

BREAKFAST

BOWLS

PROTEIN BOWL 3 scrambled eggs, crumbled bacon, chopped sausage patty, house potatoes, cheese blend, Santa Fe Sauce 9.49

SOUTHWEST BOWL choice of meat, eggs, guajillo black beans, charred corn, house potatoes, cheese blend, pico, Santa Fe sauce 8.49

RISE & DINE choice of meat, eggs, house potatoes, cheese blend, Roma 8.49

LOW CARB 3 Eggs your way, cheese blend, pico, choice of meat 7.49

SMART START 3 Eggs, avocado, wilted spinach, Roma, house potatoes, cheese blend, 8.49

SCRAMBLER 3 eggs, tomatoes, green peppers, mushrooms, hash browns, cheese blend, choice of meat 8.79

HANDHELDS

BREAKFAST GRILLED CHEESE 3 eggs, 2 bacon, cheese blend, honey wheat bread 7.49

BREAKFAST SANDWICH 2 eggs on English muffin with cheddar and choice of meat 6.49

SUNRISE SANDWICH Sliced turkey, 2 eggs, sliced tomatoes, avocado, and cheddar cheese. 6.99

BREAKFAST BURRITO eggs, guajillo black beans, hash browns, cheese blend, chipotle cream cheese, sausage or bacon, salsa on the side, flour tortilla 8.99 (add sour cream 69¢)

BREAKFAST WRAP bacon, eggs, hash browns, cheese blend, salsa on the side, flour tortilla 7.99 (add sour cream 69¢)

BREAKFAST QUESADILLA Scrambled eggs, bacon bits, cheese blend, pico, chipotle cream cheese, salsa on the side, flour tortilla 8.99 (add sour cream 69¢)

PLATES

BREAKFAST SPECIAL 3 eggs, choice of meat, hash browns, toast 8.99

LITE BREAKFAST 2 eggs, choice of meat, honey wheat toast 6.49

BACON & EGGS 3 eggs, 3 bacon 6.49

CLASSIC OMELET 3 eggs, cheese blend, choice of meat, hash browns, toast 8.99

VEGGIE OMELET 3 eggs, tomato, mushrooms, onion, cheese blend, hash browns, toast 7.49

SIDES

Each Egg 1.49
Sausage Patty [2] 2.99
Toast & butter 1.99

Applewood Bacon [3] 3.99
Hashbrowns 2.49
Add avocado 1.79



PROTEIN BOWLS

CHIPOTLE CHICKEN BOWL Baked chicken breast, cauli or brown rice, black beans, charred corn, cheese blend, house made pico, sour cream, sliced jalapeño, chipotle lime crema 9.99

CITRUS SHRIMP PROTEIN BOWL Cauli or brown rice, charred corn, tomatoes, avocado, citrus vinaigrette with CCEV00, avocado crema 10.49

SMOKED SALMON PROTEIN BOWL cucumber, carrot, tomato, avocado, cauli or brown rice, feta, sriracha aioli drizzle 10.99

BARBACOA BURRITO BOWL Shredded barbacoa, cauli or brown rice, guajillo black beans, charred corn, house made pico, sliced jalapeño, chipotle lime crema 10.99

CARNITAS PROTEIN BOWL cauli or brown rice, charred corn, black beans, carnitas, pico de gallo, cheese blend, sliced jalapeño, chipotle lime crema 10.49

SPICY CRISPY CHICKEN PROTEIN BOWL house potatoes, pico de gallo, cheese blend, spicy crispy chicken breast, sriracha aioli drizzle 9.99

CCEV00 California Certified Extra Virgin Olive Oil

QUESADILLA

CHICKEN QUESADILLA roasted red peppers, green bell peppers, onion, cheese blend, baked chipotle chicken, salsa on the side, flour tortilla. 9.99 (add sour cream 69¢)

BARBACOA QUESADILLA cheese blend, pico de gallo, barbacoa, salsa on the side, flour tortilla 10.49 (add sour cream 69¢)

CARNITAS QUESADILLA black beans, pico de gallo, cheese blend, carnitas, salsa on the side, flour tortilla 10.49 (add sour cream 69¢)

SHRIMP QUESADILLA citrus shrimp, pico, cheese blend, chipotle lime crema, salsa on the side, flour tortilla 9.99 (add sour cream 69¢)

ORDER ONLINE - WE DELIVER!

