



BREAKFAST SPECIALS 22

Santa Fe Frittata	\$9.95
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egg whites, chorizo, corn, black beans, pepper jack cheese, pico de gallo, sour cream, and guacamole, along with a side of red ranchero sauce.

Spinach & Mushroom Quiche	\$9.95
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served with your choice of fruits or roasted potatoes.

Egg White With Tomato & Basil	\$9.95
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sauteed with olive oil and garlic, over egg whites served with toast and your choice of fruit or roasted potatoes.

Breakfast Eggs Sandwich	\$9.95
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fried or scrambled eggs with your choice of english muffin, bagel, or toast, along with pepper jack cheese and your choice of bacon or turkey bacon, select your favorite side order between fruits or roasted potatoes.

Greek Scrambled	\$9.95
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spinach, red onions, fetta cheese, and scrambled eggs, comes with toast and your choice of fruit or potatoes.

Greek Eggs And Ham	\$9.95
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thick sliced canadian bacon accompanied by farm fresh eggs, scrambled with a garlic basil pesto and your choice of fruits or roasted potatoes.

Green Eggs And Sam	\$13.95
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delicious grilled salmon filet served with farm fresh eggs scrambled with a garlic basil pesto and your choice of fruits or roasted potatoes.

Eggs Bruschetta	\$8.95
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roma tomatoes, fresh basil, garlic, and olive over fried eggs and toast.

Tofu Bruschetta	\$9.95
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roma tomatoes, fresh basil, garlic, and olive oil, tofu and toast.

Sunrise Sandwich	\$9.95
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a croissant stuffed with bacon or turkey bacon, eggs, cheese, lettuce, tomato, served with your choice of roasted potatoes or fresh fruit.

Bagel Sandwich	AVAILABLE OPTIONS
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served with sun-dried tomato, artichoke pesto, lettuce, red onions, and fresh tomato and basil and your choice of fruits or roasted potatoes.

\$7.95

2 Extra Eggs Add:

\$2.00

Eggs Benedict		AVAILABLE OPTIONS
poached eggs, canadian bacon, sliced tomato, and creamy hollandaise sauce served on an english muffin and your choice of fruitsor roasted potatoes.		\$9.95
		With Salmon Add:\$6.00
Crab Cake Benedict		\$13.95
blue crab meat, two poached eggs, with creamy hollandaise sauce served on an english muffin and topped by fresh parsley and your choice of fruits or roasted potatoes.		
Eggs Florentine		\$9.95
poasched eggs, spinach, sliced tomato, and creamy hollandise sauce served on an english muffin and your choice of fruits or roasted potatoes.		
Huevos Rancheros		\$9.95
two fried eggs served on corn tortillas with rise or brown rice, smoked black beans, guacamole, homemade salsa.		
Breakfast Burrito		\$9.95
three eggs scrambled with black beans, green ranchero sauce, avocado, jack cheese, and your choice of mexican chorizo sausage or bacon or turkey bacon, in a flour tortilla. to replace flour tortilla with wheat tortilla add - \$0.50		
Breakfast Quesadilla		\$9.95
jack cheese, pico de gallo, guacamole, mushrooms, scrambled eggs, your choice of ham or bacon or turkey bacon, and your choice of potatoes or fruit salad.		
Pasta Pasta		\$9.95
two eggs scrambled with penne pasta, cajun spices, italian sausage, and cris bacon or turkey bacon.		
Chilaquiles		\$9.95
served with corn tortilla chips and green tomatillo sauce, topped with cheese, sour cream, guacamole, and pico de gallo. comes with three scrambled eggs and black beans.		
Smoked Salmon Plate		\$12.95
served on a bagel with red onnions, tomatoes, capers, and cream cheese.		
Smoked Salmon Wrap		\$12.95
smoked salmon, eggs, cream cheese, and red onions, wrapped in a tortilla and served with roasted potatoes or fresh fruit.		
Eggs In A Hole		\$9.95
comes with two sets of oasted, buttered wheat bread with a fried egg in the middle. comes with your choice of bacon or turkey bacon, italian sausage, or turkey sausage. also served with your choice of potatoes or fruit.		

BREAKFAST STAPLES 7

French Toast		\$7.95
served with fresh fruit and syrup.		
Waffle		\$7.95
with fruits.		
Hearty Breakfast		\$8.95
served with two pancakes topped with fresh fruit, eggs, and a choice of bacon or turkey bacon, turkey sausage, or italian sausage. for premium chicken breast, beef patty, or turkey patty, add - \$2.00.		

