



Breakfast • Lunch • Dinner • Cocktails

Beverages...

Coffee & Tea

\$3.50
FRESH GROUND COFFEE
FRESH GROUND DECAF COFFEE
HOT TEA / HERBAL, HOT CHOCOLATE

Specialty Coffee

\$4.50
CAPPUCCINO, CAFÉ LATTE, CAFÉ MOCHA

\$3.50
AMERICANO, ESPRESSO

Juices

\$4
ORANGE, GRAPEFRUIT
TOMATO, CRANBERRY & APPLE



Milk

\$3.50
ALMOND, WHOLE, NONFAT
CHOCOLATE



Shakes & Sodas

\$5
VANILLA, CHOCOLATE
STRAWBERRY, CAPPUCCINO

\$3.50
COKE, DIET COKE,
DR. PEPPER, SPRITE
FRESH BREWED ICE TEA
RASPBERRY ICE TEA



Bottled Water

\$3.50
NATURAL or SPARKLING

Bon Appetit!

Beer

Domestic

\$6

Import

\$7



Wine

GLASS \$8, BOTTLES \$25



RED
Malbec
Cabernet Sauvignon
Merlot
Pinot noir

WHITE
Chardonnay
Sauvignon Blanc
Pinot Grigio
White Zinfandel

Sparkling Wine

VEUVE DU VERNAY BRUT FRANCE \$30
SALMON CREEK BRUT, CALIFORNIA, SPLIT \$6
ALLURE, MOSCATO, SPLIT \$8

Cocktails



WELL DRINKS - \$9

CALL DRINKS - \$12

ALCOHOL NOT AVAILABLE FOR TO-GO ORDERS

Shareables



SPICY CAULIFLOWER - \$11
W/ dipping sauce

CALAMARI FRITTI - \$12
Crispy calamari, w/ dipping sauce



SEARED AHI TUNA - \$15
Perfectly seared ahi tuna on a bed of market greens.



AVOCADO WRAP - \$10
Avocado, spinach and carrots in a whole wheat tortilla, side of siracha ranch.



QUESADILLA - \$9
A cheese quesadilla with tomatoes & mushrooms.

FAJITA LETTUCE WRAPS - \$15
Get a combo wraps of all 3 for - \$18

Choice of Carne asada, shrimp, or chicken sautéed with onions, tomatoes, bell peppers, lettuce leaves, avocado slices and cheese.



Shareables



CHILI CHEESE FRIES - \$9

Chili con carne atop golden fries smothered with melted cheese.



NACHOS

Carne Asada - \$15

Chicken - \$13

Ground Beef - \$10

Onions, tomatoes, bell peppers, cheese, salsa, guacamole and sour creme

VEGGIE NACHOS - \$13

Grilled veggie patty black beans grilled onions, bell peppers, tomato and mushrooms, topped with melted cheese



CHILI CON CARNE - \$7

With onions and melted cheese.



HOMEMADE GUACAMOLE - \$9

With homemade salsa and hand-cut tortilla chips.

HOMEMADE POTATO CHIPS - \$6

SWEET POTATO FRIES - \$6



CHICKEN STRIPS - \$10

Served with fries.



CLASSIC FRIES - \$6



CHICKEN WINGS - \$9

Salads

(Chopped & tossed upon request: \$1)



FAJITA SALAD - \$14

Grilled chicken or New York steak over our mixed green salad with avocado, sautéed onions, bell peppers and cheese.



AHI TUNA SALAD - \$17

Perfectly seared ahi tuna thinly sliced over our mixed green salad.



COUSCOUS SALAD - \$10

Couscous on a bed of mixed green salad.



SPINACH SALAD - \$14

Fresh chopped spinach leaves adorned with crispy bacon, fresh mushrooms, tomatoes, cucumber & avocado slices. Top with dried cranberries.



COBB SALAD - \$15

Fresh roasted turkey breast slices served chilled with crispy bacon on a bed of our mixed green salad with avocado, crumbled blue cheese and egg.



CRISPY CHICKEN SALAD - \$14

Juicy chicken tenders on a bed of our mixed green salad.



TRIO SALAD - \$15

The best of three worlds. Our mixed green salad with Couscous, tuna salad & chicken salad. For those days you just can't decide.

