

## appetizers

## Chips & Salsa

Fresh homemade salsa served w/chips \$4.95 Side of Hummus \$3.00 • Side of Guacamole \$3.95 Works \$9.95

#### **Focaccia**

Garlic Focaccia baked \$ served w/ olive oil \$ herbs for dipping \$6.95

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

Fresh seasonal fruit w/ cheddar, provolone, swiss, brie \(\frac{2}{3}\) crackers \(\frac{12.95}{3}\)

## **Warm Brie & Apples**

Warm Brie w/ apples, grapes, almonds & crackers \$12.95

## Avocado Toast \$11.95

"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 \$12.95

## Fresh Seasonal Fruit

Fresh seasonal fruits "prepared to order" \$7.95

## **Veggies & Dip**

Fresh garden veggies w/ garlic spinach dip \$9.95

## Side Salad

Fresh greens, tomato, cucumbers, red onion & croutons \$6.95

## "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 \$11.95 • w/grilled shrimp \$16.95

#### **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 \$12.95

#### Classic Caesar

Fresh Romaine tossed w/homemade Caesar dressing, croutons & romano cheese \$10.95 w/turkey or mozzarella \$13.95 • w/grilled chicken \$15.95

## Classic House Salad

Fresh Romaine topped w/ veggies, croutons & choice of dressing on the side \$11.95

## Fresh Fruit & Yogurt

Fresh seasonal fruit w/ vanilla yogurt & granola served w/ dessert bread \$12.95

## 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 \$12.95

w/ grilled chicken \$16.95

#### **Mesclun Salad**

Fresh greens tossed w/ veggies, croutons for choice of dressing on the side \$11.95

#### Quiche

Deep-dish quiche w/ choice of salad, soup or fruit \$12.95

## **Tuna Salad Plate**

Solid White Tuna salad on greens w/ fresh veggies \$12.95

#### 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, Ranch, Asian Sesame or Oil & Vinegar

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\*\*\*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 \$2.50 or Fruit \$3.00)

#### BLT

Bacon, lettuce & tomato served on toasted multi-grain bread w/ garlic herb spread \$9.95 w/ Cheddar \$10.95 w/ Avocado \$11.95 w/ Turkey \$11.95 The Works \$13.95

## Ham & Brie

Honey ham topped w/brie, sliced apples, romaine w/cinnamon \$ honey mustard served on pumpernickel \$11.95

**California Turkey** 

Turkey breast w/ avocado, tomato \( \frac{\pi}{2} \) sprouts served on a croissant w/ garlic herb spread \$11.95

#### **Montecito**

Turkey breast w/ melted Gorgonzola, apples, cinnamon & greens w/ poppy seed dressing in a whole wheat wrap \$10.95

## Mozz-Focaccia

Fresh wet mozzarella served on warm garlic Focaccia w/sun-dried tomatoes, roasted red peppers, romaine Romano cheese \(\xi\) balsamic vinaigrette \(\xi\)12.95 \(\text{w/Grilled Chicken } \xi\)15.95

## **Point Veggie**

Romaine, swiss cheese, tomato, cucumber, red onion, red pepper \$\forall \text{ sprouts w/ garlic herb spread on multi-grain \$11.95}

## Santa Barbara

Fresh chicken salad or tuna served on toasted raisin bread topped w/sliced apples \$\frac{1}{2}\$ cinnamon \$9.95

# specialty drinks

Hot - Frozen - Iced

## Chai Tea

A creamy blend of honey, vanilla, black tea & exotic spices \$5.00 Vanilla, Vanilla (no sugar added), Spice, Decaf Spice, Chocolate, Chocolate Mint, Raspberry, Chocolate Raspberry, Green Tea

#### **Big Train**

A Blended Iced Coffee based drink \$5.00
Vanilla, Mocha, Caramel, White Chocolate,
Chocolate Peanut Butter,
Coffee, Decaf Mocha
No Sugar Added - Mocha
Frozen Cremés \$5.00

Frozen Cremés \$5.00 Cookies n Cream

Coffee & Espresso

Single Shot \$2.50 Double Shot \$4.00 Americano \$5.00

**Honey Espresso** 

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

Cappuccino

Espresso w/ steamed milk & froth \$5.00

Café Mocha

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

**Café Latte** 

Espresso w/ steamed milk \$5.00

**Vanilla Latte** 

Espresso w/ steamed milk & vanilla \$5.00

Café Au Lait

Equal parts espresso, coffee & steamed milk \$5.00

Café Au Chocolate

Double espresso, steamed milk, chocolate, orange rind, topped w/ whipped cream, cinnamon, nutmeg & chocolate \$6.00

Flavored Latte or Cappuccino \$5.00
Oat Milk \$1.00
Almond Milk \$1.00

**Shore Classic** 

Baked ham, turkey, swiss cheese on romaine w/ tomato f honey mustard. Choice of bread \$10.95

**Tomato & Arugula Bruschetta** 

Fresh plum tomatoes, Arugula w/romano cheese, balsamic & olive oil served on French \$10.95 w/brie \$12.95 w/mozzarella \$12.95 w/turkey \$12.95

**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 \$12.95

#### Sonoma

Fresh chicken salad or tuna w/ apples, grapes, walnuts, cinnamon \( \frac{\psi}{2} \) mixed greens in a whole wheat wrap \( \frac{\psi}{2} \) 11.95

**Grilled Veggie** 

Eggplant, warm mozzarella, tomato, artichoke, red onion, fresh spinach and balsamic vinaigrette in a whole wheat wrap \$11.95

#### 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 \( \frac{\pi}{2} \) mixed greens in a whole wheat wrap w/garlic herb spread \$14.95

**Extra Sides** 

Salsa .50¢ Guacamole \$3.95 Dressing .50¢ Hummus \$2.00

\* Gluten Free Bread/Wraps Available - Add \$2.00 \*

## 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, English Breakfast, Earl Grey, Ginger Peach, Peach, Mango, Raspberry, Mint, Vanilla Almond, Organic Green

#### **Hot Decaf Teas**

Apricot, Blackberry, Earl Grey, English Breakfast, Green Tea, Mango, Peach, Raspberry

Beverages

Cup of Joe \$3.00 /free Refill
Flavored Fresh Brewed Cup of Joe \$3.00
Soda \$2.50 Lemonade \$2.00 Bottled Water \$2.00

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

Unsweetened Iced Tea \$3.00 ea.

Unsweetened Flavored Iced Tea \$3.00 ea.

Fresh Squeezed Juice \$8.00

**Hot Chocolate** 

Traditional Hot Chocolate \$5.00

Frozen Hot Chocolate
20 Degrees Below \$5.00

Frozen Lemonade \$5.00

Fit Frappé

Creme Protein Blended Drink - Vanilla or Chocolate \$6.00

**Fresh Fruit Smoothies** 

Strawberry, Banana, Blueberry, Pineapple, Mango Mix & Match \$6.00