Two Eggs Your Way	\$8.95
served with your choice of bacon or turkey bacon, toast, and your choice of fruit or potatoes. to substitute for turkey patty, beef patty, ham, chicken breast, or tofu, add - \$2.00.	
Power Breakfast	\$10.95
served with three scrambled eggs whites, two pancakes with strawberries and bananas on top, and your choice of chicken breast, beef patty, or turkey patty.	
Sunrise Breakfast	\$10.95
french toast served with fruit, two eggs your way, and your choice of bacon or turkey bacon, sausage, premium chicken breast, beef patty, or turkey patty.	
Waffle Special	\$10.95
served with fruit two eggs your way, and your choice of bacon or turkey bacon, sausage, premium chicken breast, beef patty, or turkey patty.	

BREAKFAST HEALTHY & LOW FAT 5

Fresh Fruit Bowl	\$6.50
served with the freshest fruits cut daily.	
Fruit And Yogurt Special	\$8.95
served with fruit on the bottom and delicious granola on top.	
Granola Bowl	AVAILABLE OPTIONS
served with milk.	
	\$5.95
	Soy Milk: \$1.00
	Add Fruit: \$2.00
Oat Meal	AVAILABLE OPTIONS
topped with sun raisins.	
	\$5.95
	Add Fruit: \$2.00
Grits	\$8.95
served with two eggs your way, toast, and your choice of bacon, turkey bacon, turkey sausage, or italian sausage. to substitute for turkey patty, beef patty, ham, chicken breast, or tofu, add - \$2.00.	

OUR FAMOUS OMELET 10

Joey's Omelet	\$9.95
served with eggs whites only, tomato, avocado, mushrooms, broccoli, and basil with jack cheese. yum yum!	
Seasonal Veggie Omelet	\$9.95
omelet with chef's choice of our best and freshest vegetable of the season.	
Oven-roasted Sun-dried Tomato Omelet	\$9.95
omelet with sun-dried tomatoes, basil spinach, and goat cheese.	
Smoked Salmon And Spinach Omelet	\$11.95
Turkey Sausage And Spinach Omelet	\$9.95
turkey apple sausage and spinach.	

Ham And Cheese Omelet	\$9.95
Santa Fe Omelet	\$9.95
mexican chorizo sausage, homemade pico de gallo salsa, corn, black beans with jalapeno pepper jack cheese.	
Denver Omelet	\$9.95
canadian bacon, red and green bell peppers, and cheddar cheese.	
Omelet Quattro Fromagi	\$9.95
jack, swiss, cheddar, and parmesan melted and gooey.	
Omelet Your Way	AVAILABLE OPTIONS
comes with three eggs, toast, roasted potatoes or fresh fruit, and your choice of three of the following: tomatoes,	\$9.95
onions, mushrooms, spinach, bacon, broccoli, ham, turkey sausage, italian sausage, carrots, tofu, zucchini, cheese	Add For Each Item:
(feta, swiss, cheddar, jack, goat cheese, bleu cheese & jalapeno pepper jack) bell peppers and turkey bacon, avocado,	\$1.00
kalamata olives.	

SOUP OF THE DAY 1

Soup Of The Day	AVAILABLE OPTIONS
	Small: \$4.95
	Large: \$5.95

TACOS AND QUESADILLAS 9

Seasonal Veggie Quesadilla	\$8.95
on a flour tortilla with melted jack cheese, salsa fresca, freshest grilled and raw vegetables.	
Tuna-melt Quesadilla	\$10.95
comes with spinach, jack cheese, guacamole, and shredded carrots.	
Barbeque Chicken Quesadilla	\$9.95
served with goat cheese and spinach.	
Chicken Quesadilla	\$9.95
grilled onions, cheese, salsa fresca, guacamole.	
Grilled Salmon & Goat Cheese Quesadilla	\$13.95
grilled salmon (wild) and goat cheese with spinach.	
Filet Mignon Quesadilla	\$13.95
crimini mushrooms and grilled onions served with jack or cheddar cheese, in flour tortilla with pico de gallo, sour cream and guacamole sauce.	
Ahi Soft Tacos	\$12.95
two soft tacos filled with delicious ahi tuna cuts, our homemade special spicy remoulade sauce, salsa fresca, and guacamole.	
Filet Mignon Tacos	\$13.95
two soft tacos filled with grilled onions and romaine lettuce. served with pico de gallo, sour cream and guacamole sauce.	
Grilled Chicken Soft Tacos	\$9.95
served with chipotle sauce, salsa fresca, and guacamole.	

