

Seasonal fresh, locally sourced menu items ✂ House-made coffee, syrups, almond milk & salad dressing ✂ Fresh bakery bread

☕ COFFEE

Brewed Italian Roast or House Decaf \$1.85

Local Organic Fair Trade Green Star • Refill \$1.00

Latte / Cappuccino \$2.95 • Americano \$2.25

Bullet Proof Latte \$4.50

• Irish Butter • Coconut Oil • Brain Power MCT Oil •

Organic House-Crafted Coffee Syrups \$.65

• Vanilla bean • Dark Chocolate • Agave Vanilla Bean •

Double Espresso \$2.25

Spiced Chai Latte \$3.65 • Chai Bulletproof \$4.75

Organic Numi's Hot Tea \$2.75

🍳 BREAKFAST

Toasted 'New York Water' Bagel \$2.95

with Cream Cheese (Authentic Water Bagels direct from NY!)

The 'Bronx' Bagel \$7.50

Local Sta. Barbara Smokehouse Salmon, Lem-Pepper, Tomato, Cream Cheese, Red Onion, Capers

Spinach, Artichoke & Feta Frittata \$6.75

Roasted Potato Crust with Fruit

Bacon Breakfast Panini \$6.75

Applewood Smoked Bacon, Egg, Swiss Cheese

Breakfast Burrito \$6.50

Scrambled Egg, Jack Cheese, Bacon, Potato, Fire Roasted Salsa (Whole Wheat or Flour Tortilla)

Hi-Protein Breakfast Bowl \$7.25

Scrambled Eggs, Bacon and Cheese on Fresh Spinach and Sliced Tomatoes

Hot Organic Oatmeal \$4.50

Dried Cranberries, Ground Flax Seed, Brown Sugar

Greek Yogurt with Fresh Berries \$4.75

With Nut-Free Granola



Café154

MENU



Café154

🥗 SALADS

Green Apple, Quinoa & Walnut Salad \$8.75

Crumbled Blue Cheese, Maple Vinaigrette

Hungry Planet "Burger" Salad \$8.95

Mixed Greens, Black Beans, Pepperoncini, Shredded Jack Cheese, Diced Tomato, Balsamic Vinaigrette

Classic Chicken Caesar Salad \$8.25

Crisp Romaine, Chicken Breast, Garlic Croutons, Shredded Parmesan, Caesar Dressing

Strawberry Goat Cheese Salad \$8.50

Chilled Green Beans, Creamy Goat Cheese, Balsamic Vinaigrette, Toasted Almonds on the side

Greek Salad \$8.50

Feta Cheese, Kalamata Olives, Sliced Pepperoncini, Cool Cucumber, Diced Tomato, Lemon Vinaigrette

Cobb Salad \$8.95

Bacon, Chicken Breast, Blue Cheese, Hard Boiled Egg, Diced Tomato, Herbed Apple Cider Vinaigrette

🍲 SOUP

Fire Roasted Tomato, Cannellini Bean

& Basil \$4.25 *with Shredded Parmesan and Balsamic Reduction*

Farmer's Market Soup \$4.75

Creamy Butternut Squash Quinoa Chowder

🥪 SANDWICHES

Greek Roast Beef Wrap \$8.25

Lemon Pepper Roast Beef, Cool Cucumbers, Ripe Tomatoes, Yogurt Tzatziki, Whole Wheat Wrap

Tuna Salad Wrap \$7.25 *Side of Toasted Almonds*

Albacore Tuna Salad, Dried Cranberries and Pepperoncinis, Sun Dried Tomato Wrap

Walnut Chicken Wrap \$7.50 *Toasted Walnuts on the Side*

Chicken Breast, Celery & Red Grapes and Whole Grain Dijon in a Whole Wheat Wrap

Classic Egg Salad Sandwich \$7.25

Cucumber, Fresh Spinach on Wheat Toast

🥤 SMOOTHIES \$5.95

Amazon Blue *•Hydrating and Nourishing•*

Acai, Blueberry, Coconut Water & Agave

Peanut Butter Banana *•Potassium and Protein•*

Made with Milk & Flax Seed

Matcha Green Garden *•Antioxidant Benefits•*

Almond Milk, Spinach, Chia Seeds & Honey

Strawberry Banana *•Lo-Glycemic Fruit & Protein•*

Milk and Protein Powder

Super Greens *•Phytonutrient Dense Super Food•*

Wheat Grass, Kale, Spirulina, Banana, Almond Milk

•Add Protein Powder \$1.45•

🥪 SANDWICHES

Turkey Club \$8.95

Sliced Turkey, Smoked Bacon, Avocado, Lettuce, Tomato & Mayo on Toasted Honey Wheat

N.Y. Bagel Reuben Sandwich \$8.50

Thinly Sliced Corned Beef, Sauerkraut, Melted Swiss and Russian Dressing on Toasted Everything Bagel

Toasted Tuna Melt Sandwich \$8.50

Tuna Salad, Cheddar Cheese, Ripe Tomato

Brie and Turkey Sandwich \$9.25

Roasted Apple Jam, Country French Sourdough

Hungry Planet Veggie "Burger" \$8.50

Garden Tomatoes, Sprouts, Dill Pickles, Crisp Romaine, 1000 Island, Toasted Wheat Bun

Chicken Pesto Panini \$8.25

Arugula Pesto, Chicken Breast, Jack Cheese & Garlic Aioli on Honey Wheat Bread

Philly Cheese Steak Sandwich \$8.95

Caramelized Sweet Bells & Onion on Ciabatta

Chef B's Veggie Sandwich \$7.25

Basil Cream Cheese, Turmeric Hummus, Arugula, Spinach, Cucumber, Sprouts, Lemon Pepper and Red Onion on Toasted Honey Whole Wheat

The Ultimate Grilled Cheese \$6.95

Grilled Swiss, Jack, Cheddar & Parmesan with Tomato

Warm & Toasty Chicken Goat Cheese \$8.95

Chicken Breast, Caramelized Onion and Red Bell, French Goat Cheese, Arugula, Balsamic Reduction

🥞 PASTRIES

We proudly serve "Baker's Table" Pastries from the Santa Ynez Valley!

Scones, Muffins, Plain Croissant \$3.75 / Chocolate Croissant \$3.95 / Ham & Cheese Croissant \$4.25 / Almond Croissant \$4.65