BREAKFAST
(Served from 7:30-10:30)

Breakfast Sandwich with Meat ................................................................. $6.40
Eggs and cheese on a soft roll with your choice of bacon or sausage

Breakfast Sandwich with Veggies .............................................................. $6.50
Eggs and cheese on a soft roll with a mix of vegetables (mushrooms, roasted red peppers, tomatoes, onions, spinach)

Breakfast Sandwich ................................................................. $5.90
Eggs and cheese on a soft roll

Breakfast Burrito with Meat ................................................................. $6.90
Scrambled eggs, potatoes, shredded cheddar cheese and salsa served in a tortilla with your choice of bacon or sausage

Breakfast Burrito with Veggies ................................................................. $6.90
Scrambled eggs, potatoes, shredded cheddar cheese and salsa wrapped in a tortilla with mushrooms, roasted red peppers, tomatoes, onions and spinach

Breakfast Burrito ................................................................. $5.85
Scrambled eggs, potatoes, shredded cheddar cheese and salsa wrapped in a tortilla

Scrambled Eggs and Breakfast Meat or Mixed Veggies ............................... $5.25
Includes cheese and a choice of smoked turkey, ham, bacon, sausage or mixed veggies (mushrooms, roasted red peppers, tomatoes, onions and spinach)

Add a combo ............................................................................................. $2.95
Your choice of any breakfast served with a small coffee or small fountain beverage and breakfast potatoes

Sides
Breakfast meats: Sausage patties (2) or bacon (4), ham, smoked turkey ..................... $3.85
Scrambled eggs (2) .................................................................................. $2.95
Potatoes .................................................................................................. $2.75
Oatmeal: Organic steel-cut Irish oats with brown sugar and cranberries .................. $3.25
Toast ...................................................................................................... $2.30

DELI SANDWICHES AND PANINIS

Light Veggie Sandwich .............................................................................. $5.90
Avocado, cucumber, lettuce, tomato, onion, and provolone cheese served on wheat bread

BLT Sandwich ......................................................................................... $6.65
Bacon, lettuce, and tomato on toasted sourdough

Tuna Salad Sandwich .............................................................................. $5.25
Tuna salad, lettuce, and tomato on toasted sourdough

Pulled Pork Sandwich ............................................................................ $5.85
Pulled pork, pickles, and BBQ sauce on a toasted bun

CCGB Sandwich .................................................................................... $7.20
Chicken, cheddar, avocado, bacon, lettuce, tomato, red onion, and creamy salsa served on a soft roll
**TBLT Sandwich**

Smoked turkey, bacon, lettuce, tomato, red onion and cheddar cheese served on sliced multi-grain bread with horseradish mayo

- **Price:** $6.65

**Red Hot Panini**

Jalapeños, roasted red peppers, pepper jack cheese, sliced tomatoes and spicy ranch served on a pressed roll

- **Price:** $5.95

**Cajun Chicken Panini**

Grilled chicken breast, cajun spice, provolone cheese, leaf lettuce, grilled onions, tomatoes, roasted red peppers and sun-dried tomato mayo served on a pressed roll

- **Price:** $6.35

**Chicken Breast Panini**

Chicken, roasted red peppers, tomato, provolone cheese, grilled onion, creamy garlic spread and pesto sauce served on a pressed roll

- **Price:** $6.80

**Smoked Turkey Panini**

Smoked turkey breast, bacon, pepper jack cheese, lettuce, tomato, red onion and sun-dried tomato mayo served on a pressed roll

- **Price:** $6.95

**Club Panini**

Turkey, ham, bacon, cheddar cheese, lettuce, tomato and red onion with horseradish mayo, served on a pressed roll

- **Price:** $7.20

**Gaucho Fish Tacos**

Two crispy fried cod fish fillets with cabbage, pickled red onions, pepper jack cheese, herb cilantro, sour cream and salsa all wrapped in two corn tortillas served with a lemon slice

- **Price:** $7.95

**Storke**

Meatless chicken, green leaf lettuce, sliced tomatoes, pickles, pickled red onions and horseradish mayo served on a toasted bun

- **Price:** $6.75

**Goleta**

Meatless chicken, spinach, sun dried tomato mayo, sliced tomatoes, onion rings and roasted red peppers served on a toasted bun

- **Price:** $7.25

**S.B. Mission**

Meatless chicken, green leaf lettuce, pepper jack cheese, sliced tomatoes, roasted red peppers and pickled red onion served on a toasted bun.

