

THE CAFÉ
kitchen & juicery

M E N U

FRESH FLUFFY OMELETTES

VEGGIE & CHEESE OMELETTE 15.50

Mushroom, peppers, onions, spinach, tomato, choice of cheese

GREEK MEDITERRANEAN OMELETTE 15.50

Feta cheese, spinach & tomato

WESTERN OMELETTE 15.50

Ham, cheddar cheese, peppers & onions

CHORIZO OMELETTE 17.00

Chorizo, peppers, onions, potatoes, pepper jack cheese

***SMOKED SALMON OMELETTE 21.00**

Arugula, tomato, cream cheese, capers and delicious smoked salmon

HAM OR BACON CHEESE OMELETTE 15.00

With a choice of ham or bacon and choice of cheese



SIDES

Cup of Fruit 5.50 / Cup of Berries 9.00

Oven Roasted Potatoes 5.00

Ham, Bacon or Turkey Bacon 5.00

Sausage (link or patty) 5.00

Turkey patty 5.00

ADDITIONS

Egg White 2.75

Extra Cheese 2.75

REPLACEMENTS

English Muffin (instead of toast) 0.50 (G/F 1.50)

Bagel (instead of toast) 1.25 (G/F 2.00)

Croissant (instead of toast) 2.25

Replace regular cheese with feta, mozzarella, brie or goat cheese 2.50

GLUTEN FREE OPTIONS AVAILABLE

please ask your server

BREAKFAST EGG CHOICES

***EGGS BENEDICT 16.50**

Grilled Canadian bacon & poached eggs atop a toasted English muffin with our delicious home made Hollandaise sauce and a petite salad.

***VEGGIE BENEDICT 17.50**

Tomato, spinach, asparagus & poached eggs atop a toasted English muffin with our delicious home made Hollandaise sauce & a petite salad

***TWO EGGS ANY STYLE 15.00**

Made to your preference with a choice of ham, bacon, or sausage & toast

MEDITERRANEAN SCRAMBLER 16.00

Two eggs scrambled with potatoes, tomatoes, spinach, onions, kalamata olives and feta cheese with toast

***BALANCED BREAKFAST SALAD 16.00**

Two eggs with black beans, fresh cilantro, avocado and papaya - sweet, savory with a toast

***POWER BREAKFAST BOWL 16.50**

Two eggs poached with avocado, sun-dried tomatoes, feta cheese, hot sauce over natural whole grain oatmeal

***CAFE SHAKSHUKA 17.00**

Two poached eggs our in house tomato sauce, mozzarella, cilantro mojo, sesame seeds, crunchy garlic, micro greens, roasted potatoes & side of toast.

OTHER BREAKFAST CHOICES

***AVOCADO SMASH 16.50**

Whole Avocado Smashed with fresh Cilantro, Chopped Tomatoes, Scallions, Lemon Juice and Feta Cheese. Topped with Two Poached Eggs and served with a slice of multigrain toast

***VEGGIE TOAST 18.00**

Avocado Smash, sautéed broccolini, asparagus & spinach with micro greens, sesame seed & a chili drizzle topped with Two Poached Eggs - served with a slice of multigrain toast and a side of roasted potatoes

***SMOKED SALMON BRUNCH BOWL 21.00**

Smoked Salmon, brown rice, sautéed spinach, sautéed mushrooms, oven roasted potatoes with a drizzle of lemon aioli with a medium poached egg

***BURRATA-AVOCADO AND EGG SANDWICH 20.50**

Open-face multigrain breakfast sandwich with two poached eggs, avocado, prosciutto, burrata cheese, fresh raspberries and basil. Drizzled with honey and served with side of fruit

***STEAK BREAKFAST BURRITO 20.00**

Scrambled eggs, sautéed jalapeño, onions and tomato, grilled flank steak, avocado & pepper jack cheese. With a side of home fries & Pico De Gallo.

BREAKFAST SANDWICH YOUR STYLE 15.50

Eggs, cheese & your choice of ham, bacon or sausage on a toast or upgrade to a bagel or a croissant

***CLASSIC LOX BAGEL 19.00**

Delicious Smoked Salmon with cream cheese, lettuce, tomato, onions & capers served on a toasted bagel

HEALTHY BOWLS

CAFE BIRCHER - MUESLI 17.00

Overnight oats soaked in oatmilk and orange juice with almond butter yogurt, mixed berries, pineapple, mixed melon, mixed seeds, dry baked orange, grapefruit and ginger honey.

