# SANDWICHES

Served with home potatoes or fries and **organic** mixed greens tossed with balsamic vinaigrette. Choice of bread: whole wheat, sourdough, marble rye or French roll.

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MEDITERRANEAN	Grilled eggplant, roasted peppers, tomatoes, pesto and provolone on focaccia	\$ 11.50	
PIONEER	Fresh oven-baked turkey breast with lettuce, tomato, red onions, dijon, mayo and dill havarti	\$ 12.50 cheese	
MENDOCINO	Albacore tuna salad with avocado, lettuce and tomatoes	\$ 12.95	
BODEGA BAY	Albacore tuna melt with cheddar and a hint of dijon mustard	\$ 12.95	
CHICKEN SHAWERMA	Sliced chicken breast* marinated and grilled, wrapped in lavash with creamy garlic and pickles, served with caesar salad	\$ 12.50	
FRESH FISH	Filet, pan-fried and served on a toasted bun with spicy slaw, chipotte aioli, served with a caesar salad	\$ 13.50	
BIG SUR	Grilled black angus bistro filet with grilled sweet onions, mushrooms and white cheddar cheese on a French roll	\$ 13.50	
GILROY	Freshly grilled chicken breast* with swiss, arugula and tomatoes on a French roll with a roasted garlic aioli	\$ 12.95	
PACIFIC	Grilled salmon filet on a bun, with arugula, avocado and a caper aioli	\$ 13.50	
FISH TACOS	Served Baja style, spicy slaw and chipotte aioli, served with a caesar salad	\$ 12.95	
SONOMA	Freshly grilled chicken breast* with tomatoes, red onions, lettuce, provolone and pesto on a but		
CREPEVINE CLUB	Freshly grilled chicken breast* on sourdough with crispy bacon, avocado, lettuce, tomatoes &	<i>\$ 13.95</i> mayo	
CAROLINA	Slow-roasted barbecue pork, southern style with bbq sauce and spicy slaw on a bun, served with a caesar salad	\$12.50	
EL DORADO BURGER	1/2 lb. natural ground beef free of antibiotics and hormones served with lettuce, tomatoes, red onions and mayo on a bun Add cheese, bacon, avocado or mushrooms	\$12.50 \$1.50	
EL BARON BURGER	1/2 lb. natural ground beef free of antibiotics and hormones served with avocado, grilled red	\$ 13.50	

Consuming raw or undercooked food may contribute to a food-borne illness.

onions, mushrooms, jack & cheddar cheese on a bun

### SALADS

### **Organic** spring mix and romaine

Add grilled chicken breast\*, bistro beef filet, organic tofu or tuna salad \$3.25 Add salmon filet or shrimp \$3.95

TOSSED GREENS

Tomatoes, cucumbers, celery, shredded carrots with caramelized walnuts and balsamic vinaigrette dressing

Small \$ 8.95 Lg. \$ 9.95

CAESAR

Romaine lettuce tossed with caesar dressing, croutons

Romaine lettuce tossed with caesar dressing, croutons and parmesan cheese

Small \$ 8.95 Lg. \$ 9.95

**ATHENA**Romaine lettuce, tomatoes, cucumbers, kalamata olives, red onions, and feta cheese tossed with oregano vinaigrette

Small \$ 8.95 Lq. \$ 9.95

**BANGKOK** Organic mixed greens served with ginger curry \$ 12.95 marinated grilled chicken\*, red onions, mint, shredded carrots, cilantro, roasted peanuts and spicy lemongrass vinaigrette

ASIAN
CHICKEN
SALAD
Romaine lettuce, rice noodles, cabbage, red onions, cucumbers, shredded carrots, cilantro and peanuts tossed with asian dressing

Organic mixed greens with beets, gorgonzola cheese, \$ 10.95 caramelized walnuts and orange vinaigrette

**GRANADA** Organic mixed greens with arugula, pears, roasted \$ 10.95 peppers, sumac onions, caramelized walnuts, gorgonzola cheese and pomegranate vinaigrette

Romaine lettuce with corn, black beans, red onions \$

and bell peppers tossed with balsamic vinaigrette, served over a flour tortilla and topped with freshly grilled chicken breast\*, mango salsa, chipotle aioli and corn tortilla chips

