTHY BOWLS

- IRONMAN OATMEAL 13.50**
Natural whole grain oatmeal whipped in fresh beet-carrot-apple juice, topped with roasted flaxseeds, almonds, raisins, apples & agave nectar
- THE WORKS OATMEAL 11.50**
Natural whole grain oatmeal with raisins, walnuts, bananas & brown sugar Berries - add 3.75
- ACAI BOWL (AMAZONIAN SUPERFOOD) 16.00**
Organic Acai - Blended with Pineapple, Banana, Orange Juice and Agave nectar. Topped with Strawberries, Blueberries, Kiwi and house granola
- PITAYA BOWL (SOUTH EAST ASIAN SUPERFOOD) 16.00**
Organic Pitaya - Blended with Strawberries, Coconut Manna, Mango & Almond milk. Topped with Banana, Strawberry, Coconut Flakes, Honey & house granola
- YOGURT GRANOLA DELIGHT 13.50**
Yogurt parfait with fresh berries and house granola



THE SWEETER TOOTH

- CAFÉ CREPES 15.50**
Fresh berries & homemade mascarpone/ricotta cream filling, topped with raspberry syrup
- CLASSIC VANILLA BELGIAN WAFFLE 11.50**
Baked to order and served with syrup on the side
Add a side of mixed fruit 4.75
AVAILABLE GLUTEN FREE
- CAFÉ BUTTERMILK PANCAKES 11.50**
Baked to order and served with syrup on the side
Add a side of mixed fruit 4.75
- STRAWBERRY STUFFED FRENCH TOAST 17.75**
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.

FROM OUR BAKERY

- BAKED MUFFIN 4.00**
(Ask for our daily selection)
- TOASTED BAGEL 3.50 (G/F 4.00)**
With cream cheese 4.00
- CROISSANT 4.25**
- TOAST 2.50 (G/F 2.75)**
- ENGLISH SCONE 4.00**
(Ask for our daily selection)
- ENGLISH MUFFIN 3.00 (G/F 3.25)**

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

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



GOURMET SANDWICHES

GRILLED CAFÉ PANINI 17.50

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

SMOKED CHICKEN HAVARTI 15.50

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

NEW VEGGIE PANINI 15.50

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

GRILLED NY REUBEN 17.50

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

BLT 15.00

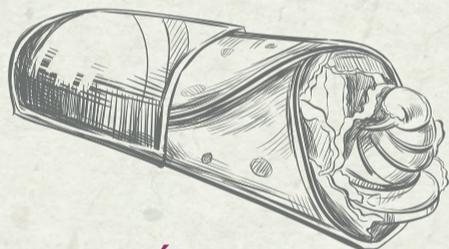
Bacon, lettuce, tomato & creamy mayo on a toast
Make it a turkey BLT - add 2.50

CHIPOTLE CHICKEN FOCACCIA 17.50

Tender slices of chicken breast, arugula, tomatoes, avocado, served on focaccia bread with our homemade chipotle-apricot-barbecue sauce

FRENCH HAM & BRIE PANINI 17.00

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



CAFÉ WRAPS

LOW CARB WRAPS 16.75

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

*STEAK WRAP 18.50

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

MEXICAN WRAP 14.50

Avocado, black beans, cheese, tomato, peppers, onion, lettuce, spicy mayo
Add grilled chicken breast: 5.50 or Sliced Grilled Steak: 6.25

MEDITERRANEAN SPINACH WRAP 14.50

Cucumber, olives, romaine, roasted red peppers, feta cheese, tzatziki
Add grilled chicken breast: 5.50

SIDES

Coleslaw, ovenroasted potatoes: 4.75
Mediterranean salad, House or Cesar salad: 5.25

PALEO DIET

EAT LIKE A CAVEMAN

PALEO-POLLO 17.50

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

PALEO BOLOGNESE 17.50

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

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

LUNCH BOWLS

*MARINATED PROTEIN BOWL 19.75

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

ANCIENT GRAIN BOWL 16.75

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

BAKED FALAFEL SALAD BOWL 20.75

Housemade 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 22.50

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 18.00

Tender roasted chicken breast, flavorful salad of Napa cabbage, shredded carrots, micro green celery, scallions, red peppers, cilantro, basil & roasted almonds served with our spicy, sweet & sour house Sriracha-Lime-Ginger dressing.

