



Café Hours

Mon-Thursday *(10:00 am – 6:00 pm)*

Friday- Saturday *(8:00 am – 7:00 pm)*

Sunday *(8:00am -5:00 pm)*

Breakfast Menu

(Served until 11 am. Mon – Friday)

(Weekends until 2 pm.)

Omelets

- ❖ Western Steak – three egg omelet with, mushrooms, roma tomatoes, red onion, tenderloin steak, melted mozzarella and parmesan cheese **\$8.50**
- ❖ Mayan Chicken – three egg omelet with red & green bell peppers, mushroom, cilantro, onions, mozzarella cheese and grilled chicken. **\$8.50**
- ❖ Asparagus omelet – three egg omelet with steam asparagus, bacon, red onions, roma tomatoes, bell peppers, bacon sauce, mozzarella and parmesan cheese. **\$7.99**
- ❖ Meat lovers omelet -three egg omelet with, bacon, ham, smoked turkey, red onions, link sausage and english cheddar. **\$7.99**
- ❖ Mexican omelet- three egg omelet with chorizo, roma tomatoes, fresh jalapenos, cilantro, avocado slices and fresh cheese *La vaquita*. **\$7.50**
- ❖ Deluxe omelet –three egg omelet with baby spinach, roma tomatoes, mushrooms, bell peppers, zucchini squash, red onions, swiss cheese and truffle oil. **\$7.25**
- ❖ Red omelet - three egg omelet with diced ham, roasted red bell peppers, red tomato, red onion and english cheddar cheese. **\$7.35**
- ❖ Garden omelet- three egg omelet with fresh baby spinach, mushrooms, zucchini squash, red onions and smoked Italian provolone cheese. **\$6.99**
- ❖ Greek omelet- three egg omelet with garden fresh basil, red onion, roma tomatoes, spinach and feta cheese. **\$6.99**
- ❖ Your choice omelet –two eggs one meat (ham, turkey, link sausage or apple wood smoke bacon) and one cheese (cheddar, swiss, provolone). **\$5.95**

Breakfast Menu

(Served until 11 am Mon - Friday ; Weekends until 2 pm .)

Morning Favorites

- ❖ **Huevos ala Mexicana**- three eggs scrambled with onions, roma tomatoes, cilantro, fresh jalapenos, avocado slices, pan seared potatoes and white bread on the side. **\$7.25**
- ❖ **Over easy**- two eggs over easy with your choice of bacon *or* sausage, pan seared potatoes and wheat bread. **\$6.50**
- ❖ **Double SS**-two eggs scrambled with bacon, english cheddar cheese, mayonnaise, homemade spicy sauce on lightly toasted sourdough bread. **\$4.95**
- ❖ **Croissant Sandwich**-two eggs scrambled and your choice of cheese (cheddar, swiss, provolone). **\$4.00**
- ❖ **Toast and eggs**-served with your choice of toasted bread butter and jelly. **\$3.95**
- ❖ **Toast and jelly**- your choice of bread with butter and jelly. **\$2.75**
- ❖ **Breakfast Taco** -one egg, one meat , and one cheese on a soft four tortilla. **\$1.99**
- ❖ **Extreme Taco** - Egg with your choice of three ingredients made to order and served on a soft flour tortilla. **\$2.50**
- ❖ **Sohosando Taco** – sautéed asparagus, mushrooms, bell peppers, onions, spinach, carrots, served on a soft flour tortilla. **\$3.00**

Additional Sides Available

Potatoes	\$2.50	Sausage (3 links)	\$1.75
Bacon (3 slices)	\$1.75	Apple slices	\$.75
Avocado slices	\$.75	1Hard boiled egg	\$.75
Bread side	\$1.75	1 additional Egg	\$1.00

Gourmet Sandwiches

Essence Club

\$7.75

Lightly toasted sourdough bread with turkey breast, apple wood smoked bacon, ham, baby spinach, roma tomatoes, provolone cheese, mayonnaise and Dijon mustard.

