



BREAKFAST

EGGS SCRAMBLED TO ORDER

Served with harvest toast (170 cal) & oven-roasted breakfast potatoes (140 cal) or fresh fruit (70 cal)

SUBSTITUTE EGG WHITES WITH ANY SCRAMBLER

Anaheim Scrambler 6.99

Eggs scrambled with crisp applewood smoked bacon, tomatoes, green onions and cheddar cheese, topped with avocado. (600 cal)

All American Scrambler 6.59

Freshly scrambled eggs served with applewood smoked bacon. (400 cal)

Substitute chicken apple sausage for bacon. (380 cal) 6.89

Farmer's Scrambler 6.89

Eggs scrambled with red and green bell peppers, red onions, mushrooms, potatoes and cheddar cheese. (410 cal)

Baked French Toast & Eggs 7.49

Cinnamon-swirled brioche bread baked in a rich vanilla custard, served with scrambled eggs and applewood smoked bacon. (1,240 cal)

Substitute chicken apple sausage for bacon. (1,230 cal) 7.79

SCRAMBLED EGG SANDWICHES

NEW Add A SIDE OF STEEL-CUT OATMEAL WITH BROWN SUGAR (130 cal),
FRESH FRUIT (70 cal) or OVEN-ROASTED POTATOES (140 cal) ~ 1.00
SUBSTITUTE EGG WHITES WITH ANY BREAKFAST SANDWICH

Anaheim Panini 4.99

Eggs, bacon, tomatoes, green onions, avocado and cheddar cheese grilled on sourdough. (610 cal)

Chicken Apple Sausage Panini 4.79

Maple and apple chicken sausage, scrambled eggs and cheddar cheese grilled on sourdough. (570 cal)

Smoked Bacon & Cheddar Panini (630 cal) 4.29

Ham & Swiss Panini (530 cal) 4.29

The Commuter Croissant 4.99

A flaky croissant with eggs, smoked bacon, tomatoes and cheddar cheese. (740 cal)

New! POWER PANINI THINS

NEW Add A SIDE OF STEEL-CUT OATMEAL WITH BROWN SUGAR (130 cal),
FRESH FRUIT (70 cal) or OVEN-ROASTED POTATOES (140 cal) ~ 1.00

Scrambled eggs or egg whites with Parmesan & cheddar cheese on thinly sliced whole grain harvest toast.

With Applewood Smoked Bacon (390 cal / 310 cal with egg whites) 3.69

With Chicken Apple Sausage (350 cal / 280 cal with egg whites) 3.69

With Avocado & Spinach (320 cal / 250 cal with egg whites) 3.29

OATMEALS & YOGURT

Oatmeals served with a homemade sweet crisp (150 cal)

Steel-Cut Oatmeal 3.99

Whole grain, steel-cut oatmeal topped with your choice of currants, dried cranberries, brown sugar, toasted walnuts and almonds. (160-350 cal)

Chilled Swiss Oatmeal 3.99

Our European muesli made with low fat yogurt, rolled oats, green apples, bananas, currants, cranberries and skim milk. (350 cal)

Fresh Berry & Yogurt Parfait 3.99

Crunchy granola, low fat vanilla yogurt and fresh seasonal berries. (390 cal)

FRESH SALADS

Served with a freshly baked focaccia roll (100 cal)

SIGNATURE HAND-TOSSED SALADS

	CAFE	ENTREE
<p>Spinach Sweet Crisp Baby spinach, strawberries, oranges, red grapes, dried cranberries, green onions and creamy goat cheese with raisin pecan sweet crisps and our homemade pomegranate vinaigrette. (240 / 470 cal)</p>	6.59	7.59
<p>Asian Wonton All-natural roasted chicken, edamame, cherry tomatoes, cucumbers, red bell peppers, carrots, green onions, cilantro and crispy wontons with mixed greens, cabbage and ginger soy dressing. (270 / 530 cal)</p>	7.29	8.29
<p>Santa Fe Ranch All-natural roasted chicken, fresh corn and tomato salsa and cheddar cheese tossed with iceberg and romaine lettuce, ranch dressing and tortilla strips. (410 / 820 cal)</p>	6.99	7.99
<p>Chopped Salad All-natural chicken, bacon, avocado, bleu cheese, tomatoes and green onions with iceberg and romaine lettuce and sweet and spicy vinaigrette. (400 / 790 cal)</p>	7.59	8.59
<p>Harvest Salad (410 / 760 cal) <i>With All-Natural Roasted Chicken</i> (470 / 870 cal) Crisp green apples, toasted walnuts, bleu cheese and currants, tossed with our mixed greens, balsamic vinaigrette and harvest crisps.</p>	7.29	8.29
<p>Caesar Salad (360 / 700 cal) <i>With All-Natural Roasted Chicken</i> (410 / 820 cal) Crisp romaine lettuce, shredded Parmesan and Romano cheeses and homemade spicy croutons with our classic Caesar dressing.</p>	5.99	6.99
	6.49	7.49

