



## BREAKFAST

### organic oatmeal

rolled oats, raisins, cinnamon, fresh cut berries, banana, almonds, brown sugar, choice of milk \$13.00

### buttermilk pancakes

fresh cut berries, butter, warmed maple syrup \$17.00

### brown rice pancakes

gluten free, fresh cut berries, chia and flax seeds, almonds, butter, warmed maple syrup \$17.00  
{cooked on the same griddle as buttermilk pancakes, contains almond meal}

### egg combo

2 eggs any style, choice of breakfast meats, toast {choice of fresh cut fruit, breakfast potatoes or organic greens salad} \$17.00

### 2+2+2

2 eggs any style, 2 pancakes of your choice, 2 pieces of breakfast meat \$18.00

### turkey burger scramble

turkey burger, spinach, rajjas, Tillamook cheddar. served with 2 pancakes {buttermilk or brown rice}, fresh cut berries, butter, warmed maple syrup \$19.00

### omelette (or scramble) de california

bacon, tomatoes, avocado, Tillamook cheddar, toast {choice of fresh cut fruit, breakfast potatoes or organic greens salad} \$18.50

### egg white veggie scramble

zucchini, rajjas, mushrooms, spinach, Tillamook cheddar, toast {choice of fresh cut fruit, breakfast potatoes or organic greens salad} \$19.00

### egg white omelette de yucatan

chicken sausage, rajjas, mushrooms, spinach, mozzarella cheese, guacamole, tomatillo sauce, toast {choice of fresh cut fruit, breakfast potatoes or organic greens salad} \$19.00

### breakfast sandwich

eggs over medium, avocado, Tillamook cheddar, tomato, red onion, butter lettuce, bacon, mayo, choice of bread {choice of fresh cut fruit, breakfast potatoes or organic greens salad} \$19.00

### breakfast quesadilla

eggs scrambled, bacon, spinach, Tillamook cheddar, fresh pico de gallo, guacamole, flour tortilla {choice of fresh cut fruit, breakfast potatoes or organic greens salad} \$18.00

### huevos rancheros

eggs over medium, corn tortilla quesadillas, roasted jalapeño sauce, tomatillo sauce, guacamole, black beans, spanish brown rice \$18.00

### morning wrap

eggs scrambled, black beans, smoky tomatillo sauce, mozzarella, feta cheese, guacamole, spinach tortilla {choice of fresh cut fruit, breakfast potatoes or organic greens salad} \$18.00

### balance bowl

egg whites, spinach, zucchini, mushrooms, broccoli, roasted jalapeño sauce, guacamole, spanish brown rice or quinoa {choice of grilled chicken or roasted tofu} \$19.00

### low carb protein bowl

egg whites, spicy chicken, black beans, lettuce, pico de gallo, guacamole and jalapeños \$19.00

## WHOLESOME SALADS

### organic greens salad

feta cheese, avocado, jicama, shredded carrots, roasted pepitas, chopped tomatoes, corn, sweet potato fries, balsamic vinaigrette \$15.50  
with grilled chicken breast \$19.50  
with albacore tuna salad (no feta) \$20.00  
with blackened salmon (no feta) \$26.00

### caesar salad

baby spinach, romaine hearts, croutons, chopped tomatoes, avocado, roasted pepitas, parmesan cheese, caesar dressing \$15.50  
with grilled chicken breast \$19.50  
with albacore tuna salad \$20.00

### bbq chicken (or tofu) salad

romaine, shredded cabbage, chopped tomatoes, jicama, roasted corn, black beans, mozzarella, avocado, tortilla strips, buttermilk ranch dressing \$19.50

### warm café salad

baby spinach, romaine hearts, avocado, red onion, chopped tomatoes, spanish brown rice, hot sauce, dressing with grilled chicken or roasted tofu \$19.50  
with filet mignon tips \$22.00

### chicken mango salad

grilled chicken breast, mango, avocado, red onion, jicama, mint, almonds, chia and flax seeds, organic greens, mango chutney vinaigrette \$19.50

### rosemary turkey burger salad

rosemary turkey burger, Tillamook cheddar, grilled onions on top of our organic greens salad \$19.50

### tex-mex chicken salad

grilled chicken, organic greens, avocado, corn, pico de gallo, shredded carrots, tortilla strips, hot sauce, balsamic vinaigrette, ranchero cheese \$19.50

## JUICY BURGERS & SANDWICHES

served with choice of organic greens, caesar salad, french fries or sweet potato fries

### avocado garden sandwich

avocado, shredded carrots, tomato, butter lettuce, red onions, jack cheese, mayo on multigrain bread \$18.50

### roasted turkey sandwich

all natural turkey breast, avocado, butter lettuce, jack cheese, tomato, red onion, chipotle sauce on multigrain bread \$19.00

### tuna-avo sandwich

white albacore tuna, avocado, carrots, butter lettuce, tomato, onion, mayo on sourdough or multigrain bread \$19.50

### white albacore tuna melt

albacore tuna salad, Tillamook cheddar, grilled onions, avocado on a grilled spinach tortilla \$19.50

### chicken jalapeño melt

grilled chicken breast, melted jack cheese, butter lettuce, tomato, red onions, jalapeños, chipotle sauce on a ciabatta roll \$19.00

### jalapeño turkey burger

Mary's turkey, jalapeños, avocado, butter lettuce, tomato, Tillamook cheddar, grilled onions, chipotle sauce on a whole wheat bun \$19.50

### american wagyu cheese burger

Wagyu beef, melted aged Tillamook cheddar, burger sauce, sliced tomato, grilled onions, dill pickles, lettuce on a sesame brioche bun \$19.50

### bbq veggie burger

house-made veggie burger, bbq sauce, avocado, butter lettuce, Tillamook cheddar, onions rings, jalapeños, chipotle sauce on a whole wheat bun \$19.50