1/2 Lb. Burger	\$9.95
1/2 lb. beef patty grilled to your request with all the trimmings on a toasted sasame seed bun.	
California Burger	\$11.95
served in california burger style with avocado, cheese, and bacon or turkey bacon.	
Rosemary Turkey Burger	\$9.95
one of our all-time favorite dishes served with grilled onions, jack-cheddar cheese, lettuce, tomatoe, and pickles.	
California Turkey Burger	\$11.95
served with avocado, cheddar cheese, and bacon or turkey bacon.	
Garden Burger	\$9.95
veggie patty, tomato, alfalfa sprout, swiss cheese, grilled onions, and avocado. served on a sesame seed bun with sun dried tomato spread.	
Chipotle Chicken Wrap	AVAILABLE OPTIONS
grilled chicken with chipotle sauce, lettuce, tomato, and jack or cheddar cheese.	
	\$9.95
	For Wheat Tortilla, Add: \$0.50
Dijon Chicken Sandwich	\$10.95
marinated chicken with dijon mustard, tomato, lettuce, bacon or turkey bacon, swiss cheese, avocado, served on sourdough bread.	
Grilled Eggplant & Goat Cheese Sandwich	\$9.95
with grilled spinach, onions, shredded carrots, tomato pesto, and melted goat cheese.	
Crab Cake Sandwich	\$15.95
roasted red bell pepper, red leaf lettuce, tomatoes, crispy onions, and crab cake. served on a sesame bun with mayonnaise chipotle sauce.	
New York Steak Sandwich	\$14.95
grilled onions, sauteed bell peppers and mushrooms on a ciabatinni bread with red bell pepper mayonnaise.	
Bell Pepper Chicken Sandwich	\$10.95
grilled chicken breast, roasted bell peppers, arugula, grilled eggs plant and tomato pesto on wheat bread.	
Grilled Chicken Sandwich	\$9.95
this favorite dish comes with grilled chicken breast on a ciabatinni roll with lettuce, tomato, grilled onions, and avocado.	
Fried Chicken Sandwich	\$9.95
served on multi-grain wheat bread with tomatoes, avocados, and swiss cheese.	
Turkey Club	\$9.95
breast or turkey, bacon or turkey bacon, lettuce, avocado, tomato, red onions on a ciabatinni roll.	

B.I.a.t	\$9.95
crispy bacon or turkey bacon, lettuce, avocado, tomato, red onion, served on toasted sourdough bread.	
Grilled Vegetarian Goat Cheese Melt	\$9.95
fresh grilled vegetable, goat cheese, served on focaccia bread with sun-dried tomato spread.	
Tuna Salad Sandwich	\$10.95
a generous scoop of tuna salad served with lettuce, tomato, and shredded carrots on rosemary bread.	
Tuna Melt	\$10.95
Grilled Salmon Sandwich	\$13.95
grilled salmon (wild) with lettuce, tomato, and red onions topped with a spicy remoulade spread.	
Honey Mustard Chicken Sandwich	\$9.95
grilled onions, grilled chicken, tomatoes, with spinach and boiled eggs mixed with honey mustard, served with focaccia bread.	
Ahi Tuna Sandwich	\$12.95
fresh grilled ahi steak filled sandwich (sushi grade) with wasabi mayonnaise and mixed green salad, chef prefers rare. served on multigrain w/dry spinach.	
Pastrami Melt	\$10.95
hot deli, lean pastrami, grilled onions, thousand island, and swiss cheese served on rye.	
Penne Arrabbiata	AVAILABLE OPTIONS
sauteed mushrooms, asparagus, tomato basil sauce, parmesan cheese, grilled chicken, and a touch of spicy sriracha sauce.	\$10.95
	To Substitutue Chicken For Shrimp, Add:
	\$2.00

PROTEIN AND FITNESS SPECIALTIES 5

Balance Plate	\$13.95
sushi grade, fresh grilled salmon filet (wild) with asparagus spears, tomatoes, served over al dente cappelini and homemade marinara sauce or spanish rice or brown rice.	
Lean Plate	\$10.95
scrambled eggs whites, with sliced tomatoes, steamed spinach or broccoli and your choice of a grilled chicken breast, rosemary turkey patty, or jumbo beef patty. new york steak and grilled salmon is available for additional - \$6.00.	
Power Burrito	\$13.95
new york steak, spinach, screambled eggs whites, and spanish rice or brown rice. to replace flour tortilla with wheat tortilla, add - \$0.50.	
Steel Burrito	\$10.95
grilled chicken breast, steamed spinach, scrambled egg whites and spanish rice or brown rice. to replace flour tortilla with wheat tortilla, add - \$0.50.	
Special Vegetarian Plate	\$12.95
oven grilled beets, caramelized carrots with real maple syrup, steamed asparagus with champagne lemon dressing, sauteed spinach, napa cabbage with garlic olive oil, parmesan cheese, heirloom tomatoes, and basil.	