IRONMAN OATMEAL 14.00

Natural whole grain oatmeal whipped in fresh beet-carrot-apple juice, topped with roasted flaxseeds, almonds, raisins, apples & agave nectar

THE WORKS OATMEAL 12.00

Natural whole grain oatmeal with raisins, walnuts, bananas & brown sugar
Berries - add 4.00

ACAI BOWL (AMAZONIAN SUPERFOOD) 16.50

Organic Acai - Blended with Pineapple, Banana, Orange Juice and Agave nectar. Topped with Strawberries, Blueberries, Kiwi and house granola

PITAYA BOWL (SOUTH EAST ASIAN SUPERFOOD) 16.50

Organic Pitaya - Blended with Strawberries, Coconut Manna, Mango & Almond milk. Topped with Banana, Strawberry, Coconut Flakes, Honey & house granola

YOGURT GRANOLA DELIGHT 14.00

Yogurt parfait with fresh berries and house granola

THE SWEETER TOOTH

CAFE CREPES 16.00

Fresh berries & homemade mascarpone/ricotta cream filling, topped with raspberry syrup

CLASSIC VANILLA BELGIAN WAFFLE 12.00

Baked to order and served with syrup on the side Add a side of mixed fruit 5.50 AVAILABLE GLUTEN FREE

CAFE BUTTERMILK PANCAKES 12.00

Baked to order and served with syrup on the side
Add a side of mixed fruit 5.50

STRAWBERRY STUFFED FRENCH TOAST 18.25

Fresh baked Challah dipped in our house made vanilla, cinnamon, nutmeg and fresh OJ custard, stuffed with a creamy mascarpone cheese filling and fresh strawberries. Topped with house made Raspberry Syrup.

FROM OUR BAKERY

BAKED MUFFIN 4.50

(Ask for our daily selection)

TOASTED BAGEL 3.75 (G/F 5.00)

With cream cheese 5.00

CROISSANT 4.75

TOAST 2.50 (G/F 3.00)

ENGLISH SCONE 4.50

(Ask for our daily selection)

ENGLISH MUFFIN 3.00 (G/F 4.50)

COME AND SEE OUR DELICIOUS SELECTION OF CAKES & COOKIES - BAKED FRESH DAILY

The Cafe is pleased to offer a variety of gluten free menu options. We are, however, not a gluten-free restaurant and although we have procedures in place to minimize the risk of cross contamination, we cannot guarantee that cross contamination will never occur

GOURMET SANDWICHES

GRILLED BURRATA CHICKEN CIABATTA 19.00

Hand-sliced roasted chicken breast, with roasted asparagus, arugula, tomatoes, burrata and chimichurri on artisanal ciabatta bread.

A COCKY BLT 19.50

Bacon, lettuce, tomato, cheddar cheese, chipotle paste, fried egg and our house guacamole on artisanal sourdough bread.

GRILLED CAFE PANINI 18.00

Ham, chicken, or turkey with fresh mozzarella, avocado, tomato & pesto served on artisan ciabatta bread

SMOKED CHICKEN HAVARTI 16.00

Sliced golden chicken with Havarti cheese, lettuce, tomato & creamy mayo on a toast

NEW VEGGIE PANINI 16.00

Arugula, avocado, tomatoes, cucumber, onion, peppers, olives and spicy pesto served on artisan ciabatta bread

GRILLED NY REUBEN 17.50

Pastrami or corned beef on rye grilled to perfection with sauerkraut, Swiss cheese & thousand island dressing

BLT 15.00

Bacon, lettuce, tomato & creamy mayo on a toast
Make it a turkey BLT - add 2.75

CHIPOTLE CHICKEN FOCACCIA 18.00

Sliced roasted chicken breast, arugula, tomatoes, avocado, served on focaccia bread with our homemade chipotle-apricot-barbecue sauce

FRENCH HAM & BRIE PANINI 17.50

Ham, brie, green apples, bacon, honey mustard, mayo, tomatoes, served on artisan ciabatta bread

CAFE WRAPS

LOW CARB WRAPS 17.25

With lettuce, tomato & (creamy low-fat mayo) and a choice of: Chicken/Bacon | Turkey/Bacon | Ham/Cheddar

*STEAK WRAP 19.00

Sliced grilled steak, romaine, avocado, roasted red peppers, feta cheese and chipotle aioli

MEXICAN WRAP 15.00

Avocado, black beans, cheddar cheese, tomato, peppers, onion, lettuce, spicy mayo Add roasted chicken breast: 5.75 or Sliced Grilled Steak: 6.50

MEDITERRANEAN SPINACH WRAP 15.00

Cucumber, olives, romaine, roasted red peppers, feta cheese, tzatziki
Add roasted chicken breast: 5.75

SIDES

Coleslaw, oven roasted potatoes: 5.00
Mediterranean salad, House or Cesar salad: 5.50

PALEO DIET

EAT LIKE A CAVEMAN

PALEO-POLLO 18.00

Roasted chicken breast, shredded cabbage, crispy romaine, homemade coleslaw, topped with roasted almonds, dried cranberries and pesto

PALEO BOLOGNESE 18.00

Raw vegetable pasta, home made seasoned all natural beef bolognese sauce, topped with pesto and shaved parmesan cheese.

