

Soups, salads and more change every day—check out the white boards!

Sandwiches

Choice of fresh La Segunda Cuban bread OR whole wheat wrap.

(Viitals' Bakery gluten-, wheat-, dairy-, soy-, nut- free ie: hypo-allergenic bread available for +.99)

All sandwiches are pressed except for the Yoshimi and Summer Lovin'.

Full Cubans are not available in 1/2 sandwiches.

Any 1/2 sandwich (except Full Cuban) and cup soup 7.25

Any 1/2 sandwich (except Full Cuban) and café salad 7.25

UPGRADE TO 1/2 sandwich and KALE SALAD +\$1

Add MORE cheese +.50

Add Vacon +1.99

Add avocado to any sandwich +.75

Add turkey, ham, hummus, eggs or pork +1.50

Turkey in the Grass: Cream cheese, smoked turkey, watercress, balsamic sauce, cucumbers 6.99

Turkey Provolone: Smoked turkey, provolone, yellow mustard, mayo, pickles, lettuce, tomato 6.99

Turkey and Swiss: Smoked turkey, swiss, Dijon mustard, mayonnaise, lettuce, tomato 6.99

Festival Turkey: Smoked turkey, cranberry sauce, super cheddar, watercress and Dijon mustard 6.99

Rebel Rebel: Avocado, smoked turkey, jalapeno jack cheese, lettuce, tomato, and mayonnaise 7.25

Mi Cubano: Housemade mojo roast pork, swiss cheese, mayonnaise, and jalapeno/cilantro/carrot slaw 6.99

Full Cuban: No 1/2's, thanks! Housemade mojo pork, Genoa salami, black forest ham, swiss cheese, yellow mustard, mayo, pickles, lettuce, tomato 7.49

The Ric Ross: Jalapeno jack cheese, black forest ham, special sweet pepper jelly, lettuce, tomato 6.99

Ham and Swiss: Ham, swiss, tomato and lettuce with maple Dijon sauce. 6.99

Ham and Pickle: Spicy garlic chutney, honey mustard, pickles, sharp white cheddar, ham and lettuce 6.99

Ham and Super Cheddar: Sharp white cheddar, black forest ham, balsamic sauce, lettuce, tomato 6.99

Yoshimi- Served COLD: Cream cheese, siracha, kimchi (contains fish sauce), avocado 6.49

T'Ank: Jalapeno jack cheese, avocado, tomato, red onion, lettuce, yellow mustard 6.49

Summer Lovin'- Served COLD: Shredded jicama, cream cheese, avocado, tomato, sesame sunflower crunchies. 6.49

VLT: Lightlife vegan bacon, lettuce, tomato, and Veganise,. DRY PRESSED AND VEGAN 6.49

AB-B-A: Almond butter, banana and apricot jam pressed with cinnamon 5.49 VEGAN IF DRY PRESSED

Hummus and Veggie: Housemade hummus, shredded carrots, lettuce, tomato, cucumbers 6.49 VEGAN IF DRY PRESSED

Soups

Made fresh every day and available after 11:30 am.

Cup 3.69

Bowl 4.79

Served with La Segunda Cuban bread if you ask.

Cup soup with any 1/2 sandwich 7.25

"Vintage" soups available by the bowl (cold, to enjoy away) 1.99

Quiche ("Keesh") Check white board for today's special 4.99
With a side of fruit 5.99 With a cup of soup 8.50

Salads

Kale Yeah Salad- Raw kale and red cabbage, dressed in a garlic tomato dressing, topped with sesame sunflower crunchies 4.99

Garden Salad- Lettuce mix and a ridiculous amount of fresh veggies...with our house balsamic vinaigrette 5.99

Café Salad- small side salad 3.69 **Small fruit cup** .99

Add eggs, turkey, ham, or hummus to any salad +1.50

Add avocado +.75 Add cheese +.50 Add Vacon +1.99

Cup soup and café salad 7.25



Breakfast and Snack-ey Stuff

Everything here served all day, everyday – except oatmeal.

Breakfast On Bread

Cuban Toast- 6” of La Segunda Cuban bread, butter and swiss cheese. 1.50
What could be better?

ADD EGGS 1.50

Add ham, turkey or hummus for 1.50

Add tomato, peppers or red onions, etc. .50

Add LightLife Vacon 1.99 Add avocado .75

Breakfast Sandwich:

Ham, Egg and Cheese

4.00

A-to-the-Z: Avocado, tomato, eggs, provolone cheese and turkey 4.50

1UP: Egg whites, avocado and turkey w/ a *teeny* bit of cream cheese in a whole wheat wrap 4.50

Breakfast Burrito: Grilled peppers, tomatoes, red onion with avocado, pepper jack cheese and eggs in a whole wheat wrap 5.25

AB-B-A: Almond butter, banana and apricot jam pressed with cinnamon 5.49

Upper West Side Cuban Toast: Very appetizing! Cream cheese, red onion, tomato and sesame/sunflower crunchies 3.50

The Café Hey Parfait

Freshly cut fruit, creamy vanilla yogurt, and housemade granola 4.99

Quiche (“KEESH”)

Check white board for today’s special
Alone 4.99 With a side of fruit 5.99

Our mostly organic granola is made in-house and packed with extras like flax and quinoa.