Country French

\$7.75

Lightly buttered french baguette with smoked turkey breast, apple wood smoked bacon, french brie cheese and fresh avocado slices.

Sourdough Reuben

\$7.75

A thinly corned beef brisket topped with our homemade sauerkraut, melted swiss, and our own Russian dressing, served on sourdough bread with a dill pickle on the side.

House BLT

\$7.75

Apple wood smoked bacon, roma tomatoes, avocado slices, cheddar cheese, hearts of romaine, with our homemade avocado dressing on sourdough bread.

Tuna Fish

\$7.75

White tuna albacore mixed with our homemade mayonnaise, red onions, accompanied with baby spinach, hard boiled egg, and swiss cheese.

Pork Loin

\$7.75

Toasted french baguette bread with caramelized onions, zucchini squash, mushrooms, pork loin, melted provolone cheese and mayonnaise.

Genoa Misto

\$7.75

Salami, melted smoked provolone, tomatoes, fresh avocado, red onions, red bell peppers, basil, Dijon mustard and baby spinach served on french baguette.

Smoked Sockeye Salmon

\$7.75

Smoked Sockeye Salmon, lightly toasted seven grain bread , mascarpone cheese spread with dill and capers accompanied with baby spinach, cucumbers and *Granny Smith* apple slices.

Chicken Salad Sandwich

\$7.75

Our chicken salad (chipotle sauce, celery, red onions ,and mayonnaise) with hearts of romaine, provolone cheese, alfalfa sprouts, served on healthy grain bread.

Green Gobbler

\$7.75

Smoked turkey breast, smoked provolone cheese, alfalfa sprouts, green apple slices and a touch of apple butter, on whole wheat.

Sandwich Panini

\$7.75

Ham, cheddar and swiss melted, with roma tomatoes, red onions, basil, and Dijon mustard on sourdough bread

Essential Sandwiches

Buffalo Burger

Grilled Bison patty, with sautéed red onions, hearts of romaine, roma tomatoes, fresh avocado slices, cheddar cheese and mayonnaise on lightly toasted sourdough bread .

\$9.50

Wild Shrimp

Pan seared shrimps, crispy bacon, romaine leafs , purple onion, avocado slices, roma tomato, smoke provolone cheese and our homemade cilantro mayonnaise on lightly toasted sourdough bread.

\$9.50

Roast Beef

Oven roasted roast beef, hearts of romaine, roma tomatoes, purple onion, mayonnaise, Dijon mustard and smoked provolone cheese on lightly toasted sourdough bread.

\$8.50

Tenderloin Steak

Grilled tenderloin steak, fresh hearts of romaine roma tomato, avocado slices, sautéed red onion, melted provolone cheese and avocado dressing on toasted multigrain bread

\$8.99

Italian chicken

A pan seared chicken breast lightly breaded with Italian spices on a healthy grain bread toasted with, smoked provolone cheese, hearts of romaine, purple onions, avocado slices, roma tomatoes and mayonnaise.

\$8.50

Sohosando

A wonderful combination of sautéed and raw vegetables. Hearts of romaine, tomatoes, cucumbers, green apples, alfalfa sprouts, avocado slices with sautéed asparagus, carrots, red bell peppers , zucchini, mushrooms, spinach and caramelized red onions on toasted wheat bread.

\$7.99

CEO BOX - sandwich -chips -cookie& Drink **\$10.15**

(Excluding any bar drink)

(Essential Sandwiches not available with CEO box)

Combos - pick two **\$7.75**

(*side caesar salad , *quiche, *half sandwich or *soup.)

(Essential Sandwiches are not available with combos)

Quiche \$4.25 side caesar \$3.99 cup of soup \$3.99

Half sandwiches available only for combos

Salads

Sm. *Lg.*

Alaskan Shrimp

Mixture of romaine and baby spinach tossed with blue cheese dressing, roma tomatoes cucumbers, fresh avocado slices, Danish bleu cheese crumbs and pan seared shrimps .