Actual dishes may vary slightly from the pictures

Maximum of 3 credit card transactions per table

Salads

(Chopped & tossed upon request: \$1)



CHOPPED CHEF SALAD - \$14

Fresh roasted turkey breast slices & diced ham on a bed of our mixed green salad.



SHRIMP & AVOCADO SALAD - \$16

Grilled shrimp on a bed of our mixed green salad with avocado.



BBQ CHICKEN SALAD - \$15

Grilled chicken breast slices smothered in a tangy BBQ sauce on a bed of our mixed greens.



CAESAR SALADS

BLACKENED SALMON CAESAR - \$16

CHICKEN CAESAR - \$14

PLAIN CAESAR - \$9

Romaine lettuce tossed with Caesar dressing. With cucumbers, tomatoes, croutons & parmesan cheese.



CHICKEN OR TUNA SALAD - \$13

A scoop of our homemade chicken or tuna salad on a bed of our mixed greens.

MARKET GREEN SALAD - \$9

Our mixed greens of lettuce, arugula, frisee, avocado, cucumbers with carrots, tomatoes & cheese.



NEW YORK STEAK

SALAD - \$19

New York strip steak on top bed of greens.

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Sandwiches

(Served with choice of fries, fruit or homemade potato chips plus
homemade soup or house salad. Substitute sweet potato fries: \$1)

GRILL CHEESE SANDWICH

Plain - \$8

With Avocado & Tomato - \$11



BAGEL & LOX - \$15



PHILLY CHEESE STEAK - \$15

Tender Flank steak swiss cheese,
tomato, onions and bell pepper.

BBQ BEEF OR FRENCH DIP

WITH AU JUS - \$13

Hot tender slices of roast
beef on a French roll.



MEXICAN TUNA MELT - \$14

A south of the border twist to an old American
favorite! Tuna salad, refried beans, greens &
melted cheese all come together
in a grilled flour tortilla.



AHI TUNA SANDWICH - \$16



GRILLED FISH SANDWICH - \$15

Grilled cod filet served on a whole wheat bun,
with lettuce & tomatoes.

Sandwiches

(Served with choice of fries, fruit or homemade potato chips plus homemade soup or house salad. Substitute sweet potato fries: \$1)

CLASSIC CLUB - \$14

Fresh roasted turkey slices, crispy bacon, lettuce & tomatoes layered on three slices of white toasted bread with mayonnaise.



PATTY MELT - \$13

Ground beef patty with melted American cheese & onions on grilled rye bread.



MONTE CRISTO - \$13

This classic sandwich combines the sweet flavors of french toast with ham, fresh roasted turkey & cheese.



CHICKEN OR TUNA MELT - \$13

Chicken salad or tuna salad with melted Swiss cheese on grilled sourdough bread. (Tuna on grilled rye)



THE BIG TURK - \$13

Fresh roasted turkey slices, Swiss cheese, lettuce & tomatoes on untoasted marble rye bread.



GRILLED CHICKEN SANDWICH - \$14

Grilled chicken breast on a whole wheat bun with lettuce, onions, tomatoes, avocado & swiss cheese.



VEGGIE SANDWICH - \$12

Fresh mushrooms & spinach, Swiss cheese, tomato & avocado slices on whole wheat bread with mayonnaise.

Burgers & Croissants

(Burgers made with a whole wheat bun & piled high with classic toppings. Served with choice of fries, fruit or homemade potato chips plus homemade soup or house salad. Substitute sweet potato fries: \$ 1)



TURKEY BURGER - \$13

HAMBURGER - \$11
AMERICAN CHEESE BURGER - \$12
AVOCADO CHEESE BURGER - \$13
BACON CHEESE BURGER - \$13
BACON AVOCADO CHEESE BURGER - \$14
VEGGIE BURGER - \$12
BLEU CHEESE BURGER - \$13



