

# appetizers

#### Chips & Salsa

Fresh homemade salsa served w/chips \$4.95 Side of Hummus \$3.00 • Side of Guacamole \$3.95 Works \$8.95

#### Focaccia

Garlic Focaccia baked \$ served w/ olive oil \$ herbs for dipping \$5.95

#### **Fruit & Cheese Platter**

Fresh seasonal fruit w/ cheddar, provolone, swiss, brie \(\frac{\psi}{2}\) crackers \(\frac{\psi\_10.95}{20.95}\)

#### **Warm Brie & Apples**

Warm Brie w/ apples, grapes, almonds & crackers \$10.95

#### **Avocado Toast \$8.95**

"Malibu"

Avocado, tomato, shaved romano and red onion, drizzled with balsamic glaze over thick cut multi-grain toast

#### Fresh Mozzarella

Fresh wet mozzarella served over Arugula w/ sun-dried tomatoes, roasted red peppers, romano, balsamic, olive oil \$ basil \$11.95

#### **Fresh Seasonal Fruit**

Fresh seasonal fruits "prepared to order" \$6.95

#### **Veggies & Dip**

Fresh garden veggies w/ garlic spinach dip \$7.95

#### Side Salad

Fresh greens, tomato, cucumbers, red onion & croutons \$4.95

### "Baia"

Avocado, feta, arugula and tomato, drizzled with balsamic glaze over thick cut multi-grain toast

## salads

#### **Arugula Salad**

Fresh Arugula topped w/plum tomatoes, red onion, olive oil, balsamic & shaved Romano \$9.95 • w/grilled shrimp \$14.95

#### **Chef Salad**

Fresh turkey breast, honey ham, swiss cheese, veggies over greens w/ croutons \$12.95

#### **Chicken Salad Plate**

White meat chicken salad served over mixed greens w/ seasonal fruit, walnuts \$ dessert bread \$10.95

#### Classic Caesar

Fresh Romaine tossed w/ homemade Caesar dressing, croutons & romano cheese \$9.95 w/ turkey or mozzarella \$11.95 • w/grilled chicken \$13.95

#### Classic House Salad

Fresh Romaine topped w/ veggies, croutons & choice of dressing on the side \$9.95

#### Fresh Fruit & Yogurt

Fresh seasonal fruit w/ vanilla yogurt \( \xi \) granola served w/ dessert bread \( \xi \) \( \x

#### Fresh Mozzarella Salad

Fresh wet mozzarella served on greens w/tomato & red onion topped w/balsamic vinaigrette, romano & basil \$12.95

#### Gorgonzola Salad

Fresh greens tossed w/ apples, grapes, Gorgonzola, walnuts served w/ poppy seed dressing \$10.95

w/ grilled chicken \$14.95

#### **Mesclun Salad**

Fresh greens tossed w/ veggies, croutons & choice of dressing on the side \$10.95

#### Quiche

Deep-dish quiche w/ choice of salad, soup or fruit \$11.95

#### **Tuna Salad Plate**

Solid White Tuna salad on greens w/ fresh veggies \$10.95

#### Warm Ravioli Salad

Warm Spinach & Mozzarella Raviolis tossed in our special dressing of olive oil, cheeses & herbs, served over greens w/ tomato, cucumber & red onion

\$12.95

Add Tuna Salad, Chicken Salad, Turkey or Mozzarella to any Salad \$3.95 Add Sliced Avocado to any Salad \$3.95

Add Grilled Chicken or Homemade Burger to any Salad \$4.95 Add Shrimp to any Salad \$5.95

Dressing Choices: Balsamic Vinaignette, Honey Mustard, Poppy Seed, Lemon Vinaignette, Creamy Parm or Oil & Vinegar

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Our food is prepared fresh to order, please take time to relax & enjoy your visit.

\*\*\*20% Gratuity will automatically be added to parties of 6 or more. Private Parties & Catering Done On Premises.

Share Charge \$1

sandwiches

All sandwiches are served w/ Fresh Homemade Salsa & Chips (Substitute Side Salad \$1.75 or Fruit \$2.25)

BLT

Bacon, lettuce & tomato served on toasted multi-grain bread w/ garlic herb spread \$8.95 w/ Cheddar \$9.95 w/ Avocado \$9.95 w/ Turkey \$9.95 The Works \$11.95

Ham & Brie

Honey ham topped w/ brie, sliced apples, romaine w/ cinnamon & honey mustard served on pumpernickel \$9.95

**California Turkey** 

Turkey breast w/ avocado, tomato § sprouts served on a croissant w/ garlic herb spread \$9.95

**Montecito** 

Turkey breast w/ melted Gorgonzola, apples, cinnamon & greens w/ poppy seed dressing in a whole wheat wrap \$9.95

Mozz-Focaccia

Fresh wet mozzarella served on warm garlic Focaccia w/sun-dried tomatoes, roasted red peppers, romaine Romano cheese & balsamic vinaigrette \$10.95 w/Grilled Chicken \$13.95