**COMBINATION** Daily soup, bowl of chili or chicken vegetable soup \$ 11.95

and your choice of small Athena, Tossed Greens or

Caesar salad

and parmesan cheese

## PASTA

**ABRUZZO** 

Add grilled chicken breast\*

CANCUN

Add salmon filet or shrimp Substitute gluten-free (penne pasta) to any dish		
PARMA	Spaghetti with meatballs and marinara sauce topped with parmesan cheese	\$ 12.50
ROMA	Penne with tomatoes, roasted garlic, basil, olive oil, marinara and feta cheese	\$ 11.50
CAPRI	Linguini with shrimp and marinara	\$ 13.50
BARI	Fettuccine with fresh salmon, spinach, garlic and parmesan cream sauce	\$ 13.50
<b>PALERMO</b>	Fettuccine with alfredo sauce, roasted garlic	\$ 11.50

Although we serve gluten-free items, we are not a gluten-free restaurant. Please keep in mind cross-contamination may occur.

roasted almonds and parmesan cheese

Fettuccine with pesto cream sauce, roasted garlic,



### RESTAURANT

### **BERKELEY**

1600 Shattuck Avenue Berkeley, CA 94709 (510) 705-1836

\$3.25

\$ 11.50

### OAKLAND

5600 College Avenue Oakland, CA 94618 (510) 658-2026

### Hours

Sun - Thur: 7:30am - 11:00pm Fri - Sat: 7:30am - Midnight



Served with home potatoes or fries and **organic** mixed greens tossed with halsamic vinaiarette

tossed with balsamic vinaigrette.			
FLORENTINE	Spinach, mushrooms, & glazed onions with jack and cottage cheese	\$ 11.95	
GREEK	Spinach, kalamata olives, roasted almonds, and onions with feta cheese and cucumber yogurt sa	<i>\$12.50</i> uce	
MILANO	Grilled eggplant, mushrooms, roasted garlic, spinach and tomatoes with cheddar, mozzarella, cottage cheese and marinara	\$ 12.95	
КҮОТО	Marinated grilled organic tofu sautéed with bell peppers, spinach, mushrooms & peanut sauce	\$ 12.95	
TUSCANY	Chicken breast* with mushrooms, tomatoes, roasted almonds, provolone, feta and pesto	\$ 13.50	
THE PHILLY	Sliced and grilled beef filet with caramelized onions, mushrooms and white cheddar cheese (hot peppers optional)	\$ 13.50	
CALIFORNIA	Avocado, bell peppers, tomatoes, sautéed onions and cheddar topped with salsa fresca and sour cream (spicy chipotle optional)	\$ 12.50	
	Add chicken*	\$ 2.95	
SANTA FE	Grilled chicken apple sausage with scrambled eggs, green onions, provolone and salsa fresca	\$ 13.50	
BOMBAY	Chicken breast* or shrimp sauteed with spinach, bell peppers, mushrooms and onions with curry sauce	\$ 13.50	
SAN FRANCISCO	Fresh or smoked salmon with capers, red onions, spinach, dijon mustard and dill havarti cheese	\$ 13.95	
LE DELICE	Ham & cheddar cheese	\$ 9.95	
THAI	Shrimp or chicken breast*, mushrooms, spinach and green onions with pesto and peanut sauce	\$13.50	
LUNA	Chicken chorizo, scrambled eggs, mozzarella cheese, avocado & bell pepper, topped with sour	<i>\$13.50</i> cream	
Add chicken*, ham, sausage, or bistro filet Add shrimp or smoked or fresh salmon Substitute gluten-free crepe		\$2.95 \$3.95 \$1.00	

**MINI PANCAKES** 

**SCRAMBLED EGGS** with home potatoes or toast

**GRILLED CHEESE** on white bread with fries

**PENNE PASTA** with butter or marinara & parmesan

Ages 12 and under \$ 5.50

**MINI BURGERS** with fries

**CHICKEN TENDERS** 

with fries

SPAGHETTI with marinara and meatballs

**MAC AND CHEESE** 

\*We serve 100% Drug Free Chicken - NO antibiotics, NO hormones, NO steroids Consuming raw or undercooked food may contribute to a food-borne illness.