**SUNNY SIDE BACON
CHEESE BURGER - \$14**



**CHICKEN OR TUNA
SALAD CROISSANT - \$13**
 Fresh chicken or tuna salad
 with lettuce, tomatoes.

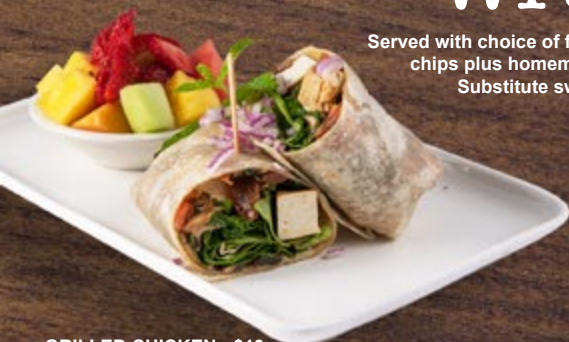


CLUB CROISSANT - \$14
 Fresh roasted turkey slices, bacon,
 lettuce, tomatoes, avocado & mayo.

HOT VEGGIE CROISSANT - \$11
 Grilled croissant stuffed with sauteed
 mushrooms, spinach & Swiss cheese

Wraps

Served with choice of fries, fruit or homemade potato
 chips plus homemade soup or house salad.
 Substitute sweet potato fries: \$1)



GRILLED CHICKEN - \$13
 Romaine lettuce, tomatoes,
 avocado & cheese.

BLACKENED SALMON - \$13
 Romaine lettuce, tomatoes,
 avocado & cheese.

SHRIMP - \$15
 Romaine lettuce, tomatoes,
 avocado & cheese.

BLTA WRAP - \$12
 Crispy bacon, romaine lettuce,
 tomatoes, avocado & cheese.



VEGGIE WRAP - \$12
 Black beans with romaine lettuce,
 tomatoes, avocado & cheese.



AHI TUNA WRAP - \$15
 Seared Ahi tuna with
 romaine lettuce, avocado.

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 Maximum of 3 credit card transactions per table

Entrées

(Served with homemade soup or house salad.)



NEW YORK STEAK - \$19
Choice of mashed potatoes or brown rice and market vegetables.



PORK CHOPS - \$19
Two broiled pork chops served with vegetables. Choice of brown rice or mashed potatoes with gravy & a side of apple sauce.



CHICKEN CORDON BLEU - \$18
Breaded chicken breast stuffed with ham & cheese, topped with chicken gravy. Served over mashed potatoes.



GROUND SIRLOIN STEAK - \$15
Charbroiled ground sirloin topped with sautéed mushrooms & onions. Served over mashed potatoes with gravy.



TERIYAKI CHICKEN - \$15
Grilled chicken breast topped with teriyaki sauce. Served with vegetables over brown rice.

Wellness Menu

CHOICE OF COTTAGE CHEESE OR COUSCOUS



NEW YORK STEAK - \$19



TILAPIA FILET - \$15



GRILLED CHICKEN BREAST - \$14



FRESH ROASTED TURKEY - \$14

Southwest Flare



CARNE ASADA - \$16

Marinated flank steak served with Spanish rice, refried beans & warm tortillas.



MICHELADA
Domestic - \$9
Imported - \$11



TEX-MEX COMBOS - \$15

#1 Cheese Chile Relleno & Chicken Enchilada

#2 Two Cheese Chile Rellenos

#3 Cheese Chile Relleno & Beef or Chicken Crispy Taco

Served with Spanish rice & refried beans.



TACOS - \$13

Two crispy tacos with shredded beef, chicken or fish, grilled with onions, tomatoes, bell peppers, cheese. Served with Spanish rice & refried beans.



TOSTADA GRANDE - \$15

Shredded beef or chicken grilled with onions, tomatoes, bell peppers, cheese, on a bed of mixed greens over refried beans & tortilla chips.



CALIFORNIA BURRITO - \$12

A burrito filled with black beans, fresh tomatoes & cheese. Topped with our homemade ranchero sauce, more cheese & garnished with lettuce. Served with Spanish rice & avocado.



BARBACOA - \$16

Tender shredded Tri-Tip infused with 3 types of chiles then carefully simmered with an array of spices. Served with Spanish rice, refried beans & tortillas.

Southwest Flare

FAJITAS

Chicken, shrimp or Carne Asada grilled with onions, tomatoes & bell peppers. Served with Spanish rice, refried beans & tortillas.

CHICKEN - \$15

ASADA - \$16

SHRIMP - \$17



QUESADILLA CHICKEN - \$13 ASADA - \$15

A flour tortilla stuffed with carne asada or chicken. Grilled with tomatoes, mushroom & cheese. Served with fresh fruit.