HOMEMADE SPECIALTY SALADS

The Trio CREATE YOUR OWN HAND-CRAFTED FAVORITE

Your choice of three freshly made Specialty Salads, with field greens. (240-870 cal)	7.49
Cup of homemade soup, two Specialty Salads and field greens. (310-990 cal)	7.99

<p>Southwest Avocado Wedge 4.49 Fresh avocado on a bed of jicama slaw, topped with corn and tomato salsa and tortilla strips. (140 cal Trio / 280 cal Side)</p>	<p>Asian Edamame Salad 3.69 Edamame, tomatoes, cucumbers, red bell peppers, carrots, green onions, basil and cilantro in a ginger soy dressing. (90 cal Trio / 140 cal Side)</p>
<p>D.C. Chicken Salad 4.49 All-natural chicken, green apples, currants, red onions, celery, mayonnaise and toasted almonds. (240 cal Trio / 350 cal Side)</p>	<p>Cavatappi Pasta Salad 3.69 Roasted tomatoes, Asiago cheese, fresh basil, roasted garlic and arugula in white balsamic dressing. (150 cal Trio / 220 cal Side)</p>
<p>Tuna Salad 4.69 Tuna, celery, red and green onions and mayonnaise with hints of Dijon mustard and basil. (280 cal Trio / 400 cal Side)</p>	<p>Seasonal Fruit Medley 3.69 A delicious assortment of the season's freshest fruits. (70 cal Trio / 100 cal Side)</p>
<p>Egg Salad 4.49 Hard-boiled eggs blended with mayonnaise and a touch of fresh dill. (220 cal Trio / 330 cal Side)</p>	<p>Caesar Salad (240 cal) 3.49</p> <p>Mixed Greens Salad (110 cal) 3.49</p>

SELECT *Specialty Salads* AVAILABLE IN PINTS AND QUARTS

CORNER COMBOS

SANDWICH *or* PANINI COMBO

1/2 Sandwich or Panini *with* Caesar Salad, Mixed Greens, Mac & Cheese, or Cup of Soup.

With Mom's Sandwich

7.49

With Signature Sandwich or Panini

7.99

(320-830 cal – side items not included)

SIGNATURE SALAD COMBO

7.99

Your choice of any Cafe Sized Signature Hand-Tossed Salad *with* a Cup of Soup.

(380-870 cal – side items not included)

PASTA COMBO

7.99

Your choice of a Cafe Sized Hearty Pasta *with* Caesar Salad or Mixed Greens.

(420-900 cal – side items not included)

SUBSTITUTE BIG AL'S CHILI (380 cal) FOR SOUP ~ 1.00

GRILLED PANINI

Hot grilled sandwiches served with a pickle (5 cal) & bakery chips (150 cal) or baby carrots (35 cal)

SUBSTITUTE CAESAR SALAD (240 cal) OR MIXED GREENS (110 cal) FOR CHIPS ~ 1.49

New! Sliced Meatball ON SOURDOUGH

7.89

Sliced all-beef meatballs and provolone cheese with marinara sauce. (830 cal)

Chicken Pomodori ON SOURDOUGH

7.89

All-natural roasted chicken, fresh basil and spinach, oven-roasted tomatoes and provolone cheese with pesto mayo. (740 cal)

Club Panini ON SOURDOUGH

7.79

Hickory smoked turkey breast, crisp applewood smoked bacon, white cheddar cheese and plum tomatoes with a touch of mayonnaise. (790 cal)

California Grille ON WHOLE GRAIN HARVEST

6.99

A mixture of grilled zucchini, marinated artichoke hearts, roasted tomatoes and pesto with fresh spinach and provolone cheese. (590 cal)

Smoked Ham & Swiss ON SOURDOUGH

6.99

Thinly sliced smoked ham with melted Swiss cheese, plum tomatoes and country Dijon mustard. (670 cal)

Corned Beef Reuben ON CARAWAY RYE

7.89

A traditional sandwich of lean corned beef, sauerkraut, Swiss cheese and Thousand Island dressing. (840 cal)

HOMEMADE SOUPS & CHILI

Cups and bowls served with a freshly baked focaccia roll (100 cal)

Homemade Soups

CUP 3.99 BOWL 4.99 BREAD BOWL *Add* 1.89

Our hot and hearty soups are the perfect addition to any meal.

