



## Espresso Drinks

	Single 12oz	Double 16oz	Triple 20oz
<b>Cappuccino</b> espresso with a light velvety frothed milk	2.85	3.25	3.85
<b>Latte</b> steamed milk and espresso with a dollop of foam	2.85	3.25	3.85
<b>Americano</b> espresso with steaming hot water, smooth & delicious	1.95	2.25	2.65
<b>Breve</b> espresso, steamed half n half with a dollop of foam	3.35	3.75	4.25
<b>EL Kablam!</b> 4 (yes, 4) shots of espresso with steamed milk	---	---	4.55
<b>Specialty Lattes</b> espresso, steamed milk, torani syrup, whipped cream	3.35	3.75	4.25
Mocha • Carmel			
Brown Sugar Cinnamon			
Honey Hazelnut			
White Chocolate			
Carmel Royal			
Milky Way			

Milk substitutes: Soy or Almond add .60 cents

## COFFEE TRADITIONAL BREW

**SUMATRA - BOLD BREW  
OR  
NICARAGUA - MILD BREW**

	12oz	16oz	20oz
<b>Regular coffee (hot or iced)</b> Free refills with purchase of food only! otherwise refills are .50	1.85	1.95	2.25
<b>Cafe Au Lait</b> Our house coffee with steamed milk	2.50	2.75	2.95
<b>Make it a Red-Eye.....</b>	.60 cents a shot		

## Beans By The Pound

Take home the beans we are brewing or place an order for any of your Colectivo (aka ALTERRA) favorites!

## TEA

100% organic and fair trade

<b>Hot Tea from Rishi Teas</b> white tea, earl grey, green, blueberry rooibis, ginger turmeric			1.90
<b>Vanilla Chai Tea Latte</b> made with chai concentrate, milk and vanilla syrup	3.35	3.75	4.25
<b>Green Tea Latte</b> green tea, milk, creme de mint & white chocolate with whip	3.35	3.75	4.25
<b>Ice Tea - traditional earl grey</b>		1.75	2.25
<b>Sport Tea - Decaf Green Tea with vitalmin B</b>			
<b>Lemonade or Arnold Palmer</b>	1.75		2.25
<b>Italian Soda</b> ask about our flavors		1.95	2.50

## FRUIT SMOOTHIES

16oz 4.50 / 24 oz 5.50

Made with low-fat vanilla yogurt, frozen fresh fruit and juice

### Tropical

strawberry, banana, pineapple juice

### BerryBerry

blueberry, raspberry,  
strawberry, blackberries

### Mango

mangos and apple juice

## FRAPPES

blended milk, frappe powder, chilled espresso, ice and whipped cream

**16oz 3.95 / 24 oz 5.25**

Ghiradeli Double Chocolate  
White Chocolate  
Vanilla Bean  
Caramel  
Grasshopper Green Tea  
White Tea Raspberry

add Nutella, Peanut butter or Spinach .50 cents

Monday - Friday

6:00 am - 3:00 pm

Saturday 7-2

Sunday 8-2

NOTE: Whether dining out or preparing foods at home, consuming raw or under cooked eggs, may increase your risk of food born illness.



# Lunch Menu

## Hot Panini Sandwiches

(.50 split charge)

- Awesome Beef! BEST SELLING SANDWICH 8.50**  
oven roasted beef, sauteed with red onion and secret spices with sambal chili, garlic aioli, tomato, spinach, pepper jack and cheddar cheese on white panini
- California Turkey 7.25**  
turkey, chopped bacon, spinach, tomato, colby jack cheese and avocado-ranch dressing on whole grain panini add fresh avocado (1.25)
- Healthy Herbi 6.95**  
sauteed mixture of red bell peppers, portobella mushroom, zucchini, spinach, fresh mozzarella and garlic aioli on white panini
- Roma 5.95**  
fresh mozzarella, roma tomatoes, fresh basil and olive oil spread, parmesan reggiano on a delicious white panini
- Italian Chick 6.75**  
oven baked chicken breast, sauteed with HOT giardinara peppers, homemade marinara, provolone cheese on white panini
- Capponi Special 6.95**  
cappicola, salami, ham and fresh mozzarella, spinach and garlic aioli on white panini
- Ham Pear-fection 6.50**  
slices ham with roasted pears, gorgonzola cheese, spring mix and honey walnut dressing & white panini bread.