Granola with milk or yogurt 3.29

Granola is sold alone! 2 per ¼ lb.

Oatmeal (served until 11am weekdays, 1pm weekends) 1.99

See THE OATMEAL MENU for toppings available!

Big bowl of fabulous fresh fruit 3.29

Small fruit cup .99

Baked All the Time

(selection and availability changes, ‘cause it’s FRESH!)

Muffins 1.99

Scones 1.99

Cookies 1.25

Cinnamon Buns 1.99

Cakes and Pies 3.50 (usually)

Chocolate Zucchini Bread with Walnuts 1.99

Banana Cranberry Bread with Pecans 1.99

Brownies 2.25

Cupcakes 1.25 or 4/\$4

Biscotti/Tea Cookies .99

Catering Disclosure

Oh, heck to the yes, we do catering. And we do it well. We’ve got the happy customers to prove it. Let us prove it to you. Whole pies, cakes, breads, cookies, muffins, sandwich platters, salads made-to-order,..whatever your heart desires. Delivery available. Give us at least 24-hours notice and you can relax, knowing you’ve got some good stuff coming to you and your guests.



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Tea Menu

ICED TEA: Classic Black Tea and Organic Cold-Brewed Green Tea. \$1.75

Both are served unsweetened, but we've got simple syrup so you can make it as sweet as you'd like.

But while we've got your attention,....

Look for the three symbols below to guide you through the tea menu.



Make it a latte- Allow us the pleasure of making one of our specialized lattes with these starred teas- please allow 3-7 minutes depending on tea type for steeping, any milk type allowed. Please let us know if you prefer your latte unsweetened. \$4.75



Recommended if you would like an Iced tea with a different flavor. Takes 3-7 minutes to steep for optimum flavor.



Kaleisia Tea: 1.99 for an endless cup. Most Kaleisia tea can be steeped two or three times!

Herbals (no caffeine)

Stash Chamomile- a fine old standby, chamomile is known for aiding relaxation

Stash Peppermint- for your tummy and your enjoyment



Traditional Medicinals "Throat Coat"- enjoyable taste of sweet licorice, really helps with the sore throat. Anne highly recommends just to drink, especially if you smoke.

Triple Leaf "De-Tox"- contains stuff to help you the day after, or anytime you're feeling toxic

Jasmine- a fine floral

Royal King American Ginseng- fights fatigue and stress by supporting the adrenal glands and your muscles' oxygen intake

Cinnamon Apple – Real apple bits flavor

this lightly spiced herbal  

Immuni-Tea- don't give in! Whether it's the cold, flu or just not feeling well, the special blend of botanicals can help. Echinacea, chamomile, peppermint, ginger, lemongrass, lemon verbena and

cardamom. 

Tropical Breeze- Refreshing hibiscus and

fruit 



Green (less caffeine)

Prince of Peace Organic Green - a good company, a good product

YamamotoYamaGenmai-Cha- toasted brown rice in this Japanese green tea gives it a light and nutty flavor


YamamotoYamaHoji-Cha- a roasted green tea typical in Japan

Cherry Rose Sencha- blend of sencha tea with aromatic rose petals and the

essence of sweet cherries  



Long Island Strawberry- with the civilized yet wild taste of strawberries, mango and green tea



Gypsy Earl Grey Green- an excellent alternative to traditional Earl Grey 

Black

Twining Lapsang Souchong- a strong, smoky flavor that many crave

Twining's English Breakfast Tea

Masala Chai- An intensely spicy and warming infusion of black tea leaves, green cardamom, cinnamon, black pepper, licorice root, ginger, clove,

peppermint and star anise  



French Blend- fusion of black tea with jasmine, lavender and natural

vanilla  

Roobois (no caffeine)

Organic Pumpkin Rooibos- roobois, honeydew melon, natural pumpkin flavors, dried apples, nettle leaves and


sunflower petals  
Nutcracker Rooibois – crisp apple and fresh hazelnut combine with red and

crisp green roobois  

Organic Rooibos Chai- licorice, cinnamon, cardamom, ginger, honeybush, fennel, star anise, clove,

pepper and peppermint  

Organic Hawaiian Divine – Real pineapple and coconut pieces will

seduce you into saying "Aloha"! 



Oolong (about 1/2 as much caffeine as coffee)

Prince of Peace Oolong

Almond Biscotti - roasted almonds

and real vanilla   

Mate (less caffeine than coffee, more than black tea)

TiramisuMate- Roasted yerba mate, toffee bits, cocoa bean pieces and

almond  