- **Price:** $7.00

**Substitutions include:**

- ham, turkey, garden burger, chicken breast, hamburger patty or meatless chicken

**GRILL**

**Gaucho Burger**

Double beef patty grilled to order, served with bacon, avocado, pepper jack cheese, fried onion rings and ranch dressing on a hamburger bun

- **Price:** $8.95

**Double Cheeseburger**

Double the meat and cheddar cheese, lettuce, tomato, pickle and onion on a toasted bun

- **Price:** $7.65

**CYC Burger**

1/4 lb. burger with avocado, bacon, cheddar cheese, mushrooms, lettuce, tomato, pickle, fried onion rings and a creamy salsa served on a soft roll

- **Price:** $8.25
**BBQ Burger** .......................................................... $7.25
1/4 lb. burger with cheddar cheese, fried onion rings, lettuce, tomato, BBQ sauce and a pickle served on a soft roll

**Mushroom Swiss Burger** .................................................. $8.05
Beef patty, mushrooms, swiss cheese, lettuce, tomato, pickle slices and red onion served on a soft roll

**1/4 lb. Burger** .................................................................... $5.85
with lettuce, tomato, pickle slices and red onion served on a soft roll

**Old Fashioned Grilled Cheese** ........................................ $4.75
Cheddar and provolone cheese on toasted sourdough

**Garden Burger** .......................................................... $5.75
with lettuce, tomato, pickle slices and red onion served on a soft roll

**Tuna Melt** ....................................................................... $6.50
Tuna salad and swiss cheese, served on a soft roll

**Patty Melt** ........................................................................ $7.35
Beef patty, grilled onions, mushrooms and pepper jack cheese served on a soft roll

**Southwestern Chicken** .................................................. $7.10
Spiced chicken breast with cheddar cheese, smoked bacon, avocado, lettuce, tomato, red onion and pickles served on a soft roll

**Pesto Chicken** .................................................................. $7.95
Chicken breast, mushrooms, roasted red peppers, provolone cheese and pesto served on a soft roll with lettuce, tomato and red onion

**BBQ Chicken** .................................................................. $7.15
Chicken breast with pepper jack cheese, bacon, BBQ sauce and fried onion rings on a roll with lettuce, tomato and pickle slices

**SALADS**
We serve organic spring mix and organic spinach when available

**Caesar** ........................................................................ $5.90
Crisp romaine lettuce, tomatoes, parmesan cheese, creamy caesar dressing and croutons
Add chicken ........................................................................ $7.90

**Mediterranean Chicken** .................................................. $8.15
Chicken breast, roasted red peppers, feta cheese, kalamata olives, tomatoes and red onions on a bed of organic mixed greens served with hummus and balsamic vinaigrette

**Italian Chicken Pesto** ....................................................... $8.15
Chicken breast, sautéed mushrooms, tomatoes, cucumbers, and parmesan cheese on a bed of mixed greens served with pesto sauce and italian vinaigrette
WRAPS AND PITAS

Caesar Wrap ................................................................. $6.90
Romaine lettuce, parmesan cheese and caesar dressing served in a flavored wrap

Cajun Wrap .................................................................................................................. $7.10
Cajun spiced chicken breast with organic mixed greens, tomato, red onion, cucumber, cheddar cheese and ranch dressing served in a flavored wrap

Veggie Wrap .................................................................................................................. $6.90
Roasted red peppers, feta cheese, kalamata olives, artichoke hearts, grilled onion, tomato and organic mixed greens with hummus

Tuna Wrap .................................................................................................................. $6.40
Flavored tortilla with tuna salad, lettuce mix and tomato slices

Turkey and Bacon Wrap .............................................................................................. $7.10
Smoked turkey breast, bacon and cheddar cheese, served with organic mixed greens, red onion and tomato on a flavored wrap with a garlic spread

Spinach Wrap ............................................................................................................. $7.40
Smoked turkey breast, spinach (organic when available), toasted almonds, dried cranberries, red onion, cream cheese and feta cheese served on a flavored wrap with balsamic vinaigrette

Bayou Wrap ................................................................................................................ $8.25
Fried cod fish, roasted red peppers, sliced red onion, sliced tomatoes, house salad mix and shredded cabbage with cajun seasoning all wrapped in a warm tortilla with a lemon wedge and tartar sauce on the side

Montecito Wrap ........................................................................................................... $7.00
Meatless chicken, house salad mix, sun-dried tomato mayo, feta cheese, pickled red onions and sliced cucumbers all wrapped in a warm tortilla

Ellwood Pita .................................................................................................................. $6.25
Pita with pepper jack cheese, pesto, grilled onions, roasted red peppers, sliced tomatoes and spinach