## Breakfast / Egg choices

no substitutions please

- Ham ,Bacon OR Sausage Egg Panini 5.95**  
scrambled eggs, your choice of 1 meat, american cheese with a touch of garlic aioli  
(Add 1.50 for each additional meat)
- Spanish Egg Panini 6.75**  
scrambled eggs, chorizo sausage, a mix of tomatoes, onion & cilantro and pepper jack cheese
- Western Egg Panini 6.75**  
scrambled eggs with a mix of tomato, green pepper, onion, diced ham, american cheese
- Veggie Scramble Wrap 6.95**  
scrambled eggs with zucchini, mushrooms, red bell peppers, western veggies, spinach, provolone cheese, and a touch of roasted red pepper sauce
- Split Charge .50 or (1/2 Breakfast Sandwich 3.75)**  
*Gluten free bread or Egg Whites available add 1.00*

## Sides and Extras

- American Fries - 2.25**  
peeled and cooked in-house, sprinkled with our secret seasoning
- Sweet Potatoes - oven roasted then grilled 3.25**
- Sweet Potato Hash made with Chorizo 4.25**
- Sauteed Vegetables 3.25**

## Lighter Side Sandwiches

served cold

- Tuna Artichoke Ciabatta 5.95**  
albacore tuna, artichokes, black olives, marinated in extra virgin olive oil, with tomato, lettuce and lemon chive aioli
- Chicken Salad 6.25**  
oven baked chicken breast, diced and mixed with celery, onion, mayo, cheddar cheese, then topped with lettuce on toasted whole grain
- Deli Sandwich 5.25**  
includes lettuce, tomato, onion, mayo, mustard, meat & cheese choice of 1:  
**american, cheddar, provolone, colby jack, or pepper**  
choice of 1:  
**Ham, turkey or Salami**  
each additional meat add 1.75/ 2.50 beef

## Fresh Salads & Soup

- Cesar Salad 7.50**  
fresh cut romaine, homemade croutons, ceasar dressing, parmesan reggiano cheese, cracked pepper and red onion
- Spinach Salad 8.95**  
fresh spinach, chopped bacon, boiled eggs, cheddar cheese, red onion, tomato and homemade honey mustard
- Spring Mix Salad 7.50**  
spring mix, almonds, craisens, red onion, feta cheese, homemade white balsamic dressing
- Roasted Pear Salad 7.50**  
roasted pears, spring mix, gorgonzola cheese, red onion, candied walnuts with a homemade honey walnut dressing
- Frittata & Spring Salad 7.95**  
Frittata is oven baked with a mixture of eggs, ricotta, pecorino romano and mozzarella cheeses.  
Ask your server for the flavor of the week.
- Additions to salads:**  
chicken breast, chicken salad or tuna artichoke 1.95  
salmon filet (4oz teriyaki panko crusted salmon filet) 4.95

## Soup of the Day

(always homemade)

Cup 2.50 inhouse only / Bowl 3.25 / Quart 7.95

## Small Stuff/Desserts

- Cinnamon Rolls 2.75**  
freshly baked topped with icing
- Double Chocolate Brownie 2.50**
- Strawberry Brownie Shortcake 4.50**
- Fresh Fruit Yogurt Parfait 12oz 3.50**  
seasonal fresh fruit, low-fat vanilla yogurt with homemade granola
- Fresh Fruit Cup (seasonal fruit) 12oz 3.95**  
add walnuts or granola...for a complete meal .75cents
- Tiramisu - Homemade 4.50**
- Gelato - 4oz scoop 2.25**
- Affogoto 3.75**  
Scoop of Gelato drowned in a freshly brewed shot of espresso