

LUNCH

specialty sandwiches & tacos

served with hand-cut fries, pasta or salad

BAJA FISH TACOS

blackened tilapia, flour tortillas, roasted pineapple salsa, fresh guacamole & queso fresco

RED SNAPPER TACOS

pineapple salsa, sliced avocado, chipolte aioli

STEAK TACOS

caramelized onions, lettuce, avocado, queso fresco, harissa sauce

AHI TUNA TACOS

mango slaw, sliced avocado, chilli wasabi

ROASTED VEGGIE TACOS

portobello mushrooms, cauliflower, onions, brussel sprouts & avocado topped with queso fresco & harissa aioli

AHI MULTIGRAIN SANDWICH

pan seared, medium rare ahi tuna, guacamole, arugula, wasabi glaze, sautéed onions & tomato, toasted multigrain bread

PULLED PORK SANDWICH

8-hour roast pork with bbq sauce, spicy slaw on a soft bun

hot & cold sandwiches

served with pasta or house salad,

substitute hand-cut fries/\$2, gluten free bread/\$2

1) CHICKEN & ARUGULA WRAP

grilled chicken, arugula, walnuts, ranch, dried cranberries & Feta cheese

2) VEGGIE SANDWICH

roasted portobello mushroom, fried eggplant, tomato, arugula & fresh avocado, drizzled with herb aioli on multi-grain bread

3) NEW ORLEANS CAJUN CHICKEN WRAP

cajun chicken, greens, cucumbers, ranch dressing & fresh mozzarella

4) ROAST TURKEY, BACON & AVOCADO WRAP

roast turkey, applewood smoked bacon, avocado, greens, tomato, mayo & jack cheese

5) JUMBO CRAB CAKE SANDWICH

on a fresh baked roll served with tartar sauce or honey mustard

6) CLASSIC CUTLET

buttermilk fried chicken cutlet, fresh mozzarella, pesto mayo, lettuce & tomato on baguette

7) CHICKEN, BACON & AVOCADO

grilled chicken, applewood smoked bacon, avocado, lettuce, tomato & mayo on a toasted multi-grain bread

8) SWEET BASIL'S BLT

melted brie, arugula, tomato & applewood smoked bacon on a baguette with mayo or honey mustard

9) TURKEY & BRIE

roasted turkey & brie, honey mustard on baguette

10) GRILLED EGGPLANT

fresh mozzarella, roasted red peppers & balsamic vinaigrette on baguette

11) CLUB SANDWICH

choice of turkey or chicken, romaine on toasted wheat with bacon, lettuce, tomato & mayo

12) ROAST TURKEY

guacamole, vermont cheddar, romaine & mayonnaise on toasted multigrain bread

13) POMMERY CHICKEN

whole grain mustard, roasted red peppers & snow peas on baguette

14) APRICOT CHICKEN

almonds, celery, dried cranberries & apricots on multigrain bread

15) TAHINI TUNA FISH

tuna, onion, carrot, celery & sesame tahini on baguette

1/2 SANDWICH & CUP OF SOUP

choose from: 10, 13, 14 OR 15

9, OR 12

add \$1.25 for vegan OR cream based soup

salad platters

served with cold pasta of the day, salad & sliced baguette

16) POMMERY CHICKEN SALAD

17) APRICOT CHICKEN SALAD

18) TAHINI TUNA FISH SALAD

1/2 PLATTER & CUP OF SOUP

add \$1.25 for vegan OR cream based soup

café salads

PROTEIN SALAD

mixed greens, quinoa, lentils, chickpeas, avocado, walnuts, raisins, tomato & cucumber, cilantro lime vinaigrette

\$18

SWEET GREEN SALAD

red & golden beets, granny smith apples, sweet yellow corn, red beans, cherry tomatoes, craisins & red onion over mixed greens, cilantro lime vinaigrette

\$17

STEAK SALAD

grilled marinated hanger steak with mesclun greens, avocado, red onion & tomato with lemon vinaigrette

\$21

CHIPOLTE GARLIC GRILLED SHRIMP

greens, mango, avocado, tomato & cilantro lime vinaigrette

\$21

COBB SALAD

grilled chicken, lettuce, tomato, applewood smoked bacon, avocado & crumbled gorgonzola cheese with citrus vinaigrette

\$19

CHICKEN CAESAR

romaine, house-made Caesar dressing, croutons & grated parmesan with fresh grilled chicken