Downtown Pita ............................................................................................................. $6.50
Pita with grilled diced chicken, jalapeno, tomato, grilled onion, BBQ sauce, provolone and parmesan cheese

Haskell’s Pita ............................................................................................................... $6.65
Pita with grilled diced chicken, roasted red bell pepper, provolone, grilled mushrooms, sliced tomatoes, spinach and pesto
## CREPE MENU

### SAVORY CREPES

<table>
<thead>
<tr>
<th>Name</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Chicken, Bacon and Potato</strong></td>
<td>$7.20</td>
</tr>
<tr>
<td>Chicken breast, real bacon bits, caramelized onion, potato and swiss cheese</td>
<td></td>
</tr>
<tr>
<td><strong>Mushroom and Feta</strong></td>
<td>$6.80</td>
</tr>
<tr>
<td>Sautéed mushrooms, feta cheese, spinach and caramelized onion</td>
<td></td>
</tr>
<tr>
<td><strong>Ham and Swiss</strong></td>
<td>$5.80</td>
</tr>
<tr>
<td>Sliced ham, swiss cheese, spinach and potato</td>
<td></td>
</tr>
<tr>
<td><strong>Ham and Mushroom</strong></td>
<td>$6.80</td>
</tr>
<tr>
<td>Sliced ham, sautéed mushrooms, roasted red pepper, grilled onions and sliced provolone cheese</td>
<td></td>
</tr>
<tr>
<td><strong>Ham, Swiss and Tomato</strong></td>
<td>$6.05</td>
</tr>
<tr>
<td><strong>Potato and Onion</strong></td>
<td>$5.25</td>
</tr>
<tr>
<td>Caramelized onion, potato and swiss cheese</td>
<td></td>
</tr>
<tr>
<td><strong>Turkey and Pepper Jack</strong></td>
<td>$6.05</td>
</tr>
<tr>
<td>Smoked turkey, pepper jack cheese and tomato slices</td>
<td></td>
</tr>
<tr>
<td><strong>Turkey, Cheese and Bacon</strong></td>
<td>$6.20</td>
</tr>
<tr>
<td>Smoked turkey, pepper jack cheese, tomato and bacon bits</td>
<td></td>
</tr>
<tr>
<td><strong>Spinach and Feta</strong></td>
<td>$6.05</td>
</tr>
<tr>
<td>Organic spinach when available</td>
<td></td>
</tr>
<tr>
<td><strong>Spinach and Mushroom</strong></td>
<td>$6.80</td>
</tr>
<tr>
<td>Spinach (organic when available), feta cheese, sautéed mushrooms and grilled onion</td>
<td></td>
</tr>
<tr>
<td><strong>Southwestern Chicken</strong></td>
<td>$6.55</td>
</tr>
<tr>
<td>Grilled chicken, pepper jack cheese, jalapeños, grilled onions and mushrooms</td>
<td></td>
</tr>
<tr>
<td><strong>Del Sol</strong></td>
<td>$6.75</td>
</tr>
<tr>
<td>Scrambled egg, pepper jack cheese, green onion, potatoes &amp; a drizzle of sour cream in a warm crepe topped with spring mix and vinaigrette</td>
<td></td>
</tr>
<tr>
<td><strong>Ranch</strong></td>
<td>$7.00</td>
</tr>
<tr>
<td>Sautéed mushrooms, potatoes, green onion, pepper jack cheese &amp; a drizzle of sour cream in a warm crepe</td>
<td></td>
</tr>
<tr>
<td><strong>The Hungry Farmer</strong></td>
<td>$6.50</td>
</tr>
<tr>
<td>Eggs, bacon, potatoes, pepper jack cheese, green onions, jalapeños and a drizzle of sour cream in a warm crepe</td>
<td></td>
</tr>
<tr>
<td><strong>The Good Land</strong></td>
<td>$6.75</td>
</tr>
<tr>
<td>Bacon bits, feta, scrambled egg, caramelized onion, spinach, chili flakes and a drizzle of sour cream in a warm crepe</td>
<td></td>
</tr>
<tr>
<td><strong>Got Yer Goat</strong></td>
<td>$6.75</td>
</tr>
<tr>
<td>Feta cheese, sautéed mushrooms, artichokes, diced tomatoes, spinach and basil in a warm crepe</td>
<td></td>
</tr>
</tbody>
</table>
**Tender Lovin Chicken**
Grilled chicken, pepper jack cheese, caramelized onions, tomatoes, chili flakes & basil with a drizzle of sour cream in a warm crepe

