DAILY SPECIALS

MONDAY...Chicken Quesadilla

Avocado, side of roasted salsa | 15

TUESDAY...Chopped Italian Salad

Chicken breast, romaine lettuce, black olives, capers tomatoes, cucumbers, celery, oregano vinaigrette | 15

WEDNESDAY...Stuffed Avocado

Albacore tuna, salad, side of fresh fruit | 15

THURSDAY...Chopped BLT Salad

Chicken breast, sourdough croutons

house vinaigrette | 15

FRIDAY...Southwest Grilled Cheese

Jalapeño, tomatoes, sourdough | 10

SATURDAY...Beef Quesadilla

Avocado, side of roasted salsa | 16

SUNDAY...Stuffed Avocado

Chicken salad, side of fresh fruit | 15

BLENDED ENERGY BOWLS | 8

Topped with granola, banana, berries, agave nectar

PARADISE PITAYA BOWL

Pitaya, almond milk, pineapple, banana

ACAI BOWL

Acai berries, banana, pineapple, peanut butter soy milk

STRAWBERRY SENSATION BOWL

Strawberries, Greek yogurt, banana peanut butter, soy milk

BREAKFAST

BREAKFAST SANDWICH | 8

Fried egg, American cheese, bacon or sausage English muffin

BUILD AN OMELET OR BURRITO | 10

Choice of: Whole eggs or Egg whites, ham, bacon sausage, onions, peppers, spinach, tomatoes

Choice of: Cheddar, Swiss, Provolone or American cheese

SIDES | 3

Fries | Sweet Potato Fries | Assorted Chips Fresh Fruit | Side Salad

SOUP | 7

Gazpacho Add: Shrimp - 3 Avocado - 2

SANDWICHES

SUMMER BURGER | 13

All natural beef, cheddar cheese, lettuce, tomato red onion, pickles, sesame seed bun

HOT DOG | 8

All beef hot dog, sesame bun, mustard, ketchup, relish

CLASSIC GRILLED CHEESE | 9

Choice of: Cheddar, Swiss, American or Provolone cheese

Choice of: Sourdough or multi-grain wheat bread

TUNA MELT | 13

Choice of: Cheddar, Swiss, American or Provolone cheese

Choice of: Sourdough or multi-grain wheat bread

SANDWICH BOARD Whole 13 | Half 9

Choice of: Roasted turkey breast, sliced ham, chicken salad

white Albacore tuna salad, egg salad or BLT

Breads: Multi-grain wheat, sourdough or flour tortilla

Cheese: Cheddar, Swiss, American or Provolone

SALADS

CHOPPED COBB | 15

Applewood bacon, grilled chicken breast, iceberg lettuce avocado, tomatoes, blue cheese crumbles, hard-boiled egg house vinaigrette

CHOPPED GREEK SALAD | 14

Grilled chicken breast, iceberg lettuce, cucumbers tomatoes, kalamata olives, Feta cheese oregano vinaigrette

SOUTHWEST CHICKEN SALAD | 14

Grilled chicken breast, iceberg lettuce, carrots, celery, radish jicama, grilled corn, honey mustard dressing

CHICKEN CAESAR SALAD | 15

Grilled chicken breast, romaine lettuce, shredded Parmesan focaccia croutons, Caesar dressing

SUMMER CHOPPED SALAD I 15

Grilled chicken breast, cucumbers, romaine lettuce tomatoes, celery, heart of palm, mandarin toasted chopped almonds, whole grain mustard vinaigrette

SCOOP SALAD | 10

Choice of:

White albacore tuna salad, chicken salad or egg salad Mixed greens, bell peppers, tomatoes, cucumbers

Add: Bacon - 2 Avocado - 2





ESPRESSO | Solo 3 | Doppio 5

CLASSIC | 12oz 3.5 | 16oz 4

CAFFÈ LATTE
VANILLA LATTE
CAFFÈ MOCHA
CAPPUCCINO
Available Hot or Iced

SELECT | 120z 4 | 160z 4.5

CARAMEL MACCHIATO CHAI LATTE SEASONAL LATTE

SMOOTHIES | 20oz 7

RAZZLEBERRY

Strawberries, raspberries, blueberries banana, berry juice

PUNCHY PEACH

Peach nectar, orange juice, banana orange sorbet

ORANGE DREAMS

Orange juice, soy milk, orange sorbet nonfat frozen yogurt

WHITE

SPARKLING

Le Grand Courtâge Grande Cuvee 9 Mionetto Prosecco 12

SAUVIGNON BLANC

Whitehaven, New Zealand 11

CHARDONNAY

Frank Family Vineyards, Napa Valley 18 Rombauer Vineyards, Napa Valley 20

PINOT GRIGIO

Santa Margherita, Italy 14

ROSÉ

Fleur De Mer Côtes De Provence Rosé 12

RED

PINOT NOIR

Belle Glos "Las Alturas," Central Coast 18 Goldeneye Pinot Noir, Anderson Valley 22

MERLOT

Duckhorn, Napa Valley 15

CABERNET SAUVIGNON

Austin Hope Cabernet, Central Coast 18 Faust Cabernet, Napa Valley 21

BEER

BUD LIGHT 5
COORS LIGHT 5
MILLER LIGHT 5
MICHELOB ULTRA 5
LA QUINTA EVEN PAR IPA 6
LA QUINTA POOLSIDE BLONDE 6
CORONA 6
HEINEKEN 6
MODELO NEGRA 6
MODELO ESPECIAL 6
STELLA ARTOIS 6