PLACE DELI ORDER
FOR PICK UP



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GRILLED SANDWICHES

Includes chips or cookie

GRILLED CHEESE tomato, provolone, cheddar on grilled sourdough 6.49

GRILLED BACON & CHEESE tomato, provolone, cheddar, grilled sourdough 7.99

GRILLED CHICKEN SANDWICH chicken breast, provolone, lettuce, and tomato, ciabatta 8.99

CRISPY CHICKEN SANDWICH chicken breast, leaf lettuce, tomato, cheddar, ciabatta 8.99

SPICY CRISPY CHICKEN SANDWICH spicy chicken breast, leaf lettuce, vine ripened tomato, cheddar, ciabatta 8.99

ANGUS BURGER 1/3 lb. angus beef, cheddar, lettuce, tomato, brioche 8.99

BACON CHEESEBURGER Angus burger, 2 applewood bacon, house sauce, brioche 10.49

TUNA MELT albacore tuna with cheddar on grilled honey wheat 8.99

REUBEN OR RACHEL corned beef or turkey, sauerkraut, Swiss and thousand island dressing. 8.99

PHILLY CHEESE Roast beef, onion, mushroom, green pepper and provolone on a hoagie 8.99

TURKEY APPLE BACON turkey, applewood bacon, Roma tomato, provolone, apple slices and honey mustard

CHICKEN PESTO roasted red pepper, baked chicken, provolone, spinach and pesto aioli 9.99

CUBAN baked chicken breast, honey ham, provolone, dill pickle, banana pepper and Dijon mustard 9.99

SPICY CLUB turkey, applewood bacon, roasted red pepper, provolone, greens. Chipotle cream cheese 9.99

SOUP & BREADSTICKS

SPICY CHICKEN TOTILLA 4.49 / 5.49 / 6.49

CHEDDAR TOMATO 4.49 / 5.49 / 6.49

BEEF CHILI 4.49 / 5.49 / 6.49

CHICKEN & WILD RICE 4.49 / 5.49 / 6.49

VEGAN VEGGIE 4.49 / 5.49 / 6.49

CHICKEN NOODLE 4.49 / 5.49 / 6.49

SALAD

Includes breadsticks or cookie

COBB AVOCADO baked chicken, romaine, applewood smoked bacon, Roma tomato, cucumber, egg, avocado and gorgonzola (ranch) 9.99 / 10.99 / 11.99

CITRUS SHRIMP & AVOCADO SALAD avocado, strawberries, romaine, spinach, citrus vinaigrette with CCEVOO 9.99 / 10.99 / 11.99

SANTA FE baked chicken, romaine, applewood bacon, black beans, corn, pico de gallo, cheddar and tortilla strips (spicy Santa Fe) 9.99 / 10.99 / 11.49

SALMON AVOCADO certified smoked salmon, romaine, spinach, avocado, egg, Roma tomato and crumbled feta, balsamic vinaigrette with CCEVOO 11.49 / 12.49 / 13.49

CHICKEN BENEFICIAL baked chicken, romaine, spinach, raisins, walnuts, Roma tomato and parmesan balsamic vinaigrette with CCEVOO 9.99 / 10.99 / 11.99

CHICKEN CAESAR baked chicken, romaine, Roma tomato, parmesan, croutons, Caesar dressing 8.99 / 9.99 / 10.99

BUFFALO CHICKEN romaine, chicken, tomato, carrot, gorgonzola, buffalo sauce, (ranch) 8.99 / 9.99 / 10.99

GARDEN AVOCADO avocado, egg, romaine, spinach, cucumber, Roma tomato, carrot, mushroom, cheddar, sunflower seeds, croutons, balsamic vinaigrette with CCEVOO] 8.99 / 9.99 / 10.99

