

Smoothies

(Blended with Your Choice Apple, Orange or Carrot Juice)

Fruit Smoothies

16 oz. \$6.15

20oz. \$6.85

Strawberry Banana

Mango Strawberry Raspberry

Strawberry Banana Raspberry

Pineapple Mango Banana

Blueberry Strawberry Banana



Veggie & Fruit Smoothies

16 oz. \$6.15

20oz. \$6.85

Super Green Kale, Spinach, Mango, Ginger, Orange Juice

Simply Green Spinach, Strawberry, Mango, Orange uice

Soda

Fountain Soda

Small

\$1.99

Medium

\$2.75

Large

\$3.75



Breakfast Plates

(Served from 7:30am to 10:30am)

\$12.45

All- natural farm fresh eggs, prepared in low trans-fat oils

Breakfast Egg Plates

Omelet, scrambled or over easy eggs, home style potatoes, and your choice of toast with one of the following:

- 🔥 Mushroom, tomatoes, onions, spinach and provolone
- 🔥 Black Forest Ham and Cheddar cheese
- 🔥 Aidells chicken Apple Sausage, mushroom, spinach, Pepper Jack cheese
- 🔥 Hickory bacon, avocado, onions, tomato, Swiss cheese



Coffee

	Small 12 oz.	Medium 16 oz.	Large 20 oz.
Regular Coffee	2.65	2.95	3.45
Cappuccino	3.95	4.55	4.95
Americano	3.45	3.85	4.35
Café Latte	4.10	4.70	5.20
Chai Latte	4.45	4.75	5.10
Vanilla Latte	4.35	4.95	5.35
Mocha	4.55	5.15	5.65
Carmel Mocha	4.55	5.15	5.65
White Chocolate Mocha	4.55	5.15	5.65
Hot Chocolate	3.65	4.10	4.55
Tea	2.75	2.85	3.35
	1 Shot	2 Shot	3 Shot
Espresso Shots	2.45	2.85	3.10
Extra Syrup	.65	.95	1.15

Iced Coffee or Frappo

	Small 12 oz.	Medium 16 oz.	Large 20 oz.
Iced Coffee	2.65	2.95	3.45
Café Latte	4.10	4.70	4.95
Chai Latte	4.45	4.75	5.10
Vanilla Latte	4.60	5.20	5.70
Mocha	4.55	5.15	5.65
Carmel Mocha	4.55	5.15	5.65
White Chocolate Mocha	4.55	5.15	5.65

Breakfast Burrito or Sandwich

(Served from 7:30am to 10:30am)

\$8.45

Two eggs served on your choice of white / wheat tortilla or white / wheat sliced bread; with cheddar cheese, home style potatoes & hot or mild salsa on the side:

Hickory Smoked Bacon

Black Forest Ham

Aidells Chicken Apple Sausage

Chorizo

Mushrooms, tomatoes, onions & spinach



Extras:

Two side eggs	\$3.65
Side Meat (Ham, bacon or Sausage)	\$3.65
Cheese	\$1.25
Avocado	\$1.99
Veggies	\$1.25
Egg White	\$1.99

Bagels

(Served from 7:30am to 10:30am)

🔥 Plain Bagel with Cream Cheese **\$3.95**

🔥 Veggie Bagel, cream cheese, tomato, cucumber red onions **\$5.35**



Deluxe Bagel **\$7.95**

🔥 Smoked Salmon with Cream cheese & veggies

🔥 Smoked Ham with Cream cheese & veggies

Lightly Served

🔥 Oatmeal - cinnamon, almonds, cranberries & brown sugar
Cup **\$3.65**
Bowl **\$4.65**

Baja Favorites

We only use all (natural meat), fresh ingredients, and proudly make everything we serve in our kitchen. From our slow simmered carnitas, hand-chopped veggies, flavorful salsas, to our no preservatives, and no lard, completely vegetarian beans. Your choice of beef, chicken or pork, along with either refried, pinto or black beans. Choice of tortilla or in a bowl