## EGG-CEPTIONALS

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

Spinach, tomatoes, onions and mushrooms with cheddar cheese	\$ 11.95
Marinated grilled organic tofu with mushrooms, spinach onions and bell peppers	\$ 11.95
Chicken apple sausage, mushrooms, and spinach with provolone and salsa fresca	\$ 12.50
Fresh salmon with spinach, red onions and goat cheese	\$ 13.50
Chorizo (soy bean or chicken), eggs, scallions,	\$ 12.95
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	Э,
Three eggs, any style	\$ 8.50
add chicken apple sausage, bacon or ham steak	\$ 2.95
Homemade corned beef hash with bell peppers and onions over potatoes with melted cheddar, topped with two eggs any style and served with too	\$ 12.95 ast
	with cheddar cheese  Marinated grilled organic tofu with mushrooms, spinach onions and bell peppers  Chicken apple sausage, mushrooms, and spinach with provolone and salsa fresca  Fresh salmon with spinach, red onions and goat cheese  Chorizo (soy bean or chicken), eggs, scallions, and jack cheese wrapped and grilled in a flour tortil on a bed of black bean chili topped with salsa fresca avocado and sour cream  Three eggs, any style  add chicken apple sausage, bacon or ham steak  Homemade corned beef hash with bell peppers

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

<b>DENVER</b>	Ham, cheddar cheese, onions and bell peppers	\$ 11.95
GREEK	Feta cheese, spinach, kalamata olives, sautéed onions and roasted almonds	\$ 11.95
SPANISH	Cheddar, avocado, onions, sour cream and salsa fresca	\$ 11.95
MAZATLAN	Chorizo (soy bean or chicken), black bean chili, avocado, jack and cheddar cheese with salsa fresca	\$ 11.95
HAM AND CHEESE OMELETTE	Cheddar, provolone, jack, mozzarella, dill havarti, feta or goat cheese	\$ 11.50

## BENEDICTIONS

Served with home potatoes. Substitute eaa whites - no charge.

served Will Home polatoes. Substitute egg Willes The charge.			
	BLACK STONE	Grilled red onions, tomatoes, avocado and poached eggs on an english muffin with hollandaise sauce	\$ 11.95
	COSTA DEL SOL	Sautéed ham, spinach and onions with poached eggs on an english muffin with hollandaise sauce	\$ 11.95
	NEW ORLEANS	Crab cakes on an english muffin with poached eggs and spicy cajun hollandaise	\$ 12.95
	COTE D' AZUR	Smoked salmon, spinach and red onions with poached eggs on an english muffin with hollandaise	\$ 12.95 sauce

### DANCAKES

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Homemade & served with 100% pure organic maple	syrup
BUTTERMILK	\$ 9.25
add blueberry, banana-coconut, strawberries or chocolate chips	\$ 1.50
GLUTEN-FREE PANCAKES	\$ 10.50
add blueberry, banana-coconut, strawberries or chocolate chips	\$ 1.50
PUMPKIN AND SPICE	\$ 9.95
SWEDISH OATMEAL with fruit compote	\$ 9.95
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	\$ 9.50
PARISIENNE Cinnamon raisin bread	\$ 9.95
add FRESH FRUIT CUP	\$ 1.95
SWEET CREPES	
Served with whipped cream and vanilla ice cream	\$ 8.50
JAMAICAN Caramelized bananas in a caramel rum sauce	

JAMAICAN	Caramelized bananas in a caramel rum sauce
SANTORINI	Walnuts, pistachios, brown sugar, coconut, cinnamon and mascarpone
TRI-BERRY	Strawberries, blueberries and raspberries with nutella and chocolate sauce
SIENA	Nutella, chocolate sauce, strawberries and mixed nuts
ALBA	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
HOME POTATOES		<b>CHICKEN VEGGIE SOUP</b>	\$ 4.95
Grilled with olive oil, garlic & rose	emary	<b>BLACK BEAN CHILI</b>	\$ 4.95
CHICKEN APPLE SAUSAGE, BACON OR HAM STEAK	\$2.95	<b>BOWL OF OATMEAL</b> with bananas, seasonal berrie	\$ 5.25
ONE EGG, ANY STYLE	\$ 1.50	and brown sugar	,
<b>BAGEL WITH CREAM CHEESE</b>	\$ 3.25	BAGEL OR TOAST	\$ 2.50
HOMEMADE SPICY CORNBREAD W/ JALAPENO .	\$ 5.75 <b>JELLY</b>	BOWL OF FRESH FRUIT add YOGURT OR GRANOLA	\$ 5.50 \$ 1.25

We also serve fresh squeezed juices and gourmet coffee. Please call or visit for complete beverage menu.