

COFFEE & DRINKS

	12oz	16oz	20oz
Starbucks Coffee	3.25	3.50	3.75
Americano	4.00	4.50	5.00
Caffe Latte	4.50	5.25	6.00
Flavored Latte	5.00	5.75	6.50
Caffe Mocha	5.00	5.75	6.50
White Choc Mocha	5.00	5.75	6.50
Cappuccino	4.50	5.25	6.00
Caramel Macchiato	5.25	6.00	6.75
Breve	4.75	5.50	6.25
Doppio (Double Shot)	4.00		
Caffe Mexicano	5.00	5.75	6.50
Vietnamese Coffee (iced or hot)	5.50	6.25	7.00
Hot Chocolate	4.00	4.50	5.00
Hot Tea (one tea bag)	2.95	3.45	3.95
London Fog Tea (iced or hot)	3.75	4.25	4.75
Fresh Lemon Ginger Tea	4.25	4.75	5.25
Chai Tea (Spiced or Vanilla)	4.75	5.25	5.75
Fountain Drink	3.00(16oz)	3.95(24oz)	

Ice Blended Frappe \$6.95

- . Mocha, Vanilla, Coffee, White Chocolate Mocha
- . Caramel Macchiato, Matcha Green Tea

Smoothies \$7.95

- . Wild Berry Boost - Strawberry, Blueberry, OJ
- . Strawberry Sensation - Strawberry, OJ
- . Strawberry Banana - Strawberry, Banana, OJ
- . Mango Guava - Mango, Guava Juice
- . Pineapple Coconut - Pineapple, coconut syrup, OJ

Fresh Juices

- . Mega Vita
- . Sweet Sunrise
- . Spinach Delight
- . Kool Kale
- . Green Delight
- . Berry Blast
- . Green Blast
- . Ginger shot



BREAKFAST served only until 10:30 AM

Breakfast Burrito	Eggs, hash brown, and shredded cheese 1. Bacon 2. Sausage 3. Chorizo (no hash brown) 4. No Meat	\$7.25
Breakfast Plate	Two eggs, hash brown, bacon or sausage, & toast	\$10.00
Ultimate Omelet	Eggs, onion, mushrooms, tomato, Cheddar with your choice of turkey, ham, or sausage, & toast	\$10.75
California Omelet	Eggs, spinach, onion, tomato, avocado and Pepper Jack with your choice of turkey, ham, or sausage, & toast	\$11.75
French Toast Plate	Two French Toast served with Eggs & Bacon or Sausage	\$10.25
Bagel Sandwich	Eggs, cheese, tomato with your choice of meat	\$9.50
T-Avo Bagel Sandwich	Toasted with cream cheese, tomato, avocado and lemon pepper	\$9.50
Breakfast Sandwich	Eggs, cheese, tomato with your choice of meat on toast	\$9.75
Croissant Breakfast Sandwich	Eggs, cheese and your choice of meat	\$9.50
English Muffin Breakfast Sandwich	Eggs, cheese and your choice of meat	\$4.75
Yogurt Parfait 12oz or 16oz	Non-fat vanilla yogurt, granola, strawberries ,or blueberries	
Fruit Cup Seasonal Fruits		
Oatmeal 12 oz or 16 oz		
Low - Carb Breakfast Bowl	Scrambled eggs, bacon, sausage, and cheese	\$9.75
Veggie Breakfast Bowl	Scrambled eggs, spinach, tomato, onion, mushroom and avocado	\$10.25



WRAP SANDWICHES

Includes a choice of garden salad, pasta salad, potato salad or side of chips

Turkey Wrap \$11.75

Turkey, avocado, pepperoncini, red onion, lettuce, tomato, Provolone and pesto

Chicken Caesar Wrap \$11.50

Grilled chicken, lettuce, Parmesan cheese and Caesar dressing

Chicken Ranch Wrap \$11.50

Grilled chicken, lettuce, tomato, cilantro, provolone cheese and Ranch dressing

Turkey-Spinach Wrap \$11.50

Turkey, spinach, bell pepper, cucumber and cream cheese

Tuna Wrap \$11.50

Tuna salad, lettuce, tomato and mayo

Roast Beef Wrap \$11.95

Roast Beef, lettuce, tomato, Provolone, mayo and mustard

Spinach Artichoke Wrap \$11.25 (Vegetarian)