CHEESE QUESADILLA - \$9

A cheese quesadilla with tomatoes & mushrooms.



BURRITO CHICKEN - \$13 ASADA - \$15

Choice of Carne Asada or chicken. Grilled with onions, tomatoes, bell peppers, topped with ranchero sauce & cheese. Served with Spanish rice & refried beans.

VEGGIE TACOS - \$12

Two crispy tacos with black beans, fresh tomatoes, avocado & cheese. Garnished with lettuce & served with Spanish rice & refried beans.

VEGGIE NACHOS - \$13

Grilled veggie patty black beans grilled onions, bell peppers, tomato and mushrooms, topped with melted cheese

ENCHILADAS - \$13

Two enchiladas with shredded beef or chicken. Grilled with onions, tomatoes, bell peppers. Topped with ranchero sauce & cheese. Served with Spanish rice & refried beans.

Seafood

(Served with homemade soup or house salad.)



SOUTHWESTERN SALMON - \$16

Grilled salmon fillet topped with sautéed spinach & mushrooms. Served over black beans on a crispy tortilla.



SEAFOOD STEW - \$19

Cod, tilapia, salmon & shrimp steamed to perfection in a mild tomato & garlic sauce. Served with brown rice. What a catch! This dish takes about 15 minutes to prepared, its worth the wait!



CUBAN COD - \$16

Grilled cod with a side of our homemade molé sauce over a bed of brown rice. Served with black beans.



SEARED AHI TUNA - \$17

Perfectly seared ahi tuna on a bed of sautéed spinach. Served with grilled tomato.



FISH & CHIPS - \$16

Strips of cod filet dipped in a light batter & fried to a golden brown. Served with French fries.



TILAPIA FILET - \$16

Grilled tilapia filet served over mashed potatoes & topped with sautéed spinach.

TROUT - \$15

Grilled filet of trout served with brown rice & vegetables.

Spaghettini

Served with pesto sauce & Parmesan cheese.

(Served with a house salad our soup.)



SHRIMP - \$15



CHICKEN - \$14



SPAGHETTINI \$9



SALMON - \$15

Actual dishes may vary slightly from the pictures

Maximum of 3 credit card transactions per table

Specialty Omelettes

Choice of seasonal fresh fruit or potatoes.

Substitute bagel & cream cheese for toast, add \$1. Substitute egg whites, add \$1)



CHEESE CHILE RELLENO OMELETTE - \$14

Our cheese chile relleno made with poblano chile & covered in our homemade ranchero sauce.



CHICKEN OR STEAK FAJITA OMELETTE - \$14

A cheese omelette topped with chicken or steak grilled with onions, tomatoes, bell peppers & finished with our homemade ranchero sauce.



BAJA OMELETTE - \$15

A cheese omelette with salmon, shrimp, tomatoes, mushrooms & topped with avocado.



QUESADILLA OMELETTE - \$12

A cheese quesadilla wrapped inside an omelette. Served with our homemade guacamole.



SANTA FE OMELETTE - \$13

A flour tortilla stacked with black beans & scrambled eggs. Topped with our homemade ranchero sauce, cheese & avocado.

BACON & MASHED POTATO OMELETTE - \$14

Mashed potatoes inside a cheese omelette topped with fresh bacon bits & scallions.



MORE OMELETTES

VEGGIE OMELETTE: A cheese omelette with sautéed mushrooms, onions, tomatoes & bell peppers. - \$12

AVOCADO, BLACK BEAN & SOUR CREAM OMELETTE: A cheese omelette with black beans & topped with avocado. - \$12

DENVER OMELETTE: A cheese omelette with ham, onions & bell peppers. - \$13

MACHACA OMELETTE: A cheese omelette with shredded beef, onions, tomatoes & bell peppers. - \$14

CALIFORNIA OMELETTE: A cheese omelette with refried beans, topped with our homemade guacamole. - \$13

SHRIMP, AVOCADO & TOMATO OMELETTE: A cheese omelette with shrimp, tomatoes & topped with avocado. - \$14

SPINACH & MUSHROOM OMELETTE: A cheese omelette with sautéed spinach & mushrooms. \$13