CRAN-ALMOND CHICKEN SALAD Two scoops on a bed of romaine & spinach with strawberries, grapes, citrus vinaigrette with CCEVOO 8.99 / 9.99 / 10.99

STRAWBERRY CHICKEN SALAD Romaine, spinach, strawberries, walnuts, baked chicken breast, citrus vinaigrette with CCEVOO 8.99 / 9.99 / 10.99

DRESSINGS

(calories: 1.6 oz. serving)

CCEVOO California Certified Extra Virgin Olive Oil, Citrus Vinaigrette, Fat-free Citrus, Santa Fe, Blue Cheese, Balsamic Vinaigrette (CCEVOO), Poppyseed, Caesar, Ranch, French, Thousand Island

WE DO CATERING!

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SANDWICH

Includes chips or cookie

CLASSIC BLT nitrite-free bacon, leaf lettuce, tomato, toasted honey wheat bread 8.99

ROASTED TURKEY honey wheat bread, lettuce, tomato, Swiss 8.99

TURKEY BLT turkey breast, bacon, tomato, leaf lettuce, honey wheat bread 8.99

VEGGIE AVOCADO avocado, hummus, sunnies, mushrooms, cucumber, carrots, provolone, lettuce tomato 8.99

APPLEWOOD HAM Swiss, lettuce, tomato, honey mustard 8.99

ROAST BEEF roast beef, cheddar, lettuce, tomato 8.99

CRAN-ALMOND CHICKEN SALAD raisins, candied almonds, cucumbers, tomatoes, leaf lettuce 8.99

ALBACORE TUNA house made tuna salad, leaf lettuce, tomato 8.99



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WRAPS

*Tomato Basil, Spinach, Flour or Whole Wheat Tortilla
Includes chips or cookie*

BUFFALO CHICKEN WRAP Baked chicken, leaf lettuce, tomato, bleu cheese dressing, buffalo sauce 9.49

CHICKEN BACON WRAP baked chicken, applewood bacon, leaf lettuce, cheddar, ranch dressing 9.49

SANTA FE WRAP baked chicken, applewood bacon, leaf lettuce, house made pico de gallo, black beans, charred corn, cheddar, Santa Fe dressing 9.49

CHICKEN CAESAR WRAP chicken breast, leaf lettuce, shredded Parmesan, tomato, Caesar dressing 9.49

COBB AVOCADO WRAP chicken breast, applewood bacon, HB Egg, tomato, cucumber, greens, avocado, gorgonzola, ranch dressing 9.49

TURKEY AVOCADO WRAP turkey breast, avocado, leaf lettuce, tomato, cucumber, cheddar, mayo 9.49

VEGGIE AVOCADO WRAP leaf lettuce, avocado, tomato, mushrooms, carrot, cucumber, cheddar, hummus, ranch 9.49

VEGETARIAN

SMART START BREAKFAST BOWL 3 Eggs, avocado, wilted spinach, Roma tomatoes, house potatoes, cheese blend, 8.49

VEGGIE OMELET 3 eggs, tomato, mushrooms, onion, cheese blend, hash browns, toast 7.49

GRILLED CHEESE tomato, provolone, cheddar on grilled sourdough 6.49

GARDEN AVOCADO SALAD avocado, egg, romaine, spinach, cucumber, Roma tomato, carrot, mushroom, cheddar, sunflower seeds, croutons, balsamic vinaigrette with CCEVOO] 8.99 / 9.99 / 10.99

VEGGIE AVOCADO SANDWICH WITH CHIPS avocado, hummus, sunnies, mushrooms, cucumber, carrots, provolone, lettuce, tomato 8.99

VEGGIE AVOCADO WRAP WITH CHIPS lettuce, avocado, tomato, mushrooms, carrot, cucumber, cheddar, hummus, ranch 9.49

CCEVOO California Certified Extra Virgin Olive Oil

CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS.

Prices subject to change.