

Fresh, Seasonal, Locally Sourced Quality Ingredients

House-Made Coffee Syrups and Almond Milk

101 BREAKFAST

Toasted 'New York Water' Bagel \$3.95

with Cream Cheese Authentic Water Bagels direct from NY

The 'Bronx' Bagel \$8.25

Local Santa Barbara Smokehouse Salmon, Lemon Pepper, Tomato, Cream Cheese, Red Onion, Capers

✓ **Garden Vegetable Omelette \$8.25**

Arugula, Jack Cheese, Broccoli, Carrots, Tomato, Spinach, Roasted Potatoes. Side of Salsa

Bacon Breakfast Panini \$7.95

Applewood Smoked Bacon, Egg, Swiss Cheese

Breakfast Burrito \$7.95

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

Hi-Protein Breakfast Bowl \$8.25

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

✓ **Vegan Sausage Burrito \$7.95**

Veggie Sausage, Roasted Potatoes, Fresh Spinach, Arugula, Tomatoes, Quinoa, Avocado, Fire Roasted Salsa

--- Add Grilled Peppers and Onions \$1.00

✓ **Hot Organic Oatmeal \$4.50**

Dried Cranberries, Ground Flax Seed, Brown Sugar

Greek Yogurt, Fresh Berries, Granola \$5.50



☕ COFFEE

We brew "Green Star" Coffee • Local • Organic • Fair Trade

Brewed Italian Roast or House Decaf \$2.50

Brewed Coffee Refill only \$1.25

Double Espresso \$2.40

Café Americano \$2.95

Café Latte or Cappuccino \$3.95

Bullet Proof Latte \$4.75

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

Organic House-Crafted Coffee Syrups \$0.75

• Vanilla Bean • Dark Chocolate • Agave Vanilla •

Spiced Chai Latte \$4.25 • Chai Bulletproof \$4.95

Organic Numi's Hot Tea \$3.25

✓ **Wellness' Hot Tea Bulletproof \$4.95**

Soothing Teas, Coconut Oils, Almond Milk, Fresh Orange, Honey

SMOOTHIES

\$6.25

✓ **Amazon Blue** • Hydrating and Nourishing •
Acai Berry Puree, Blueberries, Natural Coconut Water,
Agave Nectar

Peanut Butter Banana • Potassium and Protein •
blended with 2% Milk and Ground Flax Seed

The Pick Me Up • Eye Opening Treat •
Double Espresso with Half and Half, Protein Powder
and House Made Dark Chocolate or Vanilla Bean Syrup

Strawberry Banana • Lo-Glycemic Fruit and Protein •
blended with 2% Milk and Protein Powder

✓ **Super Greens** • Phytonutrient Dense Super Food •
Wheat Grass, Kale, Spirulina, Spinach, Blueberries,
Banana and Soy Milk

• Add Protein Powder to any smoothie \$1.65 •

Fresh Squeezed Orange Juice \$3.95

✓ **Fresh Fruit and Berries Box \$4.95**

Brewed Iced Tea \$3.25

Passion Fruit, Unsweetened Black Tea



We proudly serve "Spudnuts" Pastries, Muffins and Cookies! They're Local!

Croissants, Cinnamon Buns, Muffins, Sweet Rolls, Doughnuts, Bars and Cookies

Hungry Planet "Burger" Zone

Premium 100% Plant-based Non-GMO "Beef" alternative.
High-protein, low sodium, no cholesterol. **The best!**

Café 154 Classic "Burger" \$8.95

Seasoned Burger Patty, Garden Tomatoes, Fresh Sprouts, Dill Pickles, Crisp Romaine, 1000 Island Dressing, Toasted Wheat Bun

Vegan Avo Artichoke "Burger" \$10.25

Fresh Avocado, Vegan Lemon Basil Artichoke Puree, Tomatoes, Wild Baby Arugula, Baby Spinach, Red Onion, Toasted Sourdough