LUNCH - STARTERS 5

Calamari Fritto	\$7.95
marinated calamari lightly dredged in seasoned flour and flash fried served with our homemade marinara sauce.	
Zucchini Fritto	\$6.95
fresh zucchini cut on the bias, coated with seasoned bread crumbs, and flash fried. served with ranch dressing.	
Bruschetta	\$7.95
chopped fresh organic roma tomatoes, garlic, basil, olive oil, and seasonings served on our toasted ciabatinni roll.	
Chicken Fingers	\$6.95
marinated chicken breast sliced and coated in seasoned flour and flash fried. served with ranch dressing.	
Chicken Fingers & Fries	\$8.95

SIDE ORDERS 11

Ham	\$3.95
turkey or beef patty, bacon, turkey bacon, turkey breast, or sausage.	
Roasted Potatoes	\$2.95
fruit, cottage cheese, yogurt, or french fries.	
Sweet Potato Fries	\$4.50
Avocado Or Guacamole	\$1.50
Beet	\$3.95
broccoli, spinach, mixed vegetables, or asparagus.	
Toast (wheat Sourdough Or Rye)	\$1.95
with jelly.	
English Muffin	\$1.95
croissant, or bagel with cream cheese.	
Brown Rice, Rice Or Beans	\$2.50
Chicken Breast	\$5.00
2 Eggs, Any Style	\$2.95
Sushi Grade	\$8.00
wild grilled salmon or ny steak.	

DESSERTS 7

Muffin	
Cookie	
Chocolate Cake	

Carrot Cake

Racetrack Smoothies

strawberry banana dream.

Joey's Tropical Delight

fresh, seasonal fruits.

Joey's Power Smoothie

strawberries, carrots, red cabbage, and granny smith apples.

ORGANICS GOURMET COFFEE 12

House Blend \$2.25

dark, full bodied, rich and smooth.

Decaf French Roast \$2.25

swiss water process, all the taste of classic french roast without the caffeine.

Espresso AVAILABLE OPTIONS

our european espresso blend has a full, smooth body with just a little bite.

Single: \$1.95

Double: \$2.95

Cappuccino AVAILABLE OPTIONS

espresso, steamed milk, and a lot of foam.

Single: \$3.25

Double: \$3.75

Latte AVAILABLE OPTIONS

espresso, steamed milk and a little foam.

Single: \$3.25

Double: \$3.75

Mocha AVAILABLE OPTIONS

espresso. steamed milk and chocolate.

Single: \$3.45

Double: \$3.75

Green Tea Chai \$3.75

natural spice blend cinnamon, cloves, anise, cardamon & ginger natural flavors, bourbon vanilla extract.

Vanilla Chai \$3.75

a sweet and spicy, smooth and creamy blend of pure indian tea, milk, honey, herbs, and spices.

Tiger Chai \$3.75

a bit more spice.

Iced Cappuccino \$3.75

espresso and milk over ice and topped with foam.

Iced Coffee \$3.75

Iced Latte \$3.75

LOOSE LEAF TEA - ORGANIC GREEN TEAS 3

House Tea	\$2.99
a blend of green tea, ginseng, cinnamon and lemon. our house tea is aromatic and delicious. ginseng is legendary as an oriental cure and is said to contribute to a long and healthy life.	
Moroccan Mint	\$2.95
chinese gunpowder tea hand rolled into small nuggets that gracefullu unfurl in hot water and create a pale green brew. this blend adds pure peppermint leaves for a sweet and smoothing brew.	
Genmai Chai	\$2.95
a blend of japanese sencha and toasted rice. aromatic and flavorful.	

COLD BEVERAGES 13

Fresh Orange Juice	AVAILABLE OPTIONS
	Small: \$3.75
	Large: \$4.75
Grapefruit Juice	AVAILABLE OPTIONS
	Small: \$3.75
	Large: \$4.75
Fresh Lemonade	\$2.95
Strawberry Lemonade	\$3.95
Sodas	\$1.95
coke, diet coke, 7-up.	
Tomato Juice	\$2.00
Pellegrino	\$2.95
Apple Juice	AVAILABLE OPTIONS
	Small: \$3.95
	Large: \$4.95
Cranberry Juice	AVAILABLE OPTIONS
	Small: \$2.95
	Large: \$3.95
Iced Tea	\$2.00
Cold Milk	\$2.00
Organic Soy Milk	\$2.95
Bottle Water	\$2.00