OUR SEASONAL SALADS

PREMIUM SALAD 21.50

Tender roasted chicken breast, Mesclun greens, avocado, red apple, micro greens, cherry tomatoes, radishes, cucumber, red onion and chopped salted almonds with our zesty house made citrus-poppy-seed vinaigrette

GRILLED SALMON SALAD 24.00

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 15.50

Tender golden chicken breast with our house curry, celery, almond, grape blend on a bed of crispy garden salad, Tomato, Cucumber, Pepper, Carrot

GRILLED CHICKEN CAESAR SALAD 15.50

Tender golden chicken with croutons and caesar dressing served over crispy romaine

CREAMY TUNA SALAD 15.50

Tuna made with our house mayo & celery blend served on a bed of crispy garden salad, Tomato, Cucumber, Carrot, Pepper

GREEK SALAD 15.00

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

BEET PISTACHIO SALAD 16.25

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

CAFÉ GOURMET SALAD 19.00

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

All salads: Add grilled chicken: 5.50

Add grilled shrimp: 7.00

Add grilled salmon: market price

OTHER LUNCH CHOICES

*CAFÉ GASTRO BURGER 19.50

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

SCRATCH VEGAN BURGER 19.25

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

*MAHI MAHI FISH TACO 19.25

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

SOUP OF THE DAY BOWL 9.00 | CUP 7.00

GOURMET COFFEE SPECIALS (LAVAZZA) & SPECIALTY DRINKS

DAILY GRIND DRIP COFFEE 4.50
ESPRESSO 4.25
CAPPUCCINO 5.75
CAFÉ LATTE 6.00

Syrups 1.25 | Extra Shot 2.00 Substitute cow milk for Almond, Oat or Soy milk 1.00

GOLDEN TURMERIC LATTE (HOT) 7.00
Turmeric, ginger, oat milk, cinnamon, honey

LAVENDER LATTE (HOT) 7.00
Espresso, lavender, vanilla, oatmilk

MACCHIATO 5.00
MOCHA 6.50
WHITE CHOCOLATE MOCHA 6.50
HOT CHOCOLATE 5.50

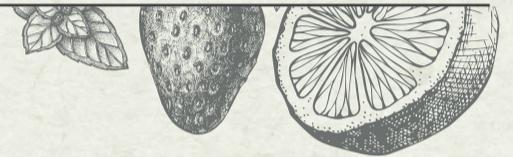
MATCHA LATTE (HOT OR COLD) 7.00
Ceremonial grade Matcha tea, oat milk, honey

GINGER MATCHA LATTE (HOT OR COLD) 7.50
Ginger, CG Matcha, collagen, cinnamon, oatmilk, honey

TEA SPECIALS (PALAIS DES THÉS)

GOURMET TEA SELECTION 5.00
HOME BREWED ICED TEA 4.50
ARNOLD PALMER 5.25
CHAI TEA 5.75

RAW JUICES HANDCRAFTED TO ORDER 16OZ/9.75



REVITALIZERS

GLOW RAW
Carrot, Pineapple, Ginger, Aloe, Parsley, Coconut 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

CLASSIC PRESSED JUICES

ORANGE (6.75) & GRAPEFRUIT (7.75)
SQUEEZED TO ORDER (12OZ)

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

RAW SMOOTHIES HANDCRAFTED TO ORDER 16OZ/10.75

FRUITATIOUS

SUNSET ON 5TH
Strawberry Banana, Pineapple, Orange, Almond 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

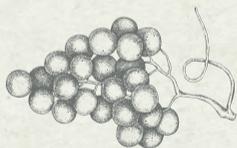
SUPERFOODS

CHOCO BOOSTER
Raw Cacao, Avocado, Acai Berries, Dates, Almond Butter, Almond Milk

D-RAW DETOX
Kale, Spinach, Pineapple, Banana, Lime, Almond Milk

GREEN MACHINE
Avocado, Kale, Spinach, Yogurt, Coconut Manna, Coconut Water Dates, Lime

OUR WINES



WHITES

CHARDONNAY 10.50 (40.00)
B.R. COHN WINERY - RUSSIAN RIVER VALLEY

SAUVIGNON BLANC 8.50 (32.00)
BABICH - MARLBOROUGH, NZ

PINOT GRIGIO 8.50 (32.00)
GANCIA DELLE VENEZIA - VENETO ITALY

ROSE

ROSE 8.50 / (32.00)
VINO BY CHARLES SMITH - WASHINGTON STATE

REDS

CABERNET SAUVIGNON GLASS 8.50
CABERNET SAUVIGNON BOTTLE (32.00)
ANGELINE VINEYARDS - SANTA ROSA - SONOMA

RAW SHOTS HANDCRAFTED TO ORDER

GINGER OR TURMERIC 2oz/5.75
Take it straight or add it to one of our drinks

ZEN SHOT 4oz/5.75
BrainOn, Orange Juice



DEFENSE SHOT 2oz/5.75
Lemon, Ginger, Cayenne

FLU SHOT 2oz/5.75
Echinacea, Lemon, Ginger

BEER

DOMESTIC
Bud Light, Premium light lager 6.25
Blue Moon White Belgian Wheat Ale 7.00
Samuel Adams, Boston Lager 7.00

IMPORTED
Corona Extra - Mexico 7.00
Heineken Premium Lager, Holland 7.00
Stella Artois Premium Lager Belgium 7.00

MIXED ALCOHOLIC BEVERAGES

Bellini 10.00
Mimosa 10.00
Bloody Mary 10.00

OTHER BEVERAGES

SAN PELLEGRINO (small) 5.00 (large) 8.00
Perrier (small) 5.00 (large) 8.00
SODAS 4.75
(Coke, Diet Coke, Sprite, Club Soda)