(140-400 cal/cup; 210-620 cal/bowl; add 1,040 cal/bread bowl)

Big Al's Chili

CUP 4.99 BOWL 5.99 BREAD BOWL *Add* 1.89

Our secret recipe topped with sharp cheddar cheese.

(380 cal/cup; 590 cal/bowl; add 1,040 cal/bread bowl)

SIGNATURE SANDWICHES

All sandwiches served with a pickle (5 cal) & bakery chips (150 cal) or baby carrots (35 cal)
 SUBSTITUTE CAESAR SALAD (240 cal) OR MIXED GREENS (110 cal) FOR CHIPS ~ **1.49**

- D.C. Chicken Salad ON STEAKHOUSE RYE** 6.99
 All-natural roasted chicken, crisp green apples, currants, red onions, celery, mayonnaise and toasted almonds with lettuce and tomatoes. (610 cal)
- Poblano Fresco ON POBLANO CHEESE BREAD** (800 cal) 6.99
With All-Natural Roasted Chicken (830 cal) **or Roast Beef** (850 cal) 7.99
 Roasted red peppers, avocado, white cheddar cheese, lettuce, jicama slaw and chipotle lime mayo.
- Ham or Turkey Pretzel ON PRETZEL BREAD** 6.99
 Choice of smoked ham or smoked turkey with shaved red onions, tomatoes, caraway Havarti cheese and stoneground mustard-mayo. (650 / 640 cal)
- Chicken Pesto ON CIABATTA FICELLE** 7.79
 All-natural roasted chicken, arugula and tomatoes with our sweet and spicy vinaigrette and pesto mayo. (680 cal)
- Uptown Turkey ON HARVEST TOAST** 7.69
 Smoked turkey, bacon, avocado, lettuce, tomatoes and mayonnaise. (690 cal)
- Tomato Mozzarella ON CIABATTA FICELLE** 6.89
 Roasted red peppers, arugula and basil with balsamic vinaigrette. (680 cal)

MOM'S SANDWICHES

With leaf lettuce, plum tomatoes & country Dijon mustard (10 cal) or mayo (80 cal)
 Add SWISS (80 cal), PROVOLONE (80 cal), YELLOW (90 cal) OR WHITE CHEDDAR (90 cal) ~ **.50**

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| Tuna Salad ON HARVEST (640 cal) 6.99 | Roasted Chicken ON HARVEST (500 cal) 5.99 |
| With cucumber slices and shredded carrots. | Smoked Turkey ON HARVEST (470 cal) 5.99 |
| Egg Salad ON MOM'S WHITE (500 cal) 5.79 | Smoked Ham ON MOM'S WHITE (410 cal) 5.99 |

HEARTY PASTAS

Served with toasted garlic bread (110 cal)
 Add CAESAR SALAD (240 cal) OR MIXED GREENS (110 cal) ~ **1.49**

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| <i>New!</i> Mac & Three Cheese | 5.99 | 6.99 |
| Pipette pasta tossed with a blend of three cheeses, topped with toasted bread crumbs. (560 / 880 cal)
<i>With Applewood Smoked Bacon & Tomatoes</i> (650 / 1,040 cal) | 6.59 | 7.59 |
| Pesto Cavatappi | 6.99 | 7.99 |
| All-natural roasted chicken and steaming cavatappi pasta tossed in a rich pesto cream sauce and sprinkled with toasted bread crumbs. (640 / 1,140 cal) | | |
| Chicken Carbonara | 6.99 | 7.99 |
| All-natural chicken, applewood smoked bacon, spring peas and linguine pasta in our creamy carbonara sauce topped with toasted bread crumbs. (660 / 1,180 cal) | | |
| Half Moon Cheese Ravioli | 6.39 | 7.39 |
| Stuffed cheese ravioli smothered in our vegetarian marinara sauce and sprinkled with Parmesan and Romano cheeses. (310 / 610 cal) | | |
| Penne with Marinara | 6.39 | 6.99 |
| A delicious dish of penne pasta and our vegetarian marinara sauce. (310 / 530 cal) | | |