- ♦ **Regular Burrito** \$10.95
 Tortilla, meat, beans, rice, corn, pico and salsa
- ♦ **Super Burrito** \$12.65
 Tortilla, meat, beans, rice, cheese, guacamole, sour cream , corn, pico and salsa
- ♦ **Shrimp Burrito** \$13.95
 Tortilla, shrimp, beans, rice, cheese, guacamole, sour cream, pico and salsa
- ♦ **Veggie Burrito** \$10.95
 Tortilla, beans, rice, cheese, guacamole, spinach, corn, Sour cream, pico and salsa
- ♦ **1 Large Regular Tacos** \$5.95
 Corn tortillas, meat, rice, beans, corn, pico and salsa
- ♦ **1 Large Super Tacos** \$6.95
 Corn tortillas, meat, rice, beans, cheese, guacamole, sour cream, corn, pico and salsa
- ♦ **1 Shrimp Tacos** \$7.95
 Corn tortillas, shrimp, rice, cheese, sour cream, guacamole, corn, pico and salsa
- ♦ **Meat Quesadilla** \$10.35
 Tortilla, meat, cheese, sour cream and salsa
- ♦ **Shrimp Quesadilla** \$11.95
 Tortilla, grilled shrimp, cheese, sour cream and salsa
- ♦ **Mushroom Quesadilla** \$9.25
 Tortilla, mushroom, cheese, sour cream and salsa
- ♦ **Cheese Quesadilla** \$8.65
 Tortilla, cheese, sour cream and salsa
- ♦ **Taco Salad** \$14.95
 Choice of meat, lettuce, rice, beans, salsa, guacamole, sour cream, corn, pico and cheese / Subs. Shrimp \$3.00
- ♦ **Baja Plate** \$13.95
 Rice, beans, choice of meat with salsa, lettuce, sour cream, cheese and guacamole





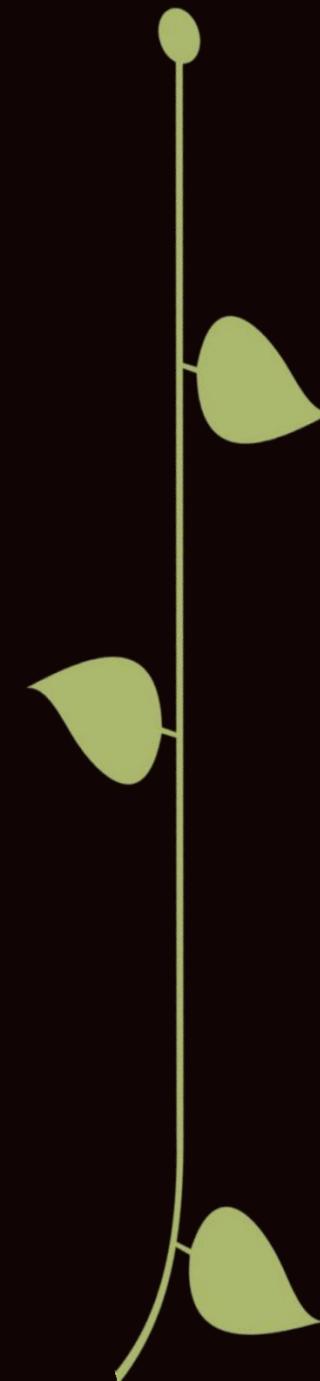
Grilled Sandwiches

\$11.95

Sandwiches come with lettuce, tomato, grilled onions & our special aioli spread

- 🔹 **Philly Cheese Steak**, beef or chicken, grilled onions and melted Provolone cheese
- 🔹 **Chefs Chicken**, chicken breast, smoked bacon & melted Swiss cheese
- 🔹 **Southwestern**, Cajun style chicken breast, melted cheddar cheese, chipotle aioli & avocado
- 🔹 **Sicilian Chicken Breast**, artichoke, sundried tomatoes, grilled onions and Feta cheese
- 🔹 **Baja Chicken**, full breast of chicken, jalapenos, grilled onions, melted Pepper Jack cheese, with chili aioli
- 🔹 **New York Hot Pastrami**, grilled onion, melted Swiss cheese
- 🔹 **Albacore Tuna Melt**, celery, scallions, sweet relish and Swiss cheese
- 🔹 **BBQ Pulled Pork**, with grilled onions & topped with coleslaw salad
- 🔹 **Crispy Chicken Fillet**, breaded fried full breast of chicken
- 🔹 **Ham & Cheese**, Black Forest ham, Pepper Jack cheese on sliced sour dough
- 🔹 **Chicken Strips**, 3 strips w/ fries & ranch or BBQ sauce
- 🔹 **Grilled Cheese**, Cheddar cheese on sliced sourdough **\$8.95**