LUNCH BOWLS

*MARINATED PROTEIN BOWL 20.00

Slices of grilled marinated flank steak, farro grains, marinated shredded cabbage, mango, avocado, fresh basil & cilantro with zesty tahini sauce

ANCIENT GRAIN BOWL 17.00

Ancient farro grains, roasted sweet potatoes, arugula, cherry tomatoes, black beans, avocado, spring onions with a lemon cashew dressing

BAKED FALAFEL SALAD BOWL 21.00

Housemade Falafel balls, shredded red cabbage, carrot, apple, roasted almond, feta, dates, pickled ginger, micro green celery and chives served with our house lemon tahini dressing

*AHI TUNA POKE BOWL 22.75

Diced sushi grade tuna, brown rice, edamame, avocado, steamed broccolini, pickled onion, mango & shredded red cabbage with house made Ponzu dressing

SRIRACHA-LIME CHICKEN SALAD BOWL 18.25

Chopped roasted chicken breast, Napa cabbage, shredded carrots, micro green celery, scallions, red peppers, cilantro, basil & roasted almonds served with our spicy, sweet, sour house Sriracha-Lime Ginger dressing.

OUR SEASONAL SALADS

*AHI TUNA PROTEIN SALAD 24.00

Pan seared Ahi Tuna with Sesame Seed Crust, served with avocado, cherry tomato, cucumber, radish, jalapeno, hard boiled eggs, mixed seeds and topped with a sweet chili soy dressing

*GRILLED SALMON SALAD 24.00

Grilled salmon, crispy romaine, avocado, edamame, spring onion, cucumber, Italian parsley, chopped peanuts and sesame seeds with our savory house made hoisin-chili-lime dressing

CURRIED CHICKEN SALAD 16.50

Our house curry chicken salad blend on a bed of crispy garden salad, Tomato, Cucumber, Pepper, Carrot

GRILLED CHICKEN CAESAR SALAD 16.50

Roasted chicken breast with croutons, parmesan & caesar dressing served over crispy romaine

CREAMY TUNA SALAD 16.50

Our house creamy tuna salad blend served on a bed of crispy garden salad, Tomato, Cucumber, Carrot, Pepper

GREEK SALAD 15.50

Delicious Mediterranean salad with tomatoes, Kalamata olives, onions, cucumber, greens and feta cheese

BEET PISTACHIO SALAD 16.75

Roasted beets, arugula salad, roasted red peppers, mandarin orange, pistachios nuts, feta cheese and raspberry vinaigrette

CAFE GOURMET SALAD 19.50

Delicious fresh garden salad and vegetables with avocado, tomato, cheddar cheese, hard-boiled eggs, pistachios & roasted chicken breast

All salads: Add roasted chicken breast: 5.75 - Add grilled shrimp: 7.25
Add grilled Salmon, Tuna or Mahi Mahi: market price

OTHER LUNCH CHOICES

*CAFE GASTRO BURGER 20.00

House recipe Black Angus beef burger with baked cherry tomatoes, melted fresh mozzarella, pesto, roasted potatoes, arugula & avocado on artisan multigrain bun

SCRATCH VEGAN BURGER 20.00

House made vegan patty (black bean-walnut-mushroom-beet based), topped with dill-pickles, arugula, diced tomato, avocado, vegan mayo and fresh jalapeno. Served with a toasted Garbanzo salad

*MAHI MAHI FISH TACO 20.00

Grilled seasoned Mahi Mahi chunks, chipotle aioli & our home made green apple pepper coleslaw served in tortilla with a side of caesar or house salad

SOUP OF THE DAY BOWL 9.00 | CUP 7.00

BEVERAGES

GOURMET COFFEE SPECIALS (LAVAZZA)

DAILY GRIND DRIP COFFEE 4.75

ESPRESSO 4.25

CAPPUCCINO 5.75

CAFE LATTE 6.00

Syrups 1.50 | Extra Shot 2.75 | Substitute Cow milk for Almond or Oatmilk 1.50

MACCHIATO 5.00

MOCHA 6.50

WHITE CHOCOLATE MOCHA 6.50

HOT CHOCOLATE 5.50

TEA SPECIALS (PALAIS DES THES)