BBQ Bacon Cheddar "Burger" \$9.75

Melted Cheddar, Smokey Bacon, BBQ Sauce, topped with Crispy Onion Strings, Toasted Wheat Bun

Guacamole "Burger" \$8.95

Fresh Avocado, Pepper Jack Cheese, Secret Sauce, Crisp Romaine, Sliced Tomato. Add Bacon \$1.30

D's Breakfast Beast "Burger" \$11.50

Seasoned Patty topped with Swiss Cheese, Fried Egg, Bacon Strips with a side of Breakfast Potatoes

SANDWICHES

Chef B's Veggie Sandwich \$8.75

Basil Cream Cheese, Turmeric Hummus, Arugula, Spinach, Sprouts, Cucumber, Lemon Pepper, Red Onion

Albacore Tuna Salad Wrap \$8.25

Dried Cranberries, Pepperoncini, Sun Dried Tomato Wrap, Toasted Almonds

Egg Salad Sandwich \$8.25

Cucumber, Fresh Spinach, Dijon

Ultimate Grilled Cheese \$8.25

Grilled Swiss, Jack, Cheddar & Parmesan Cheeses, Fresh Tomato

Turkey Club Sandwich \$9.75

Bacon, Romaine, Tomato, Avocado

SANDWICHES

N.Y. Bagel Reuben Sandwich \$9.50

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

Warm & Toasty Chicken Goat Cheese \$9.75

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

Cajun Fresh Fish Burger \$10.75

A touch of heat with Creole Seasoning, Zesty Remoulade Sauce, Tangy Citrus Slaw on a soft Grilled Wheat Bun

Chicken Pesto Panini \$9.25

Arugula Pesto, Chicken Breast, Jack Cheese with our Garlic Aioli on Grilled Honey Wheat Bread

Philly Cheese Steak Sandwich \$9.95

Caramelized Sweet Bells & Onion on Ciabatta

Toasted Tuna Melt Sandwich \$8.95

Tuna Salad, Cheddar Cheese, Ripe Tomatoes, Romaine

Turkey and Brie Sandwich \$9.75

Roasted Apple Jam, Melted Brie, Country French Sourdough

Pressed Italian Vegan Antipasto Ciabatta \$10.95

Oven roasted Veggie Blend, Lemon Basil Artichoke Puree, Kalamata Olives, Arugula, Ripe Tomato, Balsamic Reduction

Pickled Veggies & Roast Pork Banh Mi \$10.25

Our version of this famous sandwich with pickled Radish and Cabbage, Cilantro, Green Onion, Fresh Lime. (No Pork? You can substitute Vegan Hungry Burger, Chicken, Turkey or Beef)

Roast Beef and Swiss \$9.95

Thinly Sliced Top Sirloin, Swiss Cheese, Red Onion, Pepperoncini, Tomato & Zesty Dijon Sauce, Wheat Long Roll

SALADS

Green Apple, Quinoa & Walnut Salad \$9.50

Crumbled Blue Cheese, Maple Vinaigrette

Classic Chicken Caesar Salad \$8.95

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

Greek Salad \$9.50

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

Mandarin Sesame "Raw" Salad \$9.50

Broccoli, Carrots, Snow Peas, Celery, Baby Spinach, Tangerine Segments, Toasted Almonds, Sesame Vinaigrette

Cobb Salad \$9.50

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

Berry Goat Cheese Chicken Salad \$9.50

Chicken Breast, Goat Cheese, Blueberries, Strawberries, Red Onion, Toasted Almonds, Herbed Croutons, Baby Spinach, Romaine, Balsamic Vinaigrette

SOUP

Fire Roasted Tomato, Cannellini Bean & Basil \$5.50

with Shredded Parmesan and Balsamic Reduction

Farmer's Market Soup \$5.75

Creamy Butternut Squash Quinoa Chowder

Coconut Curry and Steamed Lentil Soup \$5.95

Julienned Vegetables, Green Onion, Baby Spinach, Fresh Lime and Sweet Soy