**Point Veggie** 

Romaine, swiss cheese, tomato, cucumber, red onion, red pepper sprouts w/garlic herb spread on multi-grain \$9.95

Santa Barbara

Fresh chicken salad or tuna served on toasted raisin bread topped w/sliced apples & cinnamon \$8.95

# specialty drinks

Hot - Frozen - Iced

Chai Tea

A creamy blend of honey, vanilla, black tea & exotic spices \$4.50

Vanilla, Vanilla (no sugar added), Spice, Decaf Spice,

Chocolate, Chocolate Mint, Raspberry,

Chocolate Raspberry, Green Tea

**Big Train** 

A Blended Iced Coffee based drink \$4.50

Vanilla, Mocha, Caramel Latte, White Chocolate Latte,
Heath Mocha, Chocolate Peanut Butter,
Coffee, Decaf Mocha
No Sugar Added - Mocha

Frozen Cremés \$4.50 Cookies n Cream, Vanilla Bean

Coffee & Espresso

Single Shot \$2.00 Double Shot \$3.50 Americano \$4.00

**Honey Espresso** 

Double espresso w/ honey whip cream, nutmeg & cinnamon \$4.50

Cappuccino

Espresso w/ steamed milk & Froth \$4.50

Café Mocha

Espresso w/ steamed milk, chocolate & whipped cream \$5.00

**Café Latte** 

Espresso w/ steamed milk \$4.50

**Vanilla Latte** 

Espresso w/ steamed milk & vanilla \$5.00

Café Au Lait

Equal parts espresso, coffee & steamed milk \$4.50

Café Au Chocolate

Double espresso, steamed milk, chocolate, orange rind, topped w/ whipped cream, cinnamon, nutmeg & chocolate \$5.00

Flavored Latte or Cappuccino \$4.50
Oat .75¢ Soy .75¢ Almond Milk .75¢ Coconut .75¢

**Shore Classic** 

Baked ham, turkey, swiss cheese on romaine w/ tomato \$ honey mustard. Choice of bread \$9.95

**Tomato & Arugula Bruschetta** 

Fresh plum tomatoes, Arugula w/romano cheese, balsamic & olive oil served on French \$8.95 w/brie \$10.95 w/mozzarella \$10.95 w/turkey \$10.95

Homemade Burger

Choice of Black Bean, Quinoa or Turkey topped w/ avocado, cheddar cheese, red onion, tomato, romaine on toasted Grain bread w/ garlic herb mayo \$10.95

Sonoma

Fresh chicken salad or tuna w/ apples, grapes, walnuts, cinnamon  $\frac{1}{2}$  mixed greens in a whole wheat wrap \$9.95

Grilled Veggie

Eggplant, warm mozzarella, tomato, artichoke, red onion, fresh spinach and balsamic vinaigrette in a whole wheat wrap \$10.95

**Del Mar** 

Honey ham, melted cheddar, apples, cinnamon on toasted raisin bread w/honey mustard \$9.95

Big Sur

Shrimp, feta cheese, tomato, avocado, bacon & mixed greens in a whole wheat wrap w/garlic herb spread \$14.95

**Extra Sides** 

Salsa .25¢ Guacamole \$3.00 Dressing .25¢ Hummus \$2.00

\* Gluten Free Bread/Wraps Available - Add \$1.50 \*

### tea time

Teas are served:

By the Cup, French Pressed Cup \$3.00 Full Pot \$10.00 Lipton Regular or Decaf \$2.00

**Hot Teas** 

Apricot, Blackberry, Cinnamon Plum, English Breakfast, Earl Grey, Ginger Peach, Peach, Mango, Raspberry, Strawberry, Mint, Vanilla Almond, Organic Green

**Hot Decaf Teas** 

Apricot, Blackberry, Earl Grey, English Breakfast, Ginger Peach, Green Tea, Mango, Peach, Raspberry, Strawberry, Vanilla Almond

**Beverages** 

Cup of Joe \$2.00 /free Refill
Flavored Fresh Brewed Cup of Joe \$2.00
Soda \$2.50 Lemonade \$2.00 Bottled Water \$2.00

All Iced Tea is Freshly Brewed & Unsweetened (No Refills)

unsweetened Iced Tea \$2.50 ea.

unsweetened Flavored Iced Tea \$2.50 ea.

Pitchers of Iced Tea \$10.00 ea.

Fresh Squeezed Juice \$7.50

**Hot Chocolate** 

Traditional Hot Chocolate \$4.50

Frozen Hot Chocolate
20 Degrees Below \$4.50

Frozen Lemonade \$4.50

Fit Frappé

Creme Protein Blended Drink - Vanilla or Chocolate \$5.00

**Fresh Fruit Smoothies** 

Strawberry, Banana, Blueberry, Pineapple, Mango Mix & Match \$5.00