

THE CAFÉ
kitchen & juicery

M E N U

FRESH FLUFFY OMELETTES

VEGGIE & CHEESE OMELETTE 17.00

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

GREEK MEDITERRANEAN OMELETTE 17.00

Feta cheese, spinach & tomato

WESTERN OMELETTE 17.00

Ham, cheddar cheese, peppers & onions

CHORIZO OMELETTE 18.50

Chorizo, peppers, onions, potatoes, pepper jack cheese

*SMOKED SALMON OMELETTE 23.50

Arugula, tomato, cream cheese, capers, smoked salmon

HAM OR BACON CHEESE OMELETTE 17.00

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 18.00

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

*VEGGIE BENEDICT 19.00

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

*TWO EGGS ANY STYLE 17.00

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

MEDITERRANEAN SCRAMBLER 17.50

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

*BALANCED BREAKFAST SALAD 17.50

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

*POWER BREAKFAST BOWL 18.00

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

*CAFE SHAKSHUKA 18.50

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

OTHER BREAKFAST CHOICES

*AVOCADO SMASH 18.00

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 19.50

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 oven roasted potatoes

*SMOKED SALMON BRUNCH BOWL 22.50

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

*BURRATA-PROSCIUTTO-AVOCADO SANDWICH 22.00

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

*STEAK BREAKFAST BURRITO 21.50

Scrambled eggs, sautéed jalapeño, onions, tomato, grilled flank steak, avocado, pepper jack cheese. oven roasted potatoes & Pico De Gallo

BREAKFAST SANDWICH YOUR STYLE 17.00

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

*CLASSIC LOX BAGEL 20.50

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

HEALTHY BOWLS

CAFE BIRCHER - MUESLI 18.50

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 15.50

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

THE WORKS OATMEAL 13.50

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

ACAI BOWL (AMAZONIAN SUPERFOOD) 18.00

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

PITAYA BOWL (ASIAN SUPERFOOD) 18.00

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 15.50

Yogurt parfait with fresh berries and house granola

THE SWEETER TOOTH

CAFE CREPES 17.50

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

CLASSIC VANILLA BELGIAN WAFFLE 14.00

Baked to order and served with Maple syrup on the side

Add a side of mixed fruit 5.50

AVAILABLE GLUTEN FREE

CAFE PANCAKES 14.00

Baked to order and served with Maple syrup on the side

Add a side of mixed fruit 5.50

STRAWBERRY STUFFED FRENCH TOAST 18.00

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 2.75 (G/F 3.25)

TOasted BAGEL 4.00 (G/F 5.25) With cream cheese 5.00

ENGLISH MUFFIN 3.25 (G/F 4.75)

BAKED MUFFIN 4.75 (Ask for our daily selection)

CROISSANT 5.00

ENGLISH SCONE 4.75 (Ask for our daily selection)

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

GOURMET SANDWICHES

A COCKY BLT 21.00

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

GRILLED CAFE PANINI 19.50

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

SMOKED CHICKEN HAVARTI 17.50

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

NEW VEGGIE PANINI 17.50

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

GRILLED NY REUBEN 19.00

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

BLT 17.00

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

CHIPOTLE CHICKEN FOCACCIA 19.50

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

FRENCH HAM & BRIE PANINI 19.50

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

CAFE WRAPS

LOW CARB WRAPS 18.75

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

*STEAK WRAP 20.50

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

MEXICAN WRAP 16.50

Avocado, black beans, cheddar cheese, tomato, peppers, onion, lettuce and spicy mayo

Add Roasted Chicken Breast: 6.00 or Sliced Grilled Steak: 7.00

MEDITERRANEAN SPINACH WRAP 16.00

Cucumber, olives, romaine, roasted red peppers, feta cheese, tzatziki
Add Roasted Chicken Breast: 6.00

SIDES

Coleslaw, oven roasted potatoes: 5.00

Mediterranean salad, House or Cesar salad: 5.75

PALEO DIET

EAT LIKE A CAVEMAN

PALEO-POLLO 19.50

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

PALEO BOLOGNESE 19.50

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

GLUTEN FREE

The Cafe is pleased to offer a variety of gluten free options across our menu. Please ask your server. 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.

