



BREAKFAST MENU

SERVED DAILY UNTIL 3PM

EGGS

SERVED WITH TOAST AND HASH BROWNS, HOUSE SALAD OR FRESH FRUIT +\$1

THREE EGGS ANY STYLE. sunny-side up, scrambled or over-easy \$6.95
with choice of bacon, chicken & apple sausage, or black-forest ham \$8.50

RIVERMARK SCRAMBLE. scrambled eggs with chicken & apple sausage, fresh spinach, onions and mushrooms \$9.50

NEW HEALTHY SCRAMBLE. scrambled eggs with onions and fresh spinach, topped with avocado \$9.50

NEW GARDEN SCRAMBLE. scrambled eggs with onions, mushrooms, tomatoes and fresh spinach \$9.50

WESTERN SCRAMBLE. scrambled eggs with ham, bell peppers, onions and cheddar cheese \$9.50

NEW EVERYTHING SCRAMBLE. scrambled eggs with ham, mushrooms, onions, bell peppers, tomatoes, spinach and cheddar cheese \$9.50

OMELETS

SERVED WITH TOAST AND HASH BROWNS, HOUSE SALAD OR FRESH FRUIT +\$1

CALIFORNIA OMELET. avocado, tomatoes and monterey jack cheese \$9.95

NEW FIELDS OMELET. mushrooms, tomatoes, spinach and avocado with swiss cheese \$9.95

NEW LINGUISA OMELET. linguisa, onions, green peppers, tomatoes, monterey jack cheese \$10.50

MEXICAN OMELET. chorizo, avocado, pepper jack cheese, topped with sour cream and housemade salsa \$10.50

NEW SUNSET OMELET. bacon, mushroom, spinach, onions, sun-dried tomato pesto, swiss cheese \$10.50

BENEDICTS

SERVED WITH TOAST AND HASH BROWNS, HOUSE SALAD OR FRESH FRUIT +\$1

EGGS BENEDICT. toasted english muffin with canadian bacon and two poached eggs, topped with hollandaise sauce \$10.50

NEW GARDEN BENEDICT. toasted english muffin with grilled tomatoes, mushrooms, sauteed spinach and two poached eggs, topped with hollandaise sauce \$10.50

CALIFORNIA BENEDICT. toasted english muffin with grilled tomatoes, avocado and two poached eggs, topped with hollandaise sauce \$10.50

NEW CROISSANT BENEDICT. bacon and two poached eggs, topped with hollandaise sauce, served on a croissant \$11.50

NEW FRESH SALMON BENEDICT. toasted english muffin with fresh atlantic salmon, sauteed spinach and two poached eggs, topped with hollandaise sauce \$13.95

SANDWICHES

HAM + EGG CROISSANT SANDWICH. scrambled eggs, black-forest ham on scratch-made croissant \$5.95

SOURDOUGH BREAKFAST. scrambled eggs, ham, cheddar and swiss cheese on sourdough \$5.95

FRIED EGG SANDWICH. applewood bacon, avocado, tomato aioli, fried egg on grilled white bread \$5.95

CHORIZO CON HUEVO. chorizo with scrambled eggs, avocado, pepper jack cheese, chipotle mayo on grilled white bread, served with salsa fresca \$6.50

SWEETS

PLAIN WAFFLE. with butter \$6.50

STRAWBERRY BANANA WAFFLE. \$8.50

STRAWBERRY NUTELLA WAFFLE. \$8.50

BANANA PECAN WAFFLE. \$8.50

BERRY FRENCH TOAST. scratch-made challah bread, served with housemade berry compote \$7.95

TOASTS

YOUR CHOICE OF WHITE OR WHEAT

AVOCADO TOAST. smashed avocado, lemon, salt, pepper, red pepper flakes \$4.50
(fried egg +\$1.50)

NUTTY BANANA. almond butter, sliced bananas, crushed pecans and drizzle of honey \$4.95

NUTELLA BERRY. Nutella spread, fresh strawberries, powdered sugar \$4.50

SIDES

HASH BROWNS. \$3.00

BACON. 3-strips \$3.50

SAUSAGE. local all-natural chicken & apple \$4.50

FRESH FRUIT. cubed fresh fruit \$4.00

TOAST. \$2.00

DRINKS

ORANGE JUICE. 100% juice \$4.50

APPLE JUICE. \$3.00

REAL HOT CHOCOLATE. real milk chocolate steamed with milk \$4.95

NUMI ORGANIC TEA. \$2.50

CHAI TEA. \$3.25

BOTTLED DRINKS. various flavors \$1.50+

COFFEES

DRIP COFFEE. \$2.50

ICED COFFEE. \$2.50

CAFE AU LAIT. \$3.20

ESPRESSO. \$2.75

CAPPUCCINO. \$3.75

LATTE. \$4.00

MOCHA. with real milk chocolate \$4.95

all egg dishes are made from fresh, grade AA, hand-cracked egg - nothing else added.



