

# Fruit Smoothies + Fresh Juice

## Fresh Squeezed Orange Juice + Carrot Juice Try a 50/50 Blend

**The Boost** Orange, Apple, Strawberry, and Banana. Non Dairy Smoothie with High Energy Blend & Multi Vitamin & Mineral Supplements

**Triple Berry Sunrise** Blended cranberry, boysenberry juices, strawberries, blackberries, blueberries, and bananas.

**Purple Rain** Berry juice, blueberries, blackberries, with non-fat frozen yogurt.

**California Summer Medley** Cranberry and apple juice, strawberries, raspberries, and blueberries.

**Jamaican Dream** Non dairy smoothie, with pineapple, strawberries, mangos, banana, and a touch of coconut.

**La Fresa** Strawberries, oats, protein, vanilla yogurt, oat milk

**Pina Colada** Coconut, oat, pineapple, coconut, orange

**Tahitian Paradise** Mango, guava, and bananas, an island non dairy smoothie.

**Creamy Carrot Cake** Fresh carrot juice, bananas, cinnamon, allspice, and non-fat frozen yogurt.

**Banana Berry Berry Good** Apple and orange juice, blended with bananas, strawberries, (Non Dairy)

**Blueberry Blues** Blended apple and orange juices, with blueberries, bananas, and non-fat yogurt.

**Green Machine** Kale, spinach, apples, oat milk, bananas

**Pina Banaguava** Tropical guava, and pineapple, with banana, and coconut.

**Peach Melba** Peach Juice, peaches, bananas, and non-fat frozen yogurt

**Pumpkin Pie** Fresh Pumpkin Puree, milk, non fat frozen yogurt, white chocolate syrup, spices

**All smoothies 8.50**

## Pastries

**Muffins** Blueberry, Chocolate Chip, Banana Walnut 3.75

**Brioche Cinnamon Roll** with Cream Cheese Frosting 5.50

**Croissants** Plain, Chocolate, Strawberry, & Almond 4-4.25

**Giant Cupcake** 5.50



## cafe menu



Monday-Friday

6am-3pm

Saturday & Sunday

7am-3pm

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## Breakfast

dutch crunch, focaccia .75+, croissant+2.00, gf bagel +2, gf wrap +2

**Golden Bagel Scramble** on your choice of Bagel 4.75

Eggs & Cheddar, *Add Cream Cheese +2 Add Ham, Bacon, Turkey, Breakfast Sausage or Chicken Apple Sausage +2.50*

**Breakfast Burrito** 6.95

Scrambled Eggs, Crispy Potatoes, Fresh Tomatillo Salsa, Pepperjack Cheese *Add Ham, Bacon, Turkey, Breakfast Sausage or Chicken Apple Sausage +2.50*

**Napa Melt** on your choice of bagel 9

Scrambled Eggs, Jalapeno Cream Cheese, Melted Pepperjack, Fresh Tomatillo Salsa

**BLT Scramble** on your choice of Bagel 10

Scrambled Egg + Cheddar with our Classic BLT

**Smoked Salmon** on your choice of bagel 12

Cream Cheese, Red Onions, Lettuce, and Tomato

**The BottleRock** on your choice of bagel 12

jalapeno cc, avocado, bacon, scrambled egg, double cheddar tater tots

**Avocado Toast** on your choice of bagel 10

garlic + chive cc, avocado, pickled red onions, roasted peppers, alfalfa sprouts

**Breakfast Club on Croissant** 12

2 fried eggs, cheddar, bacon, ham, lettuce, tomato mayo

**Bagels** 1.60 each + 17/ bakers dozen, **\*Gluten Free Bagels-3.50 each**

Plain + Garlic + Multi-Grain + Asiago + Poppy Seed + Sesame +Onion + Sun Dried Tomato+ Sourdough + Sea Salt + Spinach Parmesan + Everything + Blueberry + Honey Wheat + Jalapeno Cheddar + Chocolate Chip

**Spreads** Cream Cheese + Garden Vegetable + Jalapeno + Blue Cheese & Chives + Strawberry + Garlic & Chives + Sun Dried Tomato + Lox with Red Onion, Dill, Chives

## Omelets

cheddar omelet 7.25

cheddar+ham omelet 7.75

the jefferson-ham, cheddar, salsa, avocado, cream cheese 9.50

## Pizzas

**Three Cheese** 8.25 Mozzarella, parmesan, and provolone with marinara and house made pesto

**Pepperoni** 8.75 Spicy pepperoni, melted mozzarella, parmesan, and pesto.

**Hawaiian** 8.75 Black Forest Ham, red onions, pineapple, bbq sauce, mozzarella, marina

## Salads + Wraps

**Caesar Salad** 10

Add Chicken 2

Romaine Hearts, parmesan, croutons, with our house made dressing.

**Oriental Chicken Salad** 12

Blend of romaine, cabbage, carrots, green onions, cilantro, and carrots.

Tossed in sesame ginger dressing and garnished with almonds and crispy noodles.

**Southwestern Cobb** 12

Romaine, roasted bell peppers, BBQ Chicken, avocado, green onions, tomato, olives, pepperjack cheese, with creamy southwest dressing.

**Kale with Chicken** 12

Kale, brussels sprouts, fennel, garbanzo, pecorino, pepitas, lemon vinaigrette

**Baja Wrap** 12

Romaine, Olives, chicken, Caesar dressing, pepperjack, tomatoes, avocado

## Sandwiches

Bread Options: dutch crunch, focaccia .75+, croissant+2.00, gf bagel +2, gf wrap +2

**Turkey Pesto** on Focaccia 9.50

choice of bagel, mayo, lettuce, tomato, provolone.

**Classic BLT** on your choice of bagel 9

romaine, bacon, lettuce, tomato, and mayonnaise.

**Tuna Melt** on your choice of bagel 10

celery, apples, red onions, whole grain mustard, and mayonnaise with lettuce and tomato.

**Garden Vegetarian** on your choice of bagel 8.50

Vegetable cream cheese, sprouts, tomato, avocado, lettuce, and provolone.

**Golden Club** on your choice of bagel 10

Turkey, ham, bacon, lettuce, tomato, thousand island dressing.

**Turkey Cobb** on Focaccia 10

Turkey, avocado, lettuce, blue cheese spread, and tomato.

**Santa Fe Chicken Melt** on Focaccia 10

BBQ Chicken, melted pepperjack, southwest dressing, bell peppers, avocado and salsa

**Warm Cubano** on Dutch Crunch 12

Mayo, French's mustard, ham, roasted pork, pickles, jalapenos, melted provolone.