GOURMET TEA SELECTION 5.00

HOME BREWED ICED TEA 4.75

ARNOLD PALMER 5.50

CHAI TEA 6.00

SPECIALTY COFFEE & TEA DRINKS

GOLDEN TURMERIC LATTE (HOT) 7.50

Turmeric, ginger, oatmilk, cinnamon, honey

LAVENDER LATTE 7.50

Espresso, lavender, vanilla, oat milk

MATCHA LATTE (HOT OR COLD) 7.00

Ceremonial grade Matcha, honey and oatmilk

GINGER MATCHA LATTE (HOT OR COLD) 8.00

Ginger, CG matcha, collagen, cinnamon, oatmilk, honey

BLUE BOOST 7.50

CG Matcha, butterfly pea, vanilla, lavender, oatmilk

BLUE BLISS 7.50

Butterfly pea, vanilla, ginger, honey, cinnamon, oatmilk

All our juices & smoothies are 100% unprocessed & made to order from raw, fresh produce without any added sugar, additives or preservatives

JUICES - RAW & HANDCRAFTED TO ORDER 16oz / 10.00

REVITALIZERS

GLOW RAW

Carrot, Pineapple, Ginger, Aloe, Parsley, Coco Water

BEE HEALTHY

Carrot, Apple, Celery, Parsley, Bee Pollen

WATERMELON HYDRATOR

Watermelon, Aloe, Mint, Coconut Water

C-BOOSTER

Carrot, Pineapple, Grapefruit, Lime, Camu Camu

THE ROOTS

PINK PLEASURE

Beet, Pineapple, Strawberry, Apple, Ginger, Orange

LIQUID OXYGEN

Apple, Beet, Carrot, Ginger, Cayenne

HEARTBEAT

Beet, Apple, Kale, Celery, Lemon, Ginger

GREEN GOODNESS

DR. RAWZ

Spinach, Cucumber, Pineapple, Mint, Lemon, Lime

IMMUNITY

Kale, Spinach, Apple, Grapefruit, Celery, Ginger

RAWSOME

Kale, Spinach, Apple, Parsley, Celery, Cucumber, Lemon

CLASSIC PRESSED JUICES

ORANGE (7.00) & GRAPEFRUIT (8.00) SQUEEZED TO ORDER (12oz)

SMOOTHIES - RAW & HANDCRAFTED TO ORDER 16oz / 11.00

FRUITATIONS

SUNSET ON 5TH

Strawberry Banana, Pineapple, Orange, Alm. Milk

LIQUID SUNSHINE

Pineapple, Mango, Aloe, Orange, Coconut Water

FLORIDA GLOW

Pineapple, Kiwi, Avocado, Dates, Aloe, Coconut Water

ACTIVATORS

SUPER STAMINA

Mango, Pineapple, Banana, Vegan Protein, Coco Water

NUT-TORIOUS

Almond, Cashew, Flaxseed, Dates, Mint, Orange, Almond Milk

RISE & SHINE

Banana, Oats, Flaxseed, Yogurt, Dates, Orange, Almond Milk

SUPERFOODS

CHOCO BOOSTER

Raw Cacao, Avocado, Acai Berries, Dates, Almond Butter, Almond Milk

D-RAW DETOX

Kale, Spinach, Pineapple, Banana, Lime, Almond Milk

GREEN MACHINE

Avocado, Kale, Spinach, Yogurt, Coconut Manna, Coconut Water, Dates, Lime

SHOTS - RAW & HANDCRAFTED TO ORDER

GINGER OR TURMERIC 2oz/5.75

Take it straight or add it to one of our drinks

ZEN SHOT 4oz/5.75

BrainOn, Orange Juice

DEFENSE SHOT 2oz/5.75

Lemon, Ginger, Cayenne

FLU SHOT 2oz/5.75

Echinacea, Lemon, Ginger

OUR WINES

WHITES

CHARDONNAY 11.00 (42.00)

Juggernaut - Sonoma Coast

SAUVIGNON BLANC 9.00 (34.00)

Babich - Marlborough, NZ

PINOT GRIGIO 9.00 (34.00)

Gancia Della Venezia - Veneto Italy

ROSE

ROSE 9.00 / (34.00)

Vino By Charles Smith - Washington State

RED

CABERNET SAUVIGNON (organic) 11.00

Wander + Ivy - Mendocino County, California

BEER

DOMESTIC

BUD LIGHT, Premium light lager 6.50

BLUE MOON White Belgian Wheat Ale 7.25

SAMUEL ADAMS, Boston Lager 7.25

IMPORTED

CORONA EXTRA, Mexico 7.25

HEINEKEN Premium Lager, Holland 7.25

STELLA ARTOIS Premium Lager Belgium 7.25

MIXED ALCOHOLIC BEVERAGES

BELLINI 10.50

MIMOSA 10.50

BLOODY MARY 10.50

OTHER BEVERAGES

SAN PELLEGRINO or PERRIER (small) 5.25 (large) 8.50

SODAS (Coke, Diet Coke, Sprite, Club Soda) 5.00