LUNCH BOWLS

*MARINATED PROTEIN BOWL 21.50

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

ANCIENT GRAIN BOWL 18.50

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

BAKED FALAFEL SALAD BOWL 22.50

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 24.25

Sushi grade tuna, brown rice, edamame, avocado, steamed broccolini, pickled onion, mango, red cabbage, house made Ponzu dressing

SRIRACHA-LIME CHICKEN SALAD BOWL 19.75

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 25.50

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 25.50

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 18.00

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

CHICKEN CAESAR SALAD 18.50

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

CREAMY TUNA SALAD 18.00

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

GREEK SALAD 17.00

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

BEET PISTACHIO SALAD 18.25

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

CAFE GOURMET SALAD 21.00

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

All salads: Add Roasted Chicken Breast: 6.00 - Add Grilled Shrimp: 7.50
Add grilled Salmon or Tuna: market price

OTHER LUNCH CHOICES

*CAFE GASTRO BURGER 21.50

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

SCRATCH VEGAN BURGER 21.50

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

*GRILLED SALMON TACOS 24.00

Grilled blackened Salmon chunks, with sriracha mayo & our home made Mango Pico de Gallo served in tortilla, a side of caesar or house salad

*MAHI MAHI FISH TACOS 22.00

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

SOUP OF THE DAY BOWL 9.25 | CUP 7.25

BEVERAGES

GOURMET COFFEE

(LAVAZZA - La Riserva de Tierra)

DAILY GRIND DRIP COFFEE 5.25

ESPRESSO SINGLE 3.50

CORTADO 6.00

CAPPUCCINO 6.50

CAFE LATTE 6.50

FLAT WHITE 6.50

MACCHIATO (S) 4.75

MOCHA 7.00

WHITE CHOCOLATE MOCHA 7.00

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 Pistachio Milk 2.50

TEA

(PALAIS DES THES + MEM)

GOURMET TEA SELECTION 5.00

HOME BREWED ICED TEA:

TRADITIONAL 5.00

Caffeinated

BLOOD ORANGE HIBISCUS 7.00

Hibiscus, orange peel, lemongrass, elderberry, rooibos, stevia leaf.

Decaffeinated

ARNOLD PALMER 5.50

CHAI TEA 6.00

HOT CHOCOLATE 5.50

BARISTA SPECIALS

GOLDEN TURMERIC LATTE (HOT) 8.25

Fresh sq. turmeric & ginger, oatmilk, cinnamon, honey

MATCHA LATTE (HOT or COLD) 7.75

Ceremonial grade Matcha, honey and oatmilk

GINGER MATCHA LATTE (HOT or COLD) 8.75

Ginger, matcha, collagen, cinnamon, oatmilk, honey

LAVENDER LATTE 8.75

Espresso, lavender, vanilla, oat milk

PISTACHIO LATTE 9.25

Espresso, Pistachio Creme, Pistachio Milk & Crunched Pistachio Nuts

ICED BLUEBERRY MATCHA 9.25

House-made Blueberry Syrup Blended with Premium Matcha and Almond Milk.

BLUE BOOST 8.25

CG Matcha, butterfly pea, vanilla, lavender, oatmilk

(RAW & HANDCRAFTED TO ORDER)

JUICES - 16oz / 10.75

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 - 6.25

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

SMOOTHIES - 16oz / 11.75

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, Coco Water

ACTIVATORS

JUMP-START

Espresso, Almond Milk, Banana, Vanilla Whey Protein, Cashew, Almond Butter, Dates,

SUPER STAMINA

Mango, Pineapple, Banana, Veg. Protein, Coco 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 12.00 (46.00)

Juggernaut - Sonoma Coast

SAUVIGNON BLANC 10.00 (38.00)

Babich - Marlborough, NZ

PINOT GRIGIO 10.00 (38.00)

Gancia Della Venezia - Veneto Italy

ROSE

ROSE 10.00 / (38.00)

Vino By Charles Smith - Washington State

RED

CABERNET SAUVIGNON (organic) 12.00

Wander + Ivy - Mendocino County, California

BEER

BUD LIGHT 7.00

Premium light lager

BLUE MOON 7.75

White Belgian Wheat Ale

SAMUEL ADAMS 7.75

Boston Lager

CORONA EXTRA 7.75

Mexico

HEINEKEN 7.75

Premium Lager, Holland

STELLA ARTOIS 7.75

Premium Lager Belgium

MIXED ALCOHOLIC DRINKS

BELLINI 12.00 - MIMOSA 12.00

BLOODY MARY 12.00

APEROL SPRITZ 14.00

OTHER BEVERAGES

SAN PELLEGRINO or PERRIER

(small) 5.50 (large) 8.75

ACQUA PANNA

(large) 8.75

SODAS

(Coke, Diet Coke, Sprite, Club Soda) 5.25