SPANISH OMELETTE: A cheese omelette topped with our homemade ranchero sauce. \$12

BACON, AVOCADO & TOMATO OMELETTE: A cheese omelette with bacon, grilled tomatoes & topped with avocado. - \$14

GROUND SIRLOIN OMELETTE: A cheese omelette with seasoned ground sirloin grilled with onions, tomatoes & bell peppers. - \$15

Actual dishes may vary slightly from the pictures

18% gratuity for parties 8 or more

Benedicts & More

(What's a Benedict? A toasted english muffin topped with two poached eggs & blanketed with our creamy hollandaise sauce. Try one of our many varieties!
Served with a choice of hash browns, home fries or fresh fruit).

PETERS WRAP - \$13

Brown rice, egg whites, cheese pico de gallo and veggie patty



MEDITERRANEAN SOUJOUK WRAP - \$14

Scrambled eggs with Jalapeños and tomatoes.



CORNEBEEF HASH BENEDICT - \$15



LOX BENEDICT - \$15

Smoked salmon



CHICKEN BENEDICT - \$14

Chicken breast



THE ALAMO - \$13

Poached eggs, on English muffin, avocado, cheddar cheese & ranchero sauce. Served with potatoes or fresh fruit. (NO MEAT)



EGGS FLORENTINE - \$12

Sautéed spinach.

Add Avocado & Tomato - \$3



EGGS BENEDICT - \$14

Canadian bacon



AVOCADO TOAST - \$10

BREAKFAST CROISSANT - \$11

Scrambled eggs with ham & cheese on a golden croissant.

Breakfast Specialties



GRINGOS - \$14

Eggs scrambled with chorizo sausage over refried beans. Topped with sour cream & cheese. Garnished with lettuce & guacamole. Served with potatoes or fresh fruit & tortillas.



MEDITERRANEAN SOUJOUK & EGGS - \$14

With Jalapeños, tomatoes and scrambled eggs.



LEANING TOWER OF MEXICO - \$13

Stacked with flavor! Three corn tortillas layered with Spanish rice, black beans & two over easy eggs. Topped with our homemade ranchero sauce, avocado & cheese.



CARNE ASADA & EGGS - \$16

Marinated skirt steak with two eggs any style. Served with Spanish rice, refried beans & tortillas.



EGG BURRITO - \$12

Eggs scrambled, onions, tomatoes wrapped in a flour tortilla & topped with our homemade ranchero sauce, & cheese. Served with Spanish rice & beans.



HUEVOS MACHACA - \$14

Eggs scrambled with shredded beef, onions, tomatoes & bell peppers.



HUEVOS A LA MEXICANA - \$14

Eggs scrambled with fresh **bacon bits**, onions & bell peppers. Served with potatoes or fresh fruit & tortillas.

HUEVOS RANCHEROS - \$14

Corn tortillas topped with chili con carne, two over easy eggs, homemade ranchero sauce, refried beans & cheese. Served with choice of potatoes or fruit & tortillas.



SHRIMP CHILAQUILES - \$17 CHICKEN CHILAQUILES - \$14 CHORIZO CHILAQUILES - \$14

Carne Asada - \$15 Cheese & Egg only - \$11

Eggs scrambled with tortilla chips smothered in our homemade red chilaquiles sauce & topped with melted cheese. Served with Spanish rice & refried beans.

BARBACOA & EGGS - \$16

Tender shredded Tri-Tip infused with 3 types of chiles then carefully simmered with an array of spices. Served with Spanish rice, refried beans & tortillas.

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Maximum of 3 credit card transactions per table

Egg Breakfasts

Choice of seasonal fresh fruit or potatoes.
Substitute bagel & cream cheese for toast, add \$1. Substitute egg whites, add \$1)



BROILED PORK CHOPS - \$18



HAM STEAK - \$14



CHICKEN FRIED STEAK & EGGS - \$16



CANADIAN BACON - \$14



CORNERD BEEF HASH - \$13



EGGS CORDON BLEU - \$18
Breaded chicken breast stuffed with ham & cheese topped with two poached eggs and hollandaise sauce.

