SANDWICHES

Served with home potatoes or fries and organic mixed greens tossed with balsamic vinaigrette. Choice of bread: whole wheat, sourdough, rye or soft roll.
Substitute sweet potato fries-

MEDITERRANEAN
Grilled eggplant, roasted peppers, tomatoes, pesto and provolone on a focaccia bun $10.95

PIONEER
Fresh Oven-Baked turkey breast with lettuce, tomato, red onions, dijon, mayo and dill havarti cheese on a soft roll $11.50

MENDOCINO
Albacore tuna salad with avocado, lettuce and tomatoes $11.95

BODEGA BAY
Albacore tuna melt with cheddar and a hint of dijon $11.95

CHICKEN SHAWERMA
Sliced chicken breast* marinated and grilled, served in lavash with creamy garlic and pickles with caesar salad $11.95

FISH FILET PO’ BOY
Fresh pan-seared cod with lemon and spices, served on a toasted bun with mildly spiced slaw, onions and chipotle mayo $11.95

BIG SUR
Grilled black angus bistro filet with grilled sweet onions, chipotle mayo, mushrooms and provolone on a soft roll $12.95

CARDINAL
Freshly grilled chicken breast* with white cheddar or brie, arugula and tomatoes on a toasted bun with a roasted garlic aioli $11.95

PACIFIC
Grilled salmon filet on a bun, with arugula, avocado and a caper aioli $12.50

BAJA STYLE FISH TACOS
Breaded and deep fried cod served on two corn tortillas topped with mildly spiced slaw with mango salsa and salsa salad $11.50

SONOMA
Freshly grilled chicken breast* with tomatoes, red onions, lettuce, pesto and provolone cheese on a bun $12.50

CREPEVINE CLUB
Freshly grilled chicken breast* on sourdough with crisp bacon, avocado, lettuce, tomatoes and mayo $12.95

CAROLINA
Slow-roasted barbecue pork, served southern style with bbq sauce, chipotle mayo and coleslaw on a bun. Served with a Caesar salad $11.50

EL DORADO BURGER
1/2 lb. prime organic natural ground beef served with lettuce, tomatoes, red onions and mayo on a bun $11.50

EL BARON BURGER
1/2 lb. prime organic natural ground beef with grilled red onions, mushrooms, avocado, cheddar & jack cheese, Bacon, Avocado or Mushrooms $12.95

Although we serve gluten-free items, we are not a gluten-free restaurant. Please keep in mind cross-contamination may occur.
**Savory Crepes**
Served with home potatoes or fries and organic mixed greens tossed with balsamic vinaigrette.

**Florentine**
Spinach, mushrooms, glazed onions with jack and cottage cheese

**Greek**
Spinach, kalamata olives, roasted almonds, onions with feta cheese and cucumber yogurt sauce

**Milano**
Grilled eggplant, mushrooms, roasted garlic, spinach and tomatoes with cheddar, mozzarella, cottage cheese and marinara

**Kyoto**
Marinated grilled organic tofu sautéed with bell peppers, spinach, shiitake mushrooms & peanut sauce

**Tuscany**
Chicken breast* with mushrooms, tomatoes, roasted almonds, provolone, feta and pesto

**The Philly**
Sliced and grilled beef filet with caramelized onions, mushrooms and white cheddar cheese (hot peppers optional)

**California**
Avocado, bell peppers, tomatoes, sautéed onions and cheddar topped with salsa fresca and sour cream (spicy chipotle optional) Add chicken

**Santa Fe**
Grilled chicken* apple sausage with scrambled eggs, green onions, provolone and salsa fresca

**Bombay**
Chicken breast* or shrimp sautéed with spinach, bell peppers, mushrooms and onions with curry sauce

**San Francisco**
Fresh or smoked salmon with capers, red onions, spinach, djon and dill havarti cheese

**Le Delice**
Ham & Cheddar cheese

**Thai**
Shrimp or Chicken breast*, shiitake mushrooms, spinach, green onions with pesto and salsa sauce

**Luna**
Smoked chicken sausage, scrambled eggs, mozzarella cheese, avocado and bell pepper, topped with sour cream

Add chicken*, ham, sausage, or bistro filet $2.95
Add smoked or fresh salmon $3.95
Substitute gluten-free crepe $1.00
Substitute sweet potato fries $1.00

**Kids’ Menu**

- **Mini Pancakes**
- **Scrambled Eggs**
- **Grilled Cheese**
- **Penne Pasta**
- **Chicken Tenders**
- **Spaghetti**
- **Mac & Cheese**

$5.50

*We serve Fresh Chicken - All natural, Never frozen, NO hormones, NO steroids.