\$16

VEGAN CAFÉ SALAD

greens, mango, avocado, tomato & cilantro lime vinaigrette topped with a vegan veggie burger

\$20

JUMBO CRAB CAKE

honey mustard mixed field greens, cucumbers & tomato

\$20

PAN SEARED CITRUS SALMON

greens, red onions, tomato & cucumber with citrus vinaigrette

\$20

YELLOWFIN TUNA SALAD

seared sushi grade tuna with a chipolte, cilantro & lime sauce mixed greens, mango, avocado, tomato, & orange sesame vinaigrette

\$21

ARUGULA & PEAR SALAD

arugula, tomato, sliced anjou pear & crumbled gorgonzola with citrus vinaigrette

\$15

CALIFORNIA SPRING MIX

granny smith apples, tomato, caramelized walnuts & crumbled gorgonzola with balsamic vinaigrette

\$15

add: grilled chicken/\$5, grilled salmon/\$8, grilled shrimp/\$8

homemade vegan veggie burger/\$6, steak/\$10, seared ahi tuna/\$10

gourmet burgers

served with choice of hand-cut fries, salad or pasta

choose from:

BEEF/certified angus

CHICKEN/fresh ground all white meat chicken with fresh herbs & scallions OR

VEGAN VEGGIE BURGER/made with fresh vegetables, black beans, lentils, fresh herbs & organic brown rice

MEMPHIS BURGER

topped with bourbon bbq sauce, applewood smoked bacon, frizzled onions, spicy slaw & cheddar cheese

\$20

FULLY LOADED BURGER

avocado, cheddar cheese & chipolte aioli

\$18

HAMBURGER

add cheese - American, Cheddar, Swiss, or Jack \$1

add Applewood Smoked Bacon \$2

add avocado \$1.5

\$15

vegan lunch menu

VEGAN VEGETABLE LENTIL SOUP

\$5 cup / \$10 bowl

SAN FRANCISCO HAVEN WRAP

hummus, avocado, cucumber & tomato, sundried tomato wrap

\$15

VEGAN GRILLED CHEESE & TOMATO

made with plant based butter, melted mozzarella & cheddar cheese, sliced tomato, choice of house salad or pasta

\$16

PROTEIN SALAD

mixed greens, quinoa, lentils, chickpeas, avocado, walnuts, raisins, tomato & cucumber, cilantro lime vinaigrette

add vegan veggie patty \$6

\$18

SWEET GREEN SALAD

red & golden beets, granny smith apples, sweet yellow corn, red beans, cherry tomatoes, craisins & red onion over mixed greens, cilantro lime vinaigrette

add vegan veggie patty \$6

\$17

VEGAN VEGGIE TACOS

roasted portobello mushrooms, cauliflower, onions, brussels sprouts, avocado & vegan aioli, served with house salad or pasta

add plant based Italian sausage \$6

\$18

VEGAN DELIGHT BURGER

topped with melted mozzarella & cheddar cheese mix, sliced avocado & aioli on lightly toasted vegan bread, choice of salad or pasta

\$20

VEGAN CAFÉ SALAD

greens, mango, avocado, tomato & cilantro lime vinaigrette topped with a vegan veggie burger

\$20

VEGAN EGGPLANT SANDWICH

grilled eggplant, roasted red pepper, arugula & balsamic vinaigrette served on vegan baguette, choice of salad or pasta

\$15

select specialty & cafe salads can be made vegan with the exclusion of cheese

mozzarella & cheddar cheese mix are plant based

aioli is made with vegan mayonnaise

housemade soups

SPLIT PEA

\$5 CUP / \$8 BOWL

LENTIL WITH FRESH VEGETABLE (VEGAN)

\$5 CUP / \$10 BOWL

ROASTED APPLE & CARROT (CREAM BASED)

\$5 CUP / \$10 BOWL

PLEASE NOTIFY WAIT STAFF OF ANY ALLERGIES OR DIETARY RESTRICTIONS, PARTIES OF SIX OR MORE, ADD 20% GRATUITY.
VEGETARIAN MENU AVAILABLE UPON REQUEST. NO OUTSIDE FOOD OR BEVERAGE. NO SPLIT CHECKS. MAX 3 CREDIT CARDS PER TABLE.