Artichoke hearts, bell peppers, spinach, cucumber, Provolone and pesto

Veggie Wrap \$11.25 (Vegetarian)

Lettuce, tomato, cucumber, sprouts, avocado, Provolone and pesto



PANINI SANDWICHES

Turkey Panini \$11.50

Smoked turkey, tomato, pepperoncini, red onions, Provolone and pesto mayo

Grilled Chicken Panini \$11.50

Chicken breast, tomato, roasted red peppers, Provolone and pesto mayo

Monterey Ranch Panini \$11.95

Chicken, bacon, tomato, Pepper Jack Cheese and ranch dressing

Cali-Melt \$12.50

Bacon, avocado, tomato, spinach, Pepper jack cheese and Chipotle mayo

Salami Panini \$11.25

Salami, red onion, spinach, Provolone and Dijon mustard

Roast Beef Panini \$11.75

Thinly sliced roast beef, onion, red bell peppers, Provolone and Dijon mustard

Tuna Melt \$11.25

Tuna salad, Cheddar and Dijon

Veggie Panini (Vegetarian) \$10.95

Sun dried tomato, spinach, avocado, Provolone and pesto



SPECIALTY SANDWICHES

Includes a choice of garden salad, pasta salad, potato salad or side of chips

Turkey Sweet Peppers	\$11.25
Turkey, roasted sweet peppers, lettuce, Provolone and pesto	
Italian Sub	\$11.75
Mortadella, Cappicola , Salami, pepperoncini, red onion, lettuce, Tomato, Provolone and Italian dressing on a roll	
Turkey Club	\$11.95
Turkey, bacon, lettuce, tomato, mayo on toasted bread	
B.L.T.	\$11.25
Crispy bacon strips, lettuce, tomato, mayo on toasted bread	
Grilled Chicken Pesto	\$11.50
Grilled chicken breast, lettuce, tomato, Provolone and pesto on grilled French roll	
Chicken Club Sandwich	\$11.95
Grilled chicken breast, bacon, spinach, sundried tomato, and Caesar Dressing on toasted French roll	
Meatball Sub	\$11.25
Italian meatballs in marinara sauce with Provolone & Parmesan on toasted French roll	
Eggplant Sandwich (Vegetarian)	\$10.95
Roasted eggplant, zucchini, sweet peppers, onion, Provolone and pesto and marinara sauce on sourdough grilled	
Gourmet Veggie (Vegetarian)	\$10.95
Sun dried tomato, fresh tomato, cucumber, sprouts, avocado, lettuce, Provolone and pesto	



SALADS

House Salad	\$10.25
Mixed greens, honey roasted walnuts, green apple, raisins, grapes, strawberries, blue cheese with balsamic vinaigrette (Add Chicken \$1.50)	
Oriental Chicken Salad	\$11.50
Lettuce, grilled chicken breast, green onions, bell peppers, roasted almonds, mandarin oranges, noodles with oriental dressing	
Traditional Cobb Salad	\$11.75
Turkey, lettuce, tomato, eggs, avocado, bacon, crumbled blue cheese, with a choice of dressing	
Chicken Cobb Salad	\$11.75
Chicken, lettuce, bacon, tomatoes, feta, avocado, with a choice of dressing	
Chicken Caesar Salad	\$11.25
Grilled Chicken, lettuce, parmesan cheese, croutons with Caesar dressing	
Greek Salad	\$10.00
Tomato, olives, feta, cucumber, red onion, lettuce, with balsamic (Add Chicken \$1.50)	
Spinach Salad	\$10.25
Spinach leaves, roasted walnuts, tomato, bacon, feta with balsamic (Add Chicken \$1.50)	
Chopp Salad	\$11.50
Turkey, lettuce, tomato, scallions, salami, cheddar with a choice of dressing	
Southwestern Chicken Salad	\$11.50
Chicken breast shredded lettuce, tortilla strips, olives, tomato, shredded cheddar cheese with ranch dressing	
Santa Fe BBQ Chicken Salad	\$11.50
Chicken breast with BBQ, shredded lettuce, corn, black beans, PepperJack Cheese, tomato, tortilla strips and BBQ Ranch	
Garden Salad	Small \$5.50 & Reg \$9.25
Lettuce, tomatoes, cucumbers, carrots with a choice of dressing (Add Chicken \$1.50)	
Caesar Salad	Small \$5.95 & Reg \$9.75
Lettuce, parmesan cheese, croutons with Caesar dressing	