---

**Egg-ceptionals**

All egg dishes are made with three eggs and served with home potatoes and toast (whole wheat, sourdough, rye, or english muffin). Substitute egg whites - no charge.

**American**
Three eggs, any style $7.95
Add chicken apple sausage, bacon or ham steak $2.95

**Santa Rosa**
Spinach, tomatoes, onions and mushrooms with cheddar cheese

**Tofu**
Marinated grilled tofu with mushrooms, spinach, onions and bell peppers

**PetaluMa**
Chicken apple sausage, mushrooms, and spinach with provolone and salsa fresca

**Provence**
Fresh or smoked salmon with spinach, red onions and goat cheese

**The Mission**
Chorizo (soy bean OR smoked chicken sausage), eggs, scallions, peppers and jack cheese wrapped and grilled in a flour tortilla on a bed of black bean chili topped with salsa fresca, avocado and sour cream

**Huevos Rancheros**
Corn tortilla topped with jack cheese, black beans, ham, eggs, avocado and salsa

**El Paso**
Homemade corned beef hash with bell peppers and onions over potatoes with melted cheddar, topped with eggs any style and served with toast

**Omelettes**
Made with three eggs and served with home potatoes and toast. Substitute egg whites - no charge.

**Denver**
Ham, cheddar cheese, onions and bell peppers $10.95
Feta cheese, spinach, kalamata olives, sautéed onions and roasted almonds

**Greek**

**Spanish**
Cheddar, avocado, onions, sour cream and salsa fresca

**Mazatlan**
Chorizo (soy bean or smoked chicken sausage), black $10.95
bean chili, avocado, jack & cheddar cheese with salsa fresca
Select two: cheddar, provolone, jack, mozzarella, dill havarti, feta or goat

**Ham and Two-Cheese Omelette**

**Benedicts**
Served with home potatoes, Substitute egg whites - no charge.

**Black Stone**
Grilled red onions, tomatoes, avocado and poached eggs on an english muffin with hollandaise sauce

**Costa Del Sol**
Sautéed ham, spinach and onions with poached eggs on an english muffin with hollandaise sauce

**New Orleans**
Crab cakes on an english muffin with poached eggs and spicy cajun hollandaise

**Cote D’Azur**
Smoked salmon, spinach, and red onions with poached eggs on an English muffin with hollandaise

---

**Burgers**

**Pancakes**
Homemade & served with 100% pure organic maple syrup

**Buttermilk**
$7.95
add blueberry, banana-coconut, strawberries or chocolate chips $1.50

**Gluten-free Pancakes**
$9.95

**Pumpkin and Spice**
$8.95

**Organic Whole Wheat**
with wheat germ served with your choice of bananas or strawberries $8.95

**Swedish Oatmeal**
with fruit compote $8.95
add Fresh Fruit Cup $1.95

**French Toast**
Dipped in a yogurt-vanilla egg batter with cinnamon and powdered sugar

**La Suisse**
Homemade french white bread $8.50

**Parisienne**
Cinnamon raisin bread $8.95

**Add Fresh Fruit Cup**
$1.95

**Sweet Crepes**
Served with whipped cream and vanilla ice cream $7.95

**Jamaican**
Caramelized bananas in a caramel rum sauce

**Santorini**
Strawberries, blueberries and raspberries with nutella and chocolate sauce

**Sienna**
Nutella, chocolate sauce, strawberries and mixed nuts

**Midnight Blues**
Blueberries, bananas, brown sugar, and rum sauce

**Burlingame**
Strawberries, bananas, nutella and chocolate sauce

**S’mores**
Toasted marshmallows, graham crackers and chocolate kisses

---

**Side Ideas**

**French Fries** $3.25
**Soup du Jour** $4.95
**Sweet Potato Fries** $3.95
**Black Bean Chili** $4.95
**Home Potatoes** $2.95
**Bowl of Oatmeal** $5.25
**Grilled with olive oil, garlic & rosemary** $2.95
**One Egg, Any Style** $2.50
**Blackened Chicken** $2.50
**HOMEMADE SPICY** $5.25
**Add Yogurt or Granola** $1.25
**Cornbread w/Jalapeno Jelly** $1.25

*We also serve fresh squeezed juices and gourmet coffee.*

*Please call or visit for complete beverage menu.*