2 EGG BREAKFAST - \$9
ADD:

- BACON STRIPS - \$12
- SAUSAGE LINKS - \$12
- TURKEY SAUSAGE - \$12
- TURKEY PATTY - \$12
- VEGGIE PATTY - \$12
- TILAPIA FILET - \$15
- FILET OF TROUT - \$15
- GROUND SIRLOIN STEAK - \$15
- GRILLED CHICKEN BREAST - \$14



LOX SCRAMBLE - \$18
Smoked salmon scrambled with onions.
Served with plain or onion bagel.



MEDITERRANEAN SOUJOUK & EGGS SANDWICH - \$14
Tomatoes, Jalapeños served on Ciabatta bread.

RISE AND SHINE - \$13
The BLT with sautéed spinach an two eggs any style on Ciabatta bread, served with fruit.



NEW YORK STEAK - \$19

Power Breakfasts



POWER WRAP - \$13
Five egg whites scrambled with grilled chicken, sautéed spinach, mushrooms, tomatoes wrapped in a whole wheat tortilla. Served with fresh fruit.



POWER BREAKFAST SCRAMBLE - \$13
Five egg whites scrambled with tomatoes, mushrooms, chicken and spinach. Served with black beans, brown rice & tortilla.



POWER OMELETTE - \$13
Fluffy egg white omelette with chicken, tomatoes & mushrooms (no cheese). Served with fresh fruit.

From the Griddle



FRENCH TOAST SPECIAL - \$12

3 half slices of French toast, 2 eggs, choice of 4 sausage links or 4 bacon strips



CHOCOLATE & BANANA FRENCH TOAST - \$11



CROISSANTS FRENCH TOAST - \$10 Add strawberries - \$2



COUNTRY BREAKFAST - \$12 2 eggs, choice of 4 sausage links or 4 bacon strips & 3 buttermilk pancakes

FRENCH TOAST - \$9

4 half slices of egg bread dipped in egg batter, grilled to a golden brown & dusted with powdered sugar

CINNAMON ROLL

FRENCH TOAST SPECIAL - \$13

Our homemade cinnamon roll French toast with 1 egg & choice of 2 sausage links or 2 bacon strips.

SHORT STACK - \$6

3 buttermilk pancakes

FULL STACK - \$8

5 buttermilk pancakes



CHOCOLATE & BANANA PANCAKES - \$11

Fruit & Cereals



HOT OATMEAL - \$6

GREEK VANILLA YOGURT WITH SEASONAL FARMERS MARKET FRUIT & GRANOLA - \$10



DISH OF FRESH FRUIT - \$9

GRANOLA PARFAIT - \$9

Low fat Greek Vanilla yogurt, crunchy granola & fresh berries

Sweet Treats



CHOCOLATE CAKE - \$7



LEMON CAKE - \$7



CHEESECAKE - \$7



FLAN - \$5



**CHOCOLATE BROWNIE
A LA MODE - \$8**



CARROT CAKE - \$7

**DISH OF ICE
CREAM - \$5**



AFFOGATO - \$9

Vanilla ice cream, wafer
cookies and shot of espresso



SHAKES - \$5
Cappuccino - Strawberry
Chocolate - Vanilla

APPLE PIE - \$6
APPLE PIE A LA MODE - \$8

Actual dishes may vary slightly from the pictures

Vegan Menu

~~~~ Breakfast ~~~~

La Madre Tierra \$12

Our 100% plant-powered breakfast burrito stuffed with black beans, home fries, broccoli, guacamole, sautéed spinach and mushrooms. Served with pico de gallo and fresh fruit.

Strawberry Banana French Toast \$12

Golden slices of sourdough french toast topped with fresh strawberries and bananas, dusted with powdered sugar and cinnamon.

Vegan Power Breakfast \$13

A protein-packed side by side platter of brown rice, black beans, sautéed spinach, tomatoes and mushrooms. Served with sliced avocado and corn tortillas.

~~~~ Lunch/Dinner ~~~~

Vida's Vegan Sammy \$12

Caramelized onions, sautéed mushrooms and spinach, grilled tomato slices, pickles, and guacamole on grilled sourdough. Served with fresh fruit.

El Padre Sol \$12

La Madre Tierra Vegan burrito with brown rice in place of home fries. Served with fresh fruit.



206 West Colorado Blvd, Glendale CA 91204

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