

Homemade Soups

Hearty Vegan Vegetable Soup of the Day
Small 2.99 or Large 3.99

Bountiful Salad Bar

~ Tossed and chopped before your very eyes ~

Small 6.50 or Large 7.99

CHOOSE YOUR VEGGIES

Spinach	Iceberg	Mixed Greens
Carrots	Edamame	Tomatoes
Red Peppers	Cucumbers	Mushrooms
Sprouts	Olives	Garbanzo Beans
Black Beans	Broccoli	And Many More!

CHOOSE YOUR DRESSING

Fat Free Ginger Sesame	Caesar
Champagne Vinaigrette	Blue Cheese
Jalapeno Ranch	Herb Balsamic Vinaigrette
Cilantro Vinaigrette	Ranch
Fat Free Honey Mustard	Greek

ADD A PROTEIN

Grilled Chicken	Chicken Salad
Grilled Tofu	Oven Roasted Turkey
Tuna Salad	

1.95 each

Add a cup of soup or small side to your salad 1.75
Add a bowl of soup or large side 2.75

Fresh Sides

~ Delicious ~

Seasoned Black Beans and Brown Rice
Tangy and Creamy Cole Slaw
Grilled Vegetables with a Balsamic Herb Glaze
Alice's Roasted Potato Salad
Farm Fresh Steamed Broccoli

House Specialty

Seasoned French Fries (Unseasoned Available)

Small 1.99 or Large 2.99

Artisan Sandwiches

~ Hand Crafted ~

Catalina	7.99
Roast beef, pepper jack cheese, romaine lettuce, roma tomato, roasted red peppers, chipotle aioli on an egg bun	
Terrapin	6.99
Grilled chicken breast, avocado, lettuce, tomato sweet chipotle sauce on a multigrain bun	
Belmont	7.99
Grilled chicken breast, applewood smoked bacon, provolone cheese, fresh basil leaves, sun-dried tomato pesto on toasted sourdough	
L.A. Philly	7.99
Thinly sliced roast beef, pepper jack cheese, grilled onions, peppers and mushrooms on a French style roll	
Express	6.99
Oven roasted turkey breast, Swiss cheese, lettuce, tomato, red onion and Dijonaise on a toasted multigrain bun	
Firm	6.99
Curried chicken salad, provolone cheese, roasted red peppers and Dijon mustard on multigrain bread	
Cougar	7.99
Applewood smoked bacon, avocado, lettuce, plum tomato and mayo on a toasted sourdough	
49'er	7.99
House roasted turkey breast, applewood smoked bacon, avocado, lettuce, tomato and low-fat pesto on toasted sourdough bread	

MAKE IT A MEAL! Drink and small side for only 2.50 more.

It's a Wrap

~ Fill, Fold, Roll and EAT ~

Tuscan Tuna	6.99
Albacore tuna salad, sun dried tomatoes, lemon-basil aioli, shredded romaine, provolone cheese wrapped in a flour tortilla	
Pacific Coast Turkey	7.99
Roasted turkey breast, applewood smoked bacon, avocado, pepper jack, shredded lettuce, tomatoes and ranch dressing in a wheat tortilla	
Mexican Caesar	7.99
Chilled romaine, grilled chicken, crispy tortilla strips, parmesan cheese, cilantro, Caesar dressing and salsa fresca in a flour tortilla	
Sesame Ahi	9.99
Sesame crusted seared Ahi, Asian ginger slaw, sprouts, wrapped in a wheat tortilla served with crispy wontons	

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Paninis

~ Fresh and Hot ~

Texas Toast or Sourdough

Husky	8.99
Roast beef, oven roasted turkey, smoked ham, jack cheese, olives, banana peppers, horseradish sauce on sourdough bread	
Pomodoro	6.99
Roasted chicken breast, provolone cheese, spinach, fresh basil, roasted tomatoes, pesto mayo on sourdough bread	
Cuban Chicken	7.99
Chicken, ham, Swiss cheese, dill pickles, roasted red pepper aioli, and whole grain mustard on sourdough bread	

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Signature Burgers

~ All of our burgers are made with 100% Angus Beef ~
Turkey and Veggie burger also available.

(Choose between wheat or potato bun)

The Abbey	6.49
Lettuce, tomato, red onion, pickles, mayo, Wisconsin aged cheddar	
Swiss Alps	6.99
Sautéed mushrooms, Swiss cheese, lettuce, tomato, red onion, mayo	
Blue Devil	6.99
Blue cheese crumbles, lettuce, tomato, red onion, blue cheese spread	
Spicy Cowboy	7.99
Applewood smoked bacon, pepper jack cheese, haystack onions, lettuce, tomato, chipotle BBQ sauce	

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Fresh and Fit

Greek Salad with Seared Salmon	9.99
Romaine lettuce, feta cheese, cucumbers, red onion, tomato wedges and kalamata olives with croutons tossed in greek vinaigrette	
Grilled Chicken Breast	7.99
Grilled breast of chicken, salsa fresca, grilled scallions, served with seasoned black beans and brown rice	
Fresh and Fit Baked Salmon	9.99
Baked salmon filet, served with herb and balsamic grilled vegetables and <i>not</i> mashed potatoes	

100% Organic Coffee

Pacific Sunrise <i>Mild</i>	True Blend <i>Medium Bold</i>
Gold Mountain Blend <i>Medium</i>	French Roast <i>Extra Bold</i>
100% Colombia Santa Marta <i>Medium Bold</i>	Classic Espresso <i>Extra Bold</i>
Bold Safari Blend <i>Bold</i>	Decaf Peru <i>Medium</i>
Nicaragua Rio Coco <i>Mild</i>	True Espresso <i>Bold</i>
El Salvador Monterey Pea Berry <i>Medium</i>	Limited Edition, Single Origin <i>(ask for details)</i>

Espresso and Coffee

~ All made from True Beans coffee, roasted in our restaurant ~

House Blend (free refills on dine-in)	1.99
Espresso	Double 1.99 / Quad 2.99
Cappuccino	Small 2.25 / Large 2.99
Macchiato	Small 2.25 / Large 2.99
Latte	Small 2.25 / Large 2.99
Mocha	Small 2.25 / Large 2.99
Hot Chocolate	Small 2.25 / Large 2.99
Americano	Small 2.25 / Large 2.99

Add one of our homemade syrups only .50

TRY ONE OF OUR SPECIALTY BREWING METHODS

Siphon Pot
French Press
Cafe Solo

Fruit Smoothies and Iced Coffee

Strawberry	Cherries Jubilee
Strawberry Banana	Peach, Apricot and Pear
4 Berry	Mocha Java
Tangerine 50/50 Bar	Chocolate Caramel
Tropical Paradise	Vanilla Latte

16 oz. for 3.25