vegan specialties

MEXICAN TOFU SCRAMBLE \$17

tofu, jalapenos, tomato, onion, black beans, & turmeric topped with avocado, side of salsa, house salad & toast

VEGETABLE SCRAMBLE \$16

tofu, onions, red bell peppers, mushrooms, spinach & turmeric, house salad & toast

VEGAN FRITTATA \$17

vegetable of the day, tofu, mushrooms, onions, potatoes, plant based Italian Sausage, mozzarella & cheddar cheese mix, served in a cast iron skillet, side salad & toast

BROOKLYN BREAKFAST WRAP \$18

warm flour tortilla with tofu, plant based Italian sausage, avocado, jalapeno, black beans, tomato, mozzarella & cheddar cheese mix, fire roasted poblano sauce, chili sauce, side salad

Substitute Gluten Free Toast \$2

mozzarella & cheddar cheese mix are plant based

BRUNCH from the griddle

add: 100% pure vermont maple syrup/\$1.50, whipped cream/\$1, one egg/\$1.50

WHISKEY "R&B" PANCAKES \$17
whiskey soaked raisins with caramelized bananas in a pomegranate caramel sauce
*TRUST US, NO SUBSTITUTIONS

STRAWBERRY SHORTCAKE PANCAKES \$17
buttermilk pancakes layered with strawberries & mascarpone

TIRAMISU PANCAKES \$17
buttermilk pancakes layered with mocha espresso cream topped with chocolate & vanilla glaze

BANANA PECAN PANCAKES \$17
our classic pancakes topped with fresh bananas & a decadent caramel pecan sauce

BLUEBERRY PANCAKES \$16
filled with wild Maine blueberries

CHOCOLATE CHIP PANCAKES \$15
three fluffy buttermilk pancakes filled with semi-sweet chocolate morsels

CLASSIC PANCAKES \$10
three fluffy buttermilk pancakes

POACHED PEAR VANILLA BEAN FRENCH TOAST \$18
juicy bartlett pears spiked with cinnamon in a caramel sauce atop fresh baked challah

BLUEBERRY STUFFED FRENCH TOAST \$16
challah stuffed sweet cream cheese, topped with fresh blueberries and sweetened mascarpone

BANANA PECAN FRENCH TOAST \$17
challah topped with fresh banana & a decadent caramel pecan sauce

STRAWBERRY MASCARPONE FRENCH TOAST \$17
challah stuffed with mascarpone & strawberries topped with fresh strawberry sauce

FRENCH TOAST \$14
fresh baked challah bread dipped in Madagascar bean & orange zest butter

sides

ACAI BOWL (VEGAN)
strawberry, granola, bananas, chia seeds and coconut flakes with apple juice

MORNING CRUNCH
organic granola, yogurt & fresh fruit

6 OZ. HANGER STEAK \$12

APPLEWOOD SMOKED BACON \$5

PORK / TURKEY SAUSAGE \$5

SPICY CHORIZO \$5

CANADIAN BACON \$5

PLANT BASED ITALIAN SAUSAGE (VEGAN) \$7

HOME FRIES / HAND-CUT FRENCH FRIES \$4

EGG ANY STYLE 2

FRESH FRUIT \$4

SIDE OF TOAST \$2

skillets

HUEVOS RANCHEROS \$17
two corn tortillas layered with chorizo, roasted pork, black beans & cheddar cheese topped with two sunny side up eggs, poblano sauce & our five chili ranchero sauce

GARDEN FRITTATA \$17
portobello mushrooms, spinach, tomato, white cheddar whipped into 3 fresh eggs

COUNTRY SKILLET \$18
3 fresh eggs scrambled with applewood smoked bacon, ham pork sausage & white cheddar

omelets & more

served with toast & choice of home fries or salad substitute: egg whites/\$1.50, fruit for home fries/\$2.5, gluten-free toast/\$2.00

WILD MUSHROOM, SPINACH & GOAT CHEESE OMELET \$16

VEGGIE OMELET \$16
sautéed onions, mushrooms, spinach & feta

SANTA FE OMELET \$16
avocado, tomato, onion, jalapeño & jack cheese

MEXICAN OMELET \$16
bacon, cheddar, salsa & avocado

WESTERN OMELET \$16
sautéed fresh bell peppers, ham, cheddar & onions

THE HEALTH KICK \$17
pesto infused egg whites, scrambled with portobello mushrooms, avocado, crisp red onion & fresh tomato, served with salad & multi-grain toast

