

BREAKFAST

Egg whites available upon request

MORNING FAVORITES

Scramblers are made-to-order and served with harvest toast (170 cal)
& oven-roasted breakfast potatoes (140 cal) or fresh fruit (60 cal)

ANAHEIM SCRAMBLER **7.89**

Three scrambled eggs with crisp applewood smoked bacon, tomatoes, green onions and cheddar cheese, topped with avocado. (440-600 cal)

ALL AMERICAN SCRAMBLER **6.99**

Three scrambled eggs served with applewood smoked bacon. (240-400 cal)

FARMER'S SCRAMBLER **7.49**

Three scrambled eggs with peppers, mushrooms, onions and cheddar cheese. (220-370 cal)

BUTTERMILK PANCAKES & EGGS **7.99**

Four fluffy buttermilk pancakes, three scrambled eggs and applewood smoked bacon. (850-1,010 cal)

BUTTERMILK PANCAKES WITH BACON **6.99**

Four made-to-order pancakes served with applewood smoked bacon. (770 cal)

SUBSTITUTE CHICKEN APPLE SAUSAGE (140 cal) FOR BACON (160 cal) .30

BREAKFAST SANDWICHES

**ADD A SIDE OF STEEL-CUT OATMEAL WITH BROWN SUGAR (130 cal),
FRESH FRUIT (60 cal) or OVEN-ROASTED POTATOES (140 cal) ~ 1.00**

ANAHEIM PANINI **5.49**

Two scrambled eggs, applewood smoked bacon, tomatoes, green onions, avocado and cheddar cheese grilled on sourdough. (540-600 cal)

BACON & CHEDDAR PANINI **4.79**

Two scrambled eggs, applewood smoked bacon and cheddar cheese grilled on sourdough. (550-620 cal)

COMMUTER CROISSANT **4.79**

Two scrambled eggs, applewood smoked bacon, cheddar cheese and tomatoes on a flaky croissant. (570-650 cal)

BREAKFAST POWER FLATS

Two scrambled eggs with cheddar & Parmesan cheeses
in a grilled multigrain flatbread

APPLEWOOD SMOKED BACON (350-430 cal) **4.49**

AVOCADO & SPINACH (290-360 cal) **3.99**

CHICKEN APPLE SAUSAGE (320-390 cal) **4.39**

OATMEALS & YOGURT

Oatmeals served with a homemade raisin pecan sweet crisp (120 cal)

STEEL-CUT OATMEAL **4.49**

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

CHILLED SWISS OATS **4.49**

Our European muesli made with low fat vanilla yogurt, rolled oats, green apples, bananas, currants, cranberries and skim milk. (360 cal)

BERRY ALMOND SWISS OATS **5.99**

Large bowl of Chilled Swiss Oats topped with toasted almonds, fresh strawberries and blueberries. (520 cal)

FRESH BERRY & YOGURT PARFAIT **3.99**

Crunchy granola, low fat vanilla yogurt and fresh seasonal berries. (370 cal)

FRESH SALADS

Served with a freshly baked focaccia roll (100 cal)

	CAFE	ENTREE
CHOPPED SALAD	7.99	9.29
All-natural chicken, bacon, avocado, bleu cheese, tomatoes and green onions with iceberg and romaine lettuce & sweet and spicy house vinaigrette. (420 / 840 cal)		
HARVEST SALAD	7.49	8.79
All-natural chicken, field greens, green apples, walnuts, bleu cheese, cranberries and raisin pecan sweet crisps with balsamic vinaigrette. (390 / 780 cal)		
SANTA FE RANCH	7.29	8.49
All-natural chicken, roasted corn salsa, tomatoes, cheddar cheese, tortilla strips and avocado ranch dressing on iceberg & romaine. (360 / 720 cal)		
ASIAN WONTON	6.99	8.29
All-natural chicken, edamame, cucumbers, red bell peppers, carrots, green onions, cilantro and crispy wontons with ginger soy dressing on mixed greens & cabbage. (250 / 500 cal)		
SPINACH SWEET CRISP*	6.79	7.99
Spinach, strawberries, oranges, grapes, cranberries, green onions and creamy goat cheese with raisin pecan sweet crisps and homemade strawberry vinaigrette. (240 / 480 cal)		
CLASSIC CAESAR*	5.49	6.49
Romaine, shredded Parmesan and Romano cheeses and homemade spicy croutons with our classic Caesar dressing. (310 / 620 cal)		
*Add chicken ~ 1.00 cafe (60 cal) ~ 2.00 entree (110 cal)		

THE TRIO

Create your own handcrafted favorite.

Any three Trio Salad options. (230-760 cal)	7.79
Cup of Soup and two Trio Salad options. (280-930 cal)	8.49
Grilled Flat and two Trio Salad options. (370-860 cal)	8.49

HUMMUS 2.99

Creamy hummus with baby carrots and grilled flatbread. (270 cal)

QUINOA & PICO SALAD 2.99

Quinoa, corn, black beans, tomatoes, jalapenos, onions and cilantro in a zesty lime vinaigrette. (90 cal)

D.C. CHICKEN SALAD 2.99

All-natural chicken, green apples, currants, red onions, celery, mayo and toasted almonds. (230 cal)

TUNA SALAD 2.99

Tuna, celery, red and green onions and mayo with hints of Dijon mustard and basil. (260 cal)

ASIAN EDAMAME SALAD 2.99

Edamame, cabbage, cucumbers, peppers, carrots, green onions, basil and cilantro in ginger soy dressing. (70 cal)

CAVATAPPI PASTA SALAD 2.99

Roasted tomatoes, Asiago cheese, basil, roasted garlic and arugula in white balsamic dressing. (140 cal)

SEASONAL FRUIT MEDLEY (60 cal) 2.99

CAESAR SALAD (170 cal) 2.99

MIXED GREENS (100 cal) 2.99

SOUPS & CHILI

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

HOMEMADE SOUPS

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

CUP 4.09 BOWL 4.99

BREAD BOWL 5.99
(140-620 cal; add 640 cal/bread bowl)

BIG AL'S CHILI

Our secret recipe topped with sharp cheddar cheese.

