

## Breakfast

<b>Fruit Cup</b>	4.00
<b>Assorted Yogurt Parfait</b>	3.50
<b>Granola with Yogurt and Honey</b>	3.50
<b>Assorted Pastries</b>	2.80
<b>Assorted Bagels</b>	1.25
<i>with cream cheese or natural peanut butter</i>	2.50
<i>with butter</i>	1.75
<i>with smoked salmon, capers and onion</i>	6.50

## Salads

<b>Classic Caesar Salad</b>	7.00
<i>with house-made dressing and croutons</i>	
<b>Chopped Salad</b>	8.50
<i>romaine, greens, parmesan, grilled yellow and green zucchini, corn and croutons with blue cheese vinaigrette</i>	
<b>Pacific Salad</b>	8.50
<i>greens, mint, cilantro, carrot, cabbage, tofu with crispy rice noodles and peanut vinaigrette</i>	
<b>Caprese Salad</b>	8.50
<i>fresh mozzarella, tomato, basil, olive oil and balsamic on mixed greens</i>	
<b>Tossed Cobb Salad</b>	8.50
<i>with greens, romaine, bacon, egg, red onion, avocado and blue cheese vinaigrette</i>	
add all-natural chicken breast or bacon to any salad	2.50

## Sandwiches

<b>Park Club</b>	8.75
<i>natural turkey breast, ham, bacon, avocado, cheese and greens on whole wheat sourdough with mustard and mayo</i>	
<b>Honey Dijon Turkey</b> <i>SERVED HOT OR COLD</i>	7.50
<i>natural turkey breast, jack cheese, honey spice Dijon and mayo with greens on whole wheat sourdough</i>	
<b>Crissy Tuna Melt</b>	8.00
<i>with olive oil, lemon, sun-dried tomato, olives, artichokes, fennel, herbs and cheese on roll</i>	
<b>Summer Veggie Sandwich</b>	7.75
<i>with grilled yellow and green zucchini, shallots, fresh corn basil pesto and mixed greens on a roll</i>	
<b>Ham and Cheese</b>	8.00
<i>with honey spice Dijon, mayo and greens on baguette</i>	
<b>Bacon, Lettuce and Tomato</b>	7.25
<i>with mayo on toasted whole wheat sourdough</i>	
<b>Sliced Egg Sandwich</b>	6.50
<i>with “deviled” aioli and mixed greens on baguette</i>	
—add all-natural bacon	1.50
<b>Choose Two:</b>	8.50
<i>grilled cheese on wheat, soup or salad</i>	
<b>Caprese Sandwich</b>	7.75
<i>fresh mozzarella, tomato, basil, olive oil and balsamic on baguette</i>	
<b>Soup of the Day</b>	5.75
<b>Vegetarian Chili</b>	5.50

## Shakes & Smoothies

**Strawberry Sunrise Smoothie** 16 oz 20 oz 4.85 5.25  
*strawberries, banana, orange juice, cranberry juice*

**Golden Gate Smoothie** 4.85 5.25  
*apricot, apricot nectar, banana*

**The Elvis Smoothie** 4.85 5.25  
*peanut butter, banana, milk*

**Chocolate Elvis Smoothie** 4.85 5.25  
*the Elvis with chocolate*

**The Grape Escape** 4.85 5.25  
*chilled red grapes, frozen yogurt and grape juice*

**Orange-u-Jealous** 4.85 5.25  
*orange juice, organic non-fat frozen yogurt*

**Watermelon Cooler** 4.85 5.25  
*fresh watermelon, black tea, lime juice*

**add protein, peanut butter, tahini or natural flavor shot .60**

**Fresh Milk Shakes** 4.85 5.25  
*made with organic tart frozen yogurt or ice cream and whipped cream; flavored with your choice of: vanilla, chocolate, peanut butter, espresso, fruit puree, or any of our natural flavor syrups*

**Ice Cream Soda** 4.85 5.25  
*made with organic tart frozen yogurt or ice cream, seltzer and your choice of flavor*

## Sweet Endings

**Organic Tart Frozen Yogurt** cup/ cone large cup 3.50 4.00  
*add chocolate sauce, whipped cream, nuts, fresh fruit, granola, cookie bits, marshmallow, mini chocolate chips, chocolate sprinkles, espresso or any natural flavor each .75*

**Frozen Yogurt Parfait** small large 9 oz 12 oz 4.25 4.75  
*layers of organic tart frozen yogurt and fruit puree*

**Root Beer Float** *made with organic root beer* 4.00

**Ice Cream Sundae** 6.00  
*Two scoops of vanilla bean ice cream, chocolate sauce, whipped cream and nuts*

**Fresh Baked Cookie** 1.75

**Brownie** 2.00

## Today's Special

## Hot Beverages

	12 oz	16 oz
Coffee	1.65	1.95
Coffee Refill	1.25	1.50
Hot Chocolate	3.50	4.00
Steamed Milk	1.50	1.75
Hot Tea		2.00

## Cold Beverages

	16 oz	20 oz
Fresh Lemonade	2.75	3.25
Iced Tea	2.50	2.75
Orange or Apple Juice		3.00
Bottled "Green" Water		2.00
Sparkling Water		1.75
Purity Drinks		2.75
Hand-made (Italian) Soda		3.00
French Soda <i>(with cream)</i>		3.50
Milk		1.75
Kid's Milk or Juice		1.25
Egg Cream	2.50	3.00

## Ice-Blended Drinks

	16 oz	20 oz
Blended Latte	4.00	4.75
Blended Hot Chocolate	4.15	4.85
Blended Chai Latte	4.15	4.85
Blended Mocha	4.15	4.85
Blended Caramel Mocha	4.15	4.85
Blended Lemonade	4.15	4.85

## Espresso

	single	double
Espresso	2.00	2.35
Americano	2.00	2.50
Latte	3.00	3.50
Cappuccino	2.85	3.00
Mocha	3.50	4.00
Café au Lait	2.50	3.10
Chai Latte	3.00	3.50
Macchiato	2.00	2.50

extra espresso shot **.60** natural flavor shot **.60**

## Small Hands Meal age 12 and under 5.50

*includes choice of sandwich served on sliced French bread with organic juice or milk and carrots. Choose from:*

- Peanut Butter and Jelly, Honey or Banana •
- Turkey and Jack Cheese • Tuna • Grilled Cheese