$7.25

**Crepe Provençal**
Ham, spinach, Swiss cheese, green onions, diced tomatoes, basil and a drizzle of sour cream in a warm crepe

Have your crepe topped with spring mix and light vinaigrette 1 oz ................................. $1.50

**Additions**
Grilled onions, cheddar cheese, feta cheese, kalamata olives (6), marinated artichoke hearts (6), provolone cheese, roasted red pepper, fresh spinach (organic when available), sautéed mushrooms, swiss cheese, tomato slices ............................................................. $2.00
Chicken breast, smoked turkey, sliced ham, beef patty, veggie patty .................................... $3.85

**SWEET CREPES**

**Apple Peanut Butter**
Creamy peanut butter, granny smith apples and toasted almonds

$5.55

**Chocolate and Peanut Butter**
Chocolate chips, creamy peanut butter and banana topped with whipped cream

$6.25

**PB & J**
Creamy peanut butter, strawberry jam and mixed berries

$6.20

**Nutella and Peanut Butter**
Nutella, creamy peanut butter and banana topped with whipped cream

$6.25

**Sugar & Spice**
Cinnamon and sugar, drizzled caramel, whipped cream & toasted almonds in a warm crepe

$6.00

**Sweet Sister**
Nutella, banana, whipped cream and toasted almonds in a warm crepe

$6.25

**Chocolate Banana Berry**
Mixed berries, bananas, chocolate, whipped cream and toasted almonds wrapped in a warm crepe

$6.50

**Righteous Babe**
Mixed berries, Nutella and whipped cream in a warm crepe

$6.50

**Banana Berry**
Bananas, mixed berries, Nutella, cinnamon, sugar and whipped cream in a warm crepe

$6.50

**Caramel Apple**
Caramel, apples, cinnamon, sugar and whipped cream in a warm crepe

$6.25

**Additions**
Whipped cream, chocolate sauce, Nutella, chocolate chips, mixed berries, apples, dried cranberries, toasted almonds

$2.00
**QUESADILLAS**

**Chicken, Spinach and Artichoke** $7.50
Chicken breast, spinach (organic when available), artichoke hearts, grilled onion, pepper jack cheese and spicy ranch dressing on a flavored tortilla

**BBQ Chicken and Bacon** $7.50
Grilled chicken breast, pepper jack cheese, BBQ sauce, bacon bits, tomato and red onions with a side of spicy ranch

**Turkey and Bacon** $6.95
Smoked turkey, bacon bits, grilled peppers and onions, feta cheese, tomatoes and spicy ranch dressing

**SIDES**

Avocado, hummus, or pesto $1.60
Curly fries Small $3.10 Large $3.40
Garlic cajun fries with ranch dressing $4.20
Onion rings (10) $4.00
Chips and salsa $2.00
Fountain soda $1.25...$1.35...$1.55
All packaged salad dressings $0.75
Salad- Lettuce, tomato, cucumber, red onion, dressing $3.30

**Add a Combo** Small french fries, fruit or salad and a medium fountain drink or a hot tea $2.95

**Add a Protein** Grilled chicken, smoked turkey, ham, veggie patty, or meatless patty $3.85
Convert a crepe into a quesadilla $1.20

**COFFEE MENU**

Gourmet Beverages Small ... Medium ... Large
Gourmet Coffee $1.85 ... $2.25 ... $2.35
Iced Coffee $2.00 ... $2.50 ... $3.00
Hot Tea $1.90
Milk $1.25 ... $1.50 ... $1.75
Fountain Soda $1.25 ... $1.35 ... $1.55
UCen Mug Refill $1.75
Reusable 32oz. Fountain Cup $3.99
32 oz Cup Refill $0.99
Carry-Out 6-Coffee Pack $13.50
Hot Water To Go (just the box) $5.00
Add a shot of syrup $0.50
Save $0.10 with your own cup

**Big Wednesday Special:**
Medium Gourmet Coffee with a Bakery item ................................................................. $3.50