CUP 4.99 BOWL 5.99

BREAD BOWL 6.99
(380 / 590 cal; add 640 cal/bread bowl)

CORNER COMBINATIONS

CHOOSE ANY TWO • 8.99

1/2 Sandwich or Panini

1/2 Handcrafted Pasta

1/2 Fresh Salad

One Grilled Flat

One Cup of Soup

SUBSTITUTE BIG AL'S CHILI (380 cal) FOR SOUP ~ .90

SIGNATURE SANDWICHES

Sandwiches served with a pickle (5 cal) and bakery chips (150 cal) or baby carrots (35 cal)

SUBSTITUTE ANY TRIO SALAD OPTION (60-270 cal) FOR CHIPS ~ .99

UPTOWN TURKEY AVOCADO ON HARVEST TOAST 8.49

Smoked turkey, applewood smoked bacon, avocado, tomatoes, lettuce & mayonnaise. (720 cal)

CHICKEN PESTO ON FICELLE 7.99

All-natural chicken, tomatoes, arugula, pesto mayo & house vinaigrette. (610 cal)

HAM & SWISS ON PRETZEL BREAD 7.99

Smoked ham, Swiss cheese, red onions & stoneground mustard. (590 cal)

ROAST BEEF & CHEDDAR ON SESAME BREAD 8.99

Roast beef, cheddar cheese, lettuce, tomatoes & cracked pepper balsamic mayo. (630 cal)

BBLT ON MOM'S WHITE TOAST 7.99

Applewood smoked bacon, tomatoes, leaf lettuce & cracked pepper balsamic mayo. (740 cal)

D.C. CHICKEN SALAD ON STEAKHOUSE RYE 6.99

With lettuce & tomatoes. (610 cal)

TUNA SALAD ON WHOLE GRAIN HARVEST 6.99

With lettuce & tomatoes. (610 cal)

TOMATO MOZZARELLA ON FICELLE 7.49

Roasted red peppers, arugula and basil with balsamic vinaigrette. (620 cal)

GRILLED FLATS

Served with a pickle (5 cal) and bakery chips (150 cal) or baby carrots (35 cal)

..... SINGLE 4.99 • ANY TWO 7.99

SOUTHWEST CHICKEN

All-natural chicken, cabbage, roasted corn salsa, tomatoes, house-pickled jalapenos and avocado ranch dressing. (280 cal)

CHICKEN CAESAR

All-natural chicken, romaine, bruschetta tomatoes, Parmesan cheese and Caesar dressing. (330 cal)

CAPRESE

Fresh mozzarella, bruschetta tomatoes, arugula & Parmesan cheese. (310 cal)

ASIAN PORK

Asian barbecue pulled pork, cabbage, house-pickled jalapenos & cilantro. (230 cal)

PANINI AND HOT SANDWICHES

Sandwiches served with a pickle (5 cal) and bakery chips (150 cal) or baby carrots (35 cal)

SUBSTITUTE ANY TRIO SALAD OPTION (60-270 cal) FOR CHIPS ~ .99

CHICKEN POMODORI ON SOURDOUGH 8.39

All-natural chicken, fresh basil and spinach, roasted tomatoes & provolone cheese with pesto mayo. (780 cal)

CLUB PANINI ON SOURDOUGH 7.99

Smoked turkey, applewood smoked bacon, white cheddar cheese, tomatoes & mayonnaise. (770 cal)

CALIFORNIA GRILLE ON WHOLE GRAIN HARVEST 7.69

Grilled zucchini, artichoke hearts, roasted tomatoes and pesto, with fresh spinach & provolone. (700 cal)

STEAK & CHEESE ON A FRENCH ROLL 9.49

1/3 pound roast beef, provolone, cheddar cheese sauce and grilled mushrooms, peppers & onions. (840 cal)

HANDCRAFTED PASTAS

Served with toasted garlic bread (120 cal)

ADD ANY TRIO SALAD OPTION (60-270 cal) ~ 1.99

	CAFE	ENTREE
PESTO CAVATAPPI 7.79	8.99	
All-natural chicken and cavatappi pasta tossed in our rich pesto cream sauce, topped with toasted bread crumbs. (650 / 1,200 cal)		
CHICKEN CARBONARA 7.99	9.29	
All-natural chicken, applewood smoked bacon, spring peas and linguine in our creamy carbonara sauce, topped with toasted bread crumbs. (670 / 1,240 cal)		
CAVATAPPI MARINARA 5.99	7.29	
A delicious dish of cavatappi pasta with our vegetarian marinara sauce & Parmesan cheese. (280 / 550 cal)		
MAC & THREE CHEESE (530 / 900 cal) 6.79	7.99	
with APPLEWOOD SMOKED BACON & TOMATOES (610 / 1,060 cal) 7.99	9.29	
Cavatappi pasta tossed with a blend of three cheeses, topped with toasted bread crumbs.		

KIDS' MENU

Selections Include

SCRAMBLED EGGS with BACON

KIDS' COMBO

Half sandwich paired with a small soup

SANDWICHES

TURKEY, HAM, GRILLED CHEESE, PEANUT BUTTER & JELLY

MAC & CHEESE

NOODLES & SAUCE

See full Kids' Menu for more options and fun activities