GOLDILOX SCRAMBLE \$20
eggs scrambled with smoked salmon, goat cheese & tomato

CALIFORNIA SCRAMBLE \$17
eggs scrambled with avocado, tomato & jack cheese with a side of salsa

SPANISH SCRAMBLE \$17
eggs scrambled, spicy chorizo, potatoes, tomatoes & cheddar with a side of salsa

STEAK & EGGS \$21
grilled marinated hanger steak topped with two sunny-side up eggs & home fries

SOUTHWEST BREAKFAST WRAP \$16
warm flour tortilla with scrambled eggs, chorizo, avocado, jalapeño, black beans, tomato, cheddar cheese & fire roasted poblano chili sauce, home fries

TWO EGGS, HOME FRIES & TOAST \$11

SOUTHERN FRIED CHICKEN & WAFFLE \$20

AVOCADO TOAST \$16
multi-grain toast topped with 2 sunny side up eggs, sliced avocado & cherry tomatoes, herb aioli, served with home fries or house salad

SALMON AVOCADO TOAST \$20
Multi-grain toast, smoked salmon & sliced avocado, topped with 2 sunny side up eggs, cherry tomatoes & herb aioli, home fries or salad

the benny bar

SHRIMP BENEDICT \$20
roasted corn & yucca hash with shrimp, topped with guacamole, two poached eggs & cilantro chipotle hollandaise, served in crispy tortilla shell

PULLED PORK BENEDICT (Not served on English Muffin) \$18
roasted corn & yucca hash with pulled pork, topped with guacamole, poached eggs, cilantro chipotle hollandaise

Below is served on a toasted English muffin with home fries

CRAB CAKE BENEDICT \$20
with hollandaise

SMOKED SALMON BENEDICT \$20
with capers, red onion & hollandaise

SWEET BASIL'S FLORENTINE \$16
sautéed spinach, portobello mushrooms & fresh herbs, poached eggs, hollandaise & a drizzle of fresh basil pesto

EGGS BENEDICT \$16
poached eggs & canadian bacon on an english muffin, hollandaise

smoothies (16 oz cup) *all smoothies get a choice of base: almond milk, soy milk, skim milk, orange juice, apple juice or water*

ORANGE, STRAWBERRY, BANANA \$8.00

TROPICAL BREEZE: \$8.00
strawberry, mango, pineapple and orange juice

INCREDIBLE HULK: \$8.00
pineapple, bananas, spinach, broccoli and ginger with apple juice

PB&J: \$8.00
strawberry, blueberry, bananas, peanut butter and apple juice

beverages

**free in-house refills (coffee, iced coffee, iced tea & fountain sodas)*

ORGANIC FAIR TRADE ESTATE COFFEE/ICED COFFEE*	\$4, \$5/ICED
CAPPUCCINO / ICED CAPPUCCINO	\$5 / \$6
CLASSIC LATTÉ / ICED LATTÉ	\$5 / \$6
ESPRESSO	\$2 SINGLE / \$4 DOUBLE
CARAMEL SWIRL LATTÉ / MOCHA LATTÉ	\$5
ICED CARAMEL SWIRL / ICED MOCHA LATTE	\$6
FROZEN CARAMEL SWIRL	\$6
FROZEN MOCHACCINO	\$6
HOT CHOCOLATE	\$4 / \$4.5 WITH WHIP
MINT HOT CHOCOLATE	\$5 / \$5.5 WITH WHIP
CHAI / ICED CHAI	\$5 / \$6 ICED
RISHI (HOT OR ICED)	\$3.75
UNSWEETENED ICE TEA / FLAVORED ICE TEA	\$4 / \$5
FOUNTAIN SODAS*	\$4
LEMONADE / FLAVORED LEMONADE	\$5 / \$6
FRESH POMEGRANATE LEMONADE	\$6
ARNOLD PALMER (½ LEMONADE, ½ ICED TEA)	\$5
FROZEN LEMONADE & FROZEN MOJITO LEMONADE	\$6
FROZEN POMEGRANATE LEMONADE	\$6
CLASSIC MILKSHAKES	\$8
MILK	\$4 SM / \$5 LG
CHOCOLATE MILK	\$4.5 SM / \$5.5 LG
TROPICANA	\$5 SM / \$7 LG
APPLE OR CRANBERRY JUICE	\$5 SM / \$7 LG

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