



On the Grill

**add bacon \$2.50, avocado \$1.25*

Tuna Melt	\$9.50
Turkey Melt	\$8.50
Chicken Avocado Melt ★	\$10.50
with pepper jack cheese, caramelized onions and aioli on toasted ciabatta bread	
Classic Burger with Fries	\$8.50
with lettuce, tomato, onion, pickles, mustard, ketchup and mayo	
Turkey Breast Burger with Fries	\$8.95
Patty Melt with Fries	\$8.95
Veggie Burger	\$7.95
All natural veggie patty, lettuce, tomato, pickles, onion, mustard, ketchup and mayo	
Classic Grilled Cheese	\$4.75
with Bacon	\$7.25
Hot Ham & Cheese	\$7.95

From the Border

Baja Bowl ★	\$10.50
Grilled chicken breast served on a bed of brown rice and black beans topped with pico de gallo, blue corn chips and our chipotle ranch sauce	
with Fish	\$11.95
Classic Chicken Burrito	\$9.95
with Steak	\$11.50
with Spanish rice, cheese, refried beans, onions, cilantro, sour cream and salsa roja	
Baja Fish Burrito	\$11.95
with Spanish rice, black beans, slaw, cheese, sour cream, pico de gallo and salsa roja	
Chicken Quesadilla	\$9.95
served with a side of pico de gallo and sour cream	

Salads

**add chicken or tofu \$3.00*

Caesar Salad	\$8.50
with parmesan cheese and wonton chips tossed in our Caesar dressing	
Chinese Salad	\$8.50
with green & red cabbage and carrots tossed with our toasted sesame dressing and topped with wonton chips	
Baja Salad	\$9.50
with green & red cabbage, black beans, tomato, carrots and cheese tossed with our light chipotle ranch dressing and topped with blue corn chips	
Greek Salad	\$9.50
with cucumber, tomato, kalamata olives, feta cheese and oregano tossed with our red wine vinaigrette	
Cobb Salad	\$10.50
with cucumber, tomato, chopped bacon, blue cheese, hardboiled eggs and avocado tossed in a choice of dressing	
Kale & Butternut Squash Salad ★	\$10.75
with quinoa, carrots, apple and dried cranberries tossed with our white balsamic dressing	
Arugula Quinoa Salad ★	\$10.95
with artichoke hearts, garbanzo beans, sundried tomatoes tossed with pesto vinaigrette (served warm)	

Wraps

**add chicken or tofu \$3.00*

Caesar Salad Wrap	\$8.50
Chinese Salad Wrap	\$8.50
Baja Salad Wrap	\$9.50
Turkey Avocado Wrap ★	\$9.50
Turkey, avocado, lettuce, tomato and honey mustard wrapped in your choice of wheat or flour tortilla	
Veggie Wrap	\$8.95
Romaine lettuce, tomato, avocado, cucumber, sprouts, swiss cheese and honey mustard wrapped in your choice of wheat or flour tortilla	
Tuna Salad & Cheese Wrap	\$9.50
Tuna salad, cheese, lettuce, tomato and mayo wrapped in your choice of wheat or flour tortilla	
BLT & Avocado Wrap ★	\$9.50
Bacon, lettuce, tomato, avocado and mayo wrapped in your choice of wheat or flour tortilla	

Daily Entrees

Specials rotated based on
Seasonal Ingredients

**ask about our seasonal specialties*

Teriyaki

All items served with white rice and steamed vegetable

Substitute for brown rice \$1.00

Substitute for chicken breast \$1.50

Hawaiian Chicken	Bowl	\$10.95
	Plate	\$11.95
Korean Beef Bulgogi ★	Plate	\$14.50
Teriyaki Chicken Bowl		\$10.50
Teriyaki Vegetable Bowl		\$7.95

Deli Sandwiches

All sandwiches served with lettuce, tomato & mayo on your choice of bread: white, wheat, rye, sourdough

**add cheese \$.50 add avocado \$1.25*

Turkey Breast Sandwich	\$7.95
Ham Sandwich	\$7.50
B.L.T Sandwich	\$8.25
Club Sandwich	\$9.95
Tuna Salad Sandwich	\$8.95
Chicken Salad Sandwich	\$8.95
Egg Salad Sandwich	\$7.25
Vegetarian Sandwich	\$7.95

Lettuce, tomato, avocado, cucumber, sprouts, carrots and honey mustard dressing

Specialty Sandwiches

Chicken Pesto	\$9.95
Grilled chicken breast with arugula, tomato and pesto aioli on a toasted rustic ciabatta roll	
Caprese	\$9.50
Fresh mozzarella with tomato, arugula and pesto aioli on a toasted rustic ciabatta roll	
Turkey & Brie	\$9.95
with green apple, arugula, honey Dijon and aioli on toasted rustic ciabatta roll	
Chicken MBP ★	\$10.95
Grilled chicken breast with fresh mozzarella, roasted fire roasted pepper, arugula, pesto aioli on rustic ciabatta roll	
Steak BLT ★	\$11.95
with Applewood bacon, arugula tomato and horseradish aioli on rustic ciabatta roll	
Tuscan Chicken	\$10.50
Grilled chicken breast with arugula, avocado and olive tapenade on rustic ciabatta roll	
Italian	\$9.75
Genoa salami, capicola, prosciutto, provolone, giardiniera and lettuce on rustic ciabatta roll	
California Turkey Club	\$10.95
with Applewood bacon, avocado, arugula, tomato, honey Dijon and aioli on rustic ciabatta roll	

Soups

Chicken Vegetable Soup

**available daily*

Soup of the Day

Small \$3.25 Medium \$4.95 Large \$6.50

Extras

French Fries	\$3.95
Sweet Potato Fries	\$4.95