

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**

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





## 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

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

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





## 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   |         |