\$7.50 **\$9.50**

Cobb Salad

A mixture of baby spinach, romaine, roma tomatoes, avocado slices, apple wood smoked bacon, feta cheese, hard boil egg, smoked turkey breast, tossed in our homemade avocado dressing.

\$7.50 **\$9.50**

House Salad

Hearts of romaine with roma tomatoes, avocado slices, red onions, parmesan cheese tossed with our homemade avocado dressing.

\$6.50 **\$8.50**

Grill Chicken Caesar salad

Hearts of romaine tossed in our homemade ceasar dressing, parmesan cheese and grill chicken breast.

\$6.50 **\$8.50**

Tuna Albacore

Baby spinach and hearts of romaine , alfalfa sprouts, red onions, roma tomatoes ,hard boil egg, tossed in Sherry vinaigrette, with our homemade tuna albacore salad.

\$6.50 **\$8.50**

Greek Salad

Hearts of romaine and baby spinach mixed with sliced kalamata olives, red onions, roasted bell peppers, roma tomatoes, cucumbers, and feta cheese tossed in our homemade Garlic balsamic vinaigrette.

\$6.50 **\$8.50**

Spinach Salad

Baby spinach, red onions, hard boiled eggs, roma tomatoes, apple wood smoked bacon, fresh avocado slices, tossed with our homemade Sherry vinaigrette.

\$6.50 **\$8.50**

Texas Farmer

A mixture of harts of romaine and baby spinach, roma tomatoes, cucumbers, alfalfa sprouts , chicken salad, tossed with out homemade balsamic vinaigrette

\$6.50 **\$8.50**

Garden Salad

Hearts of romaine ,baby spinach, roasted bell peppers ,red onion, roma tomatoes, apple slices, fresh avocado slices ,alfalfa sprouts and cucumbers tossed in our homemade Sherry vinaigrette.

\$6.50 **\$8.50**

Kids Zone!

Please only 10 and under.

- Lucy sandwich - turkey ,avocado, roma tomato, cheddar, and ranch dressing lightly toasted on wheat **\$ 5.00**
- Nini sandwich – two eggs scrambled, roma tomatoes ,cheddar cheese and mayo on toasted wheat bread. **\$ 4.50**
- Kids Panini -Ham or turkey with cheddar cheese or provolone cheese on wheat. **\$ 4.50**
- PBJ –Creamy peanut butter and jelly. **\$ 3.75**
- Grilled cheese -Wheat bread with cheddar cheese **\$ 3.75**
- Quesadilla- Turkey and melted cheddar cheese in between two flower tortillas. **\$ 3.25**

All sandwiches available with either cheetos, classic lays or apple slices no exceptions.

Drinks

Waters

Vitamin Water
 Metro Mint
 Pellegrino
 Ozarka
 Fuze
 Gatorade

Frappuccinos

Mocha
 Caramel
 Vanilla
 White Chocolate
 Vanilla & Caramel
 Mocha & Caramel
 Ying Yang (*dark chocolate w/ White chocolate*)

Sodas

Mexican coke (imported)
 Coca Cola
 Diet Coke
 Sprite
 Dr Pepper
 Diet Dr Pepper
 Root Beer
 Sangria
 Jarritos

Can & bottle only

Smoothies

Strawberry
 Banana
 Piña colada
 Mango
 Peach
 White chocolate

Tea

* * Brewed House Tea
 Beach-Berry Tea
 Diet Lipton Green Tea
 Hot Mighty Leaf Tea

Espresso Bar

Cappuccino
 Latte
 Mocha
 Americano
 Ole
 Macchiato
 Espresso con panna
 Espresso single/ doubles

illi Coffee

Regular / Decaffeinated

Cup 2.20 * * Bottom less 3.00

On the Rocks

Iced Chai
 Iced Latte
 Iced Cappuccinos
 Iced Mochas
 Iced Coffee

* * complementary refills Ask about our Flavoring Syrups