Combo \$4.99 (Fries or Coleslaw Salad & Small Drink)



Hamburgers

Our natural burgers are charbroiled 100% Black Angus beef, 80/20, 1/3 pound patties come with special aiolo sauce, lettuce, tomatoes and grilled onions

🔥 Hamburger	\$7.95
🔥 Cheeseburger	\$8.95
🔥 Bacon Cheeseburger	\$9.95
🔥 Mushroom Cheeseburger	\$9.95
🔥 Avocado Burger	\$9.95
🔥 Double Cheese Burger	\$10.95
🔥 Bam Burger	\$10.95
🔥 Turkey Burger	\$10.95
🔥 Salmon Burger	\$10.95
🔥 Beyond Burger	\$10.95
🔥 Veggie Burger	\$10.95



Why Cook Plates

\$13.95

We only make all natural, fresh ingredients and proudly make everything we serve in our kitchen

Gyros Plate

Your choice of beef or chicken, Tzatziki sauce, Hummus, grilled onions & tomatoes, Greek salad and pita

Shawerma Plate

Marinated chicken with hummus, Greek salad and pita bread

Mediterranean Plate

Falafel, Hummus, Tabbouleh, Dolmas, cucumber salad with pita bread



Global Wraps

\$11.95

Wrap choices are spinach, wheat or white tortilla, pita bread, lavash or in a bowl

- 🔥 **Gyros Sandwich**, beef or chicken, grilled tomatoes & onions, hummus, Tzatziki sauce, Greek salad wrapped in pita bread
- 🔥 **Shawarma**, beef or chicken marinated in Mediterranean spices, hummus, lettuce, pickles, tomatoes, onions and Tahini sauce
- 🔥 **Chicken Caesar**, romaine lettuce, with fresh Parmesan cheese and Caesar dressing | Add Bacon \$1.00
- 🔥 **Thai Chicken**, rice, carrots, lettuce, cucumbers, crisp Chinese noodles with spicy peanut sauce
- 🔥 **Chicken Teriyaki**, rice, broccoli, lettuce, carrots and spinach with Teriyaki sauce
- 🔥 **Tandoori Chicken**, rice, hummus, tomatoes, onions, cilantro and Tandoori sauce
- 🔥 **Chicken Salad**, mayonnaise, cranberries, celery, lettuce, tomato and Pepper Jack cheese
- 🔥 **Tuna Salad**, mayonnaise, sweet relish, celery, lettuce, tomato, and Pepper Jack

Veggies

\$11.95

Wrap or Sandwich

- 🔥 **Seasonal Roasted Vegetables**, hummus, Feta cheese, lettuce, tomato, and onions
- 🔥 **Grilled Artichoke**, artichoke with roasted bell peppers, grilled onions, mushrooms, lettuce and Pepper Jack cheese
- 🔥 **Grilled Eggplant**, sundried tomatoes, grilled onions, Feta cheese and black bean aioli
- 🔥 **Falafel**, ground garbanzo beans, onions and fresh spices, deep fried with Hummus, lettuce, tomatoes and Tahini salad
- 🔥 **Veggie Delight**, Cream cheese, avocado, cucumber, lettuce, tomato, spinach, Cheddar cheese with pesto aioli

Vegan available upon request



Sandwiches

Your choice of bread: Sliced Sourdough, 9-Grain, Rye, Sourdough roll, Dutch crunch, Sweet roll or Gluten free bread

Specialty Sandwiches

\$11.45

Comes with mayonnaise, lettuce and tomato:

- 🔥 **Turkey cranberry sauce spread and Provolone**
- 🔥 **Chicken breast with pepper jack cheese, avocado, chpotle aioli**
- 🔥 **Italian Salami, Prosciutto, Ham and Provolone**
- 🔥 **Turkey Bacon, Avocado with Provolone**

House Sandwiches

\$9.95

Served with mayo, mustard, lettuce, tomatoes, onions

- 🔥 **House Roasted Turkey**
- 🔥 **Smoked Turkey**
- 🔥 **Black Forest Ham**
- 🔥 **Italian Salami**
- 🔥 **New York Pastrami**
- 🔥 **Traditional BLT**
- 🔥 **Gourmet House Chicken Salad**
- 🔥 **Gourmet House Tuna Salad**