*Any drink can be made over ice.*

### ESPRESSO DRINKS

<table>
<thead>
<tr>
<th>Drink</th>
<th>Single</th>
<th>Double</th>
<th>Triple</th>
</tr>
</thead>
<tbody>
<tr>
<td>Espresso</td>
<td>$1.75</td>
<td>$2.00</td>
<td>$2.30</td>
</tr>
<tr>
<td>Espresso Macchiato</td>
<td>$2.35</td>
<td>$2.65</td>
<td>$3.00</td>
</tr>
<tr>
<td>Americano</td>
<td>$2.25</td>
<td>$2.65</td>
<td>$3.00</td>
</tr>
<tr>
<td>Red-Eye</td>
<td>$2.65</td>
<td>$2.95</td>
<td>$3.15</td>
</tr>
<tr>
<td>Cappuccino</td>
<td>$3.05</td>
<td>$3.65</td>
<td>$4.15</td>
</tr>
<tr>
<td>Café Latte</td>
<td>$3.05</td>
<td>$3.65</td>
<td>$4.15</td>
</tr>
<tr>
<td>Caramel Latte</td>
<td>$3.55</td>
<td>$4.15</td>
<td>$4.65</td>
</tr>
<tr>
<td>Vanilla Latte</td>
<td>$3.55</td>
<td>$4.15</td>
<td>$4.65</td>
</tr>
<tr>
<td>Café Mocha</td>
<td>$3.55</td>
<td>$4.15</td>
<td>$4.65</td>
</tr>
<tr>
<td>White Chocolate Mocha</td>
<td>$3.85</td>
<td>$4.45</td>
<td>$4.85</td>
</tr>
<tr>
<td>Organic Chai</td>
<td>$3.00</td>
<td>$3.50</td>
<td>$3.80</td>
</tr>
<tr>
<td>Chai Latte</td>
<td>$3.35</td>
<td>$3.95</td>
<td>$4.25</td>
</tr>
</tbody>
</table>

### ICE-BLENDED DRINKS

<table>
<thead>
<tr>
<th>Drink</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Original Frosted Latte</td>
<td>$4.75</td>
</tr>
<tr>
<td>Original Frosted Mocha</td>
<td>$4.75</td>
</tr>
<tr>
<td>Pale Mocha</td>
<td>$4.75</td>
</tr>
<tr>
<td>Turtle</td>
<td>$4.75</td>
</tr>
</tbody>
</table>
Frosted mocha with caramel sauce

**Sugar Daddy** ................................................................. $4.75
Frosted latte with caramel sauce and hazelnut

**Leprechaun** ................................................................. $4.75
Frosted latte with hazelnut and irish cream

**Mocha Chip Freeze** ......................................................... $4.75
Frosted mocha with fudge chips

**Oreo Cookie Freeze** ......................................................... $4.75
Pale mocha with oreo cookie pieces

**Grasshopper** ................................................................. $5.00
Oreo freeze with créme de menthe

**Bananarama** ................................................................. $4.75
Frosted mocha with banana and chocolate syrup

**Blended Chai** ................................................................. $4.75
Vanilla or spiced

**Do-It-Yourself** ................................................................. $4.75

**Favorites**

<table>
<thead>
<tr>
<th></th>
<th>Single</th>
<th>Double</th>
<th>Triple</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Café Au Lait</strong></td>
<td>$2.60</td>
<td>$2.95</td>
<td>$3.25</td>
</tr>
</tbody>
</table>
| Coffee with steamed milk

| **Hot Chocolate** (Handmade) | $2.85  | $3.35  | $3.60  |
| Ghiradelli Chocolate with steamed milk

**Add-Ons**

- Ghiradelli Chocolate .................................................... $0.30
- Syrup Shot ................................................................. $0.50
- Extra Espresso Shot .................................................. $0.80
- Soy Milk ......................................................................... $0.65
- Almond Milk .................................................................... $0.70

**BAKED GOODS**

- Plain croissant ............................................................ $3.00
- Filled croissant ......................................................... $3.50
- Ham & cheese croissant .................................................. $4.25
- Bagel ............................................................................... $2.00
- Cream cheese ............................................................. $0.70
- Large cookie ................................................................... $1.90
- Cinnamon roll .............................................................. $2.35
- Assorted donuts ........................................................... $1.25
- Assorted muffins ........................................................... $2.35
- Lemon bread ............................................................... $2.35
- Coffee cake bread ....................................................... $2.35
- Zucchini bread ............................................................. $2.35
- Corn bread ..................................................................... $1.75
- Brownies ......................................................................... $2.00
- Rice Krispie treats ....................................................... $2.25
- Banana Coconut Chocolate Chip Bar .................................$2.85
Pretzel Roll ................................................................................................................. $1.30

Daily Specials (xframe) Please furnish descriptions

Monday
BLT ............................................................................................................................ $8.00

Tuesday
Pulled Pork ................................................................................................................ $7.35

Wednesday
Grilled Cheese ........................................................................................................... $6.30

Thursday
Steak Sandwich........................................................................................................... ??

Friday
Grilled Tuna Sandwich................................................................................................ $7.35
Tuna salad with green leaf lettuce on tomato on sourdough. Includes your choice of curly fries, salad, or whole fruit and a large fountain soda or hot tea