

## 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 ..... 5.39

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

#### BACON & CHEDDAR PANINI ..... 4.69

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

#### COMMUTER CROISSANT ..... 4.99

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) ..... 4.49

### OATMEALS & YOGURT

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

#### STEEL-CUT OATMEAL ..... 4.59

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

#### CHILLED SWISS OATS ..... 4.99

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 ..... 6.49

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
<b>CHOPPED SALAD</b> .....	<b>7.99</b>	<b>8.99</b>
All-natural chicken, bacon, avocado, bleu cheese, tomatoes and green onions with iceberg and romaine lettuce and sweet and spicy house vinaigrette. (420 / 840 cal)		
<b>HARVEST SALAD</b> .....	<b>7.69</b>	<b>8.69</b>
All-natural chicken, field greens, green apples, walnuts, bleu cheese, cranberries and raisin pecan sweet crisps with balsamic vinaigrette. (390 / 780 cal)		
<b>SANTA FE RANCH</b> .....	<b>7.99</b>	<b>8.99</b>
All-natural chicken, roasted corn salsa, tomatoes, cheddar cheese, tortilla strips and avocado ranch dressing on iceberg and romaine. (360 / 720 cal)		
<b>ASIAN WONTON</b> .....	<b>7.69</b>	<b>8.69</b>
All-natural chicken, edamame, cucumbers, red bell peppers, carrots, green onions, cilantro and crispy wontons with ginger soy dressing on mixed greens and cabbage. (250 / 500 cal)		
<b>SPINACH SWEET CRISP*</b> .....	<b>6.99</b>	<b>7.99</b>
Spinach, strawberries, oranges, grapes, cranberries, green onions and creamy goat cheese with raisin pecan sweet crisps and homemade strawberry vinaigrette. (240 / 480 cal)		
<b>CLASSIC CAESAR*</b> .....	<b>5.99</b>	<b>6.99</b>
Romaine, shredded Parmesan and Romano cheeses and homemade spicy croutons with our classic Caesar dressing. (310 / 620 cal)		
*Add chicken ~ 1.50 cafe (60 cal) ~ 2.25 entree (110 cal)		

## THE TRIO

Create your own handcrafted favorite.

<b>Any three Trio Salad options.</b> (230-760 cal) .....	<b>7.89</b>
<b>Cup of Soup and two Trio Salad options.</b> (280-930 cal) .....	<b>8.49</b>
<b>Grilled Flat and two Trio Salad options.</b> (370-860 cal) .....	<b>8.49</b>

<b>HUMMUS</b> ..... <b>3.99</b>	<b>ASIAN EDAMAME SALAD</b> ..... <b>3.99</b>
Creamy hummus with baby carrots and grilled flatbread. (270 cal)	Edamame, cabbage, cucumbers, peppers, carrots, green onions, basil and cilantro in ginger soy dressing. (70 cal)
<b>QUINOA &amp; PICO SALAD</b> ..... <b>3.99</b>	<b>CAVATAPPI PASTA SALAD</b> ..... <b>3.99</b>
Quinoa, corn, black beans, tomatoes, jalapenos, onions and cilantro in a zesty lime vinaigrette. (90 cal)	Roasted tomatoes, Asiago cheese, basil, roasted garlic and arugula in white balsamic dressing. (140 cal)
<b>D.C. CHICKEN SALAD</b> ..... <b>4.89</b>	<b>SEASONAL FRUIT MEDLEY</b> (60 cal) ..... <b>3.99</b>
All-natural chicken, green apples, currants, red onions, celery, mayo and toasted almonds. (230 cal)	<b>CAESAR SALAD</b> (170 cal) ..... <b>3.49</b>
<b>TUNA SALAD</b> ..... <b>5.29</b>	<b>MIXED GREENS</b> (100 cal) ..... <b>3.49</b>
Tuna, celery, red and green onions and mayo with hints of Dijon mustard and basil. (260 cal)	

## 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.

<b>CUP</b> ..... <b>4.29</b>	<b>BOWL</b> ..... <b>4.99</b>
<b>BREAD BOWL</b> .....	<b>5.99</b>
(140-620 cal; add 640 cal/bread bowl)	

### BIG AL'S CHILI

Our secret recipe topped with sharp cheddar cheese.

<b>CUP</b> ..... <b>4.29</b>	<b>BOWL</b> ..... <b>4.99</b>
<b>BREAD BOWL</b> .....	<b>5.99</b>
(380 / 590 cal; add 640 cal/bread bowl)	

# CORNER COMBINATIONS

<b>1/2 SANDWICH &amp; CUP OF SOUP</b>	<b>8.39</b>
<b>1/2 SANDWICH &amp; ONE TRIO OPTION</b>	<b>8.89</b>
<b>CAFE SALAD &amp; CUP OF SOUP</b>	<b>8.89</b>
<b>CAFE PASTA &amp; ONE TRIO OPTION</b>	<b>8.69</b>

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

## 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 ~ 1.49

### UPTOWN TURKEY AVOCADO ON HARVEST TOAST ..... 8.49

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

### CHICKEN PESTO ON FICELLE ..... 8.69

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

### HAM & SWISS ON PRETZEL BREAD ..... 7.39

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

### ROAST BEEF & CHEDDAR ON SESAME BREAD ..... 7.39

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

### BBLT ON MOM'S WHITE TOAST ..... 6.99

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

### D.C. CHICKEN SALAD ON STEAKHOUSE RYE ..... 6.99

With lettuce and tomatoes. (610 cal)

### TUNA SALAD ON WHOLE GRAIN HARVEST ..... 6.99

With lettuce and tomatoes. (610 cal)

### TOMATO MOZZARELLA ON FICELLE ..... 6.99

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 5.99 • ANY TWO 8.49 .....

### 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 and Parmesan cheese. (310 cal)

### ASIAN PORK

Asian barbecue pulled pork, cabbage, house-pickled jalapenos and 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 ~ 1.49**

### CHICKEN POMODORI ON SOURDOUGH ..... 8.49

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

### CLUB PANINI ON SOURDOUGH ..... 7.99

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

### CALIFORNIA GRILLE ON WHOLE GRAIN HARVEST ..... 7.89

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

### STEAK & CHEESE ON A FRENCH ROLL ..... 8.99

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

### SLICED MEATBALL PANINI ON SOURDOUGH ..... 7.69

All-beef meatballs, provolone and marinara on sourdough. (830 cal)

## HANDCRAFTED PASTAS

Served with toasted garlic bread (120 cal)

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

### PESTO CAVATAPPI ..... 7.99 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 8.99

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 ..... 6.59 7.59

A delicious dish of cavatappi pasta with our vegetarian marinara sauce and Parmesan cheese. (280 / 550 cal)

### MAC & THREE CHEESE (530 / 900 cal) ..... 6.99 7.99

### WITH APPLEWOOD SMOKED BACON & TOMATOES (610 / 1,060 cal) ..... 7.59 8.59

Cavatappi pasta tossed with a blend of three cheeses, topped with toasted bread crumbs.

### LINGUINE & MEATBALLS ..... 7.49 8.49

all-beef meatballs & marinara (590 / 840 cal)

## 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