LUNCH/DINNER MENU

SERVED DAILY FROM 11AM

SALADS



NEW MANGO SALMON SALAD. spring mix greens, fresh mangos, mandarin oranges, sliced almonds, housemade mango dressing and grilled fresh Atlantic salmon \$14.95

CHINESE CHICKEN SALAD. iceberg, marinated chicken breast, red peppers, mandarin oranges, carrots, fried rice sticks, cilantro, peanuts and housemade sesame soy dressing \$10.75

GORGONZOLA SALAD. 🌿 romaine, gorgonzola, walnuts, green apples, cherry tomatoes, red onions, garlic-wine vinaigrette \$8.25

NEW AVOCADO SPINACH SALAD. 🌿 baby spinach, avocado chunks, gorgonzola cheese, candied pecans and white balsamic dressing \$9.50

NEW QUINOA PORTABELLO SALAD. 🌿 spring mix, quinoa, portabello mushrooms, cherry tomatoes, cucumbers and herb vinaigrette \$10.75

CAESAR SALAD. 🌿 crisp romaine, housemade croutons, freshly grated parmesan, creamy caesar dressing \$7.95

ADD PROTEIN
TO ANY SALAD

OVEN ROASTED CHICKEN BREAST +2.50
CHARBROILED CHICKEN BREAST +3.00
BLACK TIGER PRAWNS (4 PCS) +5.00
ALBACORE TUNA SALAD +2.75
FRESH ATLANTIC SALMON +6.00

PASTAS

MADE TO ORDER, SERVED WITH BREAD



PENNE SUPREMO. penne, diced chicken breast, linguisa, mushroom, broccoli, spinach, parmesan cheese, creamy marinara \$12.95

PRAWN LINGUINE. linguine, black tiger prawns, corn, mushrooms, fresh basil, sun-dried tomatoes in cream sauce \$14.50

NEW PESTO PENNE. 🌿 penne, mushrooms, broccoli, spinach, cherry tomatoes, green pesto and parmesan cheese \$10.95 (chicken +\$3)

POMODORO PASTA. 🌿 angel hair, garlic, cherry tomatoes, fresh basil and olive oil \$10.95 (chicken +\$3)

CHIPOTLE FETTUCCINE. 🌿 fettuccine, onions, green bell peppers, chipotle cream sauce \$10.95 (chicken +\$3, prawns +\$5)

SUN-DRIED TOMATOES. 🌿 linguine, mushroom, sun-dried tomatoes, fresh basil \$10.95 (chicken +\$3)

SOUPS, et al



SOUP DU JOUR. made-from-scratch soups daily. please ask for today's selection cup \$4.50 bowl \$5.95

MIX AND MATCH. pick two: sandwich of the day, salad of the day or soup of the day \$9.25

WE BAKE THE FOLLOWING BREADS IN-HOUSE FROM SCRATCH:
HONEY WHITE - WHEAT - FOCACCIA - BAGUETTE - HERB CIABATTA

WE CATER, TOO!

CALL, FAX OR PLACE YOUR ORDER ONLINE FOR PICK UP
OR DELIVERY - SMALL OR LARGE!

SANDWICHES



THE ALPINE. ham, swiss cheese, green leaf, tomatoes, honey mustard on white bread \$8.50 (croissant +\$1)

THE CALIFORNIAN. turkey, swiss cheese, avocado, green leaf, tomatoes, mayonnaise on honey white bread \$8.95 (croissant +\$1)

NEW ITALIAN ROAST BEEF. roast beef, roasted bell pepper, monterey jack, alfalfa sprouts, tomato, pesto, mayo on toasted baguette \$8.95

PROLIFIC GARDEN. 🌿 tomatoes, alfalfa sprouts, cucumbers, avocado, roasted red bell peppers, onions, herb vinaigrette on wheat bread \$8.50

PASTRAMI PESTO. pastrami, smoked gouda cheese, argula, red onions, basil pesto, mayo on grilled honey white \$8.95

CHICKEN SALAD SANDWICH. chicken breast with celery, green apples, red onions, tomatoes, green leaf and mayonnaise on grilled honey white bread \$8.95

CALIFORNIA CHICKEN. charbroiled chicken breast, monterey jack, avocado, green leaf, tomato, alfalfa sprouts and mayonnaise on grilled honey white bread \$10.50

MEXI-CHICKEN. charbroiled chicken breast, pepper jack, avocado, green chilies, chipotle mayonnaise on grilled baguette with a side of housemade salsa fresca \$10.50

GRILLED CHEESE. 🌿 sharp cheddar on white bread \$6.95 (ham or bacon +\$2.75)

B.L.T.A. bacon, lettuce, tomato, avocado, chipotle mayo on grilled wheat \$8.95 (fried egg +\$1.50)

SHRIMP CLUB. grilled prawns, mayonnaise, avocado, bacon, lettuce and tomatoes on grilled white bread \$11.95

NEW TUNA MELT. albacore tuna, cheddar cheese, swiss cheese, tomatoes on sourdough \$8.95 (bacon +\$2.75)

NEW PORTABELLO MUSHROOM. portabello mushroom, roasted bell pepper, fresh mozzarella, sprouts and tomato aioli on focaccia \$10.95

NEW HOT PASTRAMI. pastrami, swiss cheese, grilled red onions, tomatoes, mixed greens, tomato aioli on grilled sourdough \$9.95

PANINIS



CHICKEN PESTO. chicken breast, monterey jack, fresh basil, tomatoes and sun-dried tomato pesto on sourdough \$10.95

THE GOODDA. turkey, smoked gouda cheese, toasted sliced almonds, mixed greens, basil pesto, fig preserves on herb ciabatta \$8.95

MARGHERITA. 🌿 fresh mozzarella, fresh basil, tomatoes, garlic, sun-dried tomato pesto, olive oil pressed in focaccia \$8.95

DRINKS



ICED TEA. fresh brewed, tropical-flavored (unsweetened) \$2.50

HOMEMADE LEMONADE. from fresh-squeezed lemons \$3.00

ORANGE JUICE. 100% juice. not from concentrate \$4.50

CANNED SODA. various flavors \$1.75

BOTTLED DRINKS. various flavors \$1.50+

all items made-to-order.
we cannot make quality food at microwave speeds.
if you are in a rush, we welcome you to order ahead via phone or web