

Open M-F 8:am – 2:pm

Call ahead for quick, healthy food on the run!

530.742.5908

Breakfast

Breakfast Burrito: scrambled cage-free eggs, roasted potatoes, cheddar cheese and fresh homemade tomato salsa in a whole wheat tortilla

\$4.00

Vanilla Yogurt Parfait:

With Fresh Fruit and Organic Granola

\$3.50

Organic Bagels:

Plain, Raisin, or Everything

\$2.50

Wraps

Half Wrap \$5.50 Full Wrap \$7.50

All wraps served with your choice of small soup or green salad

Veggie Wrap: Portabella mushroom, grilled bell pepper, roasted red onion, feta cheese, fresh tomato, and lettuce in a whole-wheat wrap

Chicken Pesto Artichoke Wrap: Grilled chicken, pesto, artichoke hearts, provolone, lettuce and tomato in a spinach wrap

Smoothies

\$3.50

Strawberry-Banana: Organic Low-Fat vanilla yogurt whipped with fresh banana, strawberries, and a splash of orange juice

Tropical Twist: Organic Low-Fat vanilla yogurt whipped with pineapple, orange juice, and coconut milk

Moringa Mega Nutrient Boost! \$1.00

Grilled Paninis

Half Sandwich \$5.50 Full Sandwich \$7.50

All sandwiches served on San Francisco Sourdough with your choice of small soup or green salad

Sunny Bird: Marinated grilled chicken, sun-dried tomatoes, garden pinenut basil pesto, shredded asiago with sweet-grilled onions

Raging Bull: Lean Angus roast beef, pepper jack cheese, crisp lettuce, fresh garden tomato and just a dollop of mayonnaise

Monte Cristo: Thin slices of turkey breast and smoky ham, provolone cheese, and red onion, served on sliced sourdough with fruit preserves and a dusting of powdered sugar... a classic!

Pastrami Reuben: Lean deli-sliced pastrami, Swiss cheese and, of course, German sauerkraut (or, try it "naked", without the 'kraut!)

Luau Grilled Chicken Sandwich: Grilled teriyaki chicken breast or smoked ham, topped with pineapple slices grilled to bring out their natural sweetness, sliced red onions and leaf lettuce

Marinated Portabella Mushroom, smoked gouda, grilled bell peppers, fresh garden tomato and lettuce

Grilled Cheese: your choice of pepper jack, provolone, swiss, smoked gouda or cheddar cheese ... **2.50**

Sides

Egg White only	\$1.00	Low Fat Sour Cream	\$.50
Black Forest Ham	\$1.00	Zesty Cafe Sour Cream	\$ 1.00
Extra Cheese	\$.50	Italian Syrup	\$.50
Homemade Salsa	\$.50	Moringa powder	\$1.00
Homemade Cream Cheese Spread (ask for today's selection)	\$1.00		

Salads

Half \$5.50 Full \$7.50

Strawberry Chicken Salad: Grilled chicken breast with fresh, candied walnuts and fresh, seasonal fruit tossed in our own cranberry-balsamic vinaigrette

San Francisco Caesar Salad: Tender chunks of chicken breast, tossed with hearts of Romaine, dry aged Parmesan, toasted brioche "boats" and our very own traditional dressing

The Café Salad: Spring mix medley, dried cranberries, walnuts, and crumbled feta drizzled with 'Farrell Bees' honey-balsamic vinaigrette

Soup of the Day

(ask for today's selection)

Small \$2.50 Large \$5.00

Beverages

	<u>Small</u>	<u>Large</u>
Espresso	\$1.75	\$2.25
Cappuccino	\$1.85	\$2.35
Café Latte	\$1.90	\$2.50
Café Mocha	\$2.25	\$2.75
Café Mochaccino (blended)	\$3.25	\$3.75
Hot Tea/Iced Tea	\$1.50	\$1.75
Italian Soda	\$1.50	\$2.00
Flavors: Blue Raspberry, Cherry, Caramel, Hazelnut, Irish Cream, Peach, Peppermint, Raspberry, Strawberry, or Vanilla		
Caroline's Coffee (one free refill)		\$1.50
Perrier		\$2.00
Bottled Water		\$1.00

Eat well. Live well. Moringa.

Nourish your body, eliminate toxins, stimulate digestion, strengthen your immune system and balance your diet IMMEDIATELY WITH MORINGA.



What is Moringa?

It is considered to be the most nutrient-rich plant on earth. Containing more than 90 nutrients and 46 antioxidants, this tree is often referred to as "THE MIRACLE TREE."



What is it used for?

Ancient medicine claims that Moringa leaves help to treat and prevent over 300 diseases, including but not limited to:

- | | | |
|-----------------|-----------------------------|--------------------|
| -Asthma | -Diabetes | -Pain in Joints |
| -Blood pressure | -Headaches | -Tumors |
| -Cancer | -Skin Infections and Wounds | -Ulcers |
| -Cold/Flu | | -Urinary Disorders |

Other Natural Benefits of Moringa:

- | | |
|---------------------------------------|-------------------------------|
| -Nourishes body's immune system | -Supports Lactation/Pregnancy |
| -Promotes healthy circulation | -Anti-inflammatory support |
| -Supports normal blood glucose levels | -Promotes healthy digestion |
| -Natural anti-aging benefits | -Heightens mental clarity |
| | -Increases energy |

Gram for gram, The leaves of the Moringa tree contain:



=



- 7 x Vitamin C of Oranges
- 4 x Vitamin A of Carrots
- 3 x Potassium of Bananas
- 4 x Calcium of Milk
- 2 x Protein of Yogurt

THE EATING WELL CAFÉ

Valid thru 2/31/2012



Mega Moringa Nutrition Boost!

...with the purchase of any smoothie!
(Value \$1)

Must present coupon at time of purchase.
Cannot be combined with any other offers.

THE EATING WELL CAFÉ