CITY TOWER SPECIALTY ITEMS

Meat Lasagna	\$10.50
Ground beef, pasta, cheese and marinara sauce topped with parmesan cheese, side salad and garlic bread	
Chicken or Steak Burritos	\$10.75
Rice, pinto beans, cheddar cheese with nacho chips (side of salsa) (Steak additional \$1.95)	
Spanish Style Chili Bowl	\$9.95
Chili with beans, beef, and spices topped with cheddar cheese and green onion	
Chicken or Steak Nachos	\$11.25
Nacho chips topped with pinto beans, nacho cheese, tomato, jalapeno, avocado, sour cream (Steak additional \$1.95)	
Spring Rolls	\$11.25
Chicken, lettuce, cilantro, carrot, cucumber, sprouts wrapped in rice paper with 2 of either peanut, teriyaki or House Green peanut sauces	
Teriyaki Bowl	\$11.25
Chicken breast, steamed rice, and mixed vegetables with teriyaki sauce	
Chili Baked Potato	\$10.95
Chili, Cheddar cheese, green onions, sour cream with a garden salad	
Loaded Baked Potato	\$10.95
Butter, bacon, Cheddar cheese, green onions, sour cream with a garden salad	
Udon Noodle Soup	
Veggies	\$10.00
Tofu and Veggies	\$10.75
Chicken and Veggies	\$11.25
Seafood and Veggies	\$11.95



DELI SANDWICHES

Sandwiches include a choice of garden salad, pasta salad, or side of chips

Egg Salad \$10.25

Egg salad (mayo, mustard) with lettuce, and tomato

Roasted Turkey \$10.95 - **or**

Roast Beef \$11.50 - **or**

Hickory Ham \$10.75

Provolone, lettuce, tomato, mayo and mustard

Tuna Salad Sandwich \$10.75

Albacore tuna salad (almonds, mayo, celery) lettuce, tomato and mayo

House Chicken Salad Sandwich \$10.75

Chicken salad (mayo, shredded carrot, cranberry, green apple) lettuce, tomato, and mayo

1/2 Deli Sandwich \$6.95



Deli/Grilled Cheese Combo

1/2 Deli Sandwich & Small Soup \$10.95

1/2 Deli Sandwich \$ Side Salad \$9.75

Grilled Cheese & Small Soup \$10.75

FROM THE GRILL

Burgers include a choice of garden salad, pasta salad, or side of chips

Cheese Burger \$9.95

Beef patty, Cheddar, lettuce, tomato, pickles, 1000 Island

Angus Burger \$10.50

Beef patty, Cheddar, onions, mushrooms, 1000 Island, lettuce, tomato, Pickles with a side of chips

Bacon Avocado Burger \$11.50

Beef patty, Cheddar, bacon, avocado, lettuce, tomato, 1000 Island, pickles

Yum-Yum Burger \$11.50

Beef patty, Pepper jack, avocado, lettuce, tomato, Chipotle mayo, pickled jalapeno peppers

Salmon Burger \$10.75

Salmon patty, lettuce, tomato, onion, house tartar sauce (cilantro, lemon)

Grilled Cheese \$9.95

Melted Cheddar on Sourdough with a choice of sides

Chicken Quesadillas \$10.75

Cheddar cheese and chicken with a side of tortilla chips

Cheese Quesadillas \$9.95

Cheddar cheese with a side of tortilla chips