



## Sandwiches:

BREAD CHOICE :  
 WHITE FRENCH, DUTCH CRUNCH OR  
 MULTIGRANE  
 ALL SANDWICHES SERVED WITH TOAMTO  
 LETTUCE PICKLES ONIONS MAYO AND  
 MUSTARD

<b>ROAST BEEF</b>	<b>8.25</b>
Turkey	7.75
Tuna melt cheddar chess and tomato	8.5
Grilled Chicken	8.25
Beef pastrami	8.25
Tofu	7.75
Vegetarian avocado cucumber pesto	7.75
<b>SAN FRANCISCO</b> smoked salmon cream cheese capers tomato onion	<b>9.25</b>
<b>ROYAL SANDWICH</b> ham Swiss cheese and bacon	<b>9.25</b>

## Salads

Mix green salad cucumber tomato carrots with balsamic vinaigrette dressing	7.95
Creaser salad romaine lettuce parmesan cheese and crotons	7.95

## Bagels & more

Plain , wheat, sesame , onion, everything	
#1 butter and jam	3
#2 cream cheese	3.5
#3 lox cream cheese tomato capers and onion	7.95
#4 breakfast egg cheese , add \$1 bacon or ham	4.95
#5 the Royal cream cheese , avocado, cucumber , tomatoes and sprouts	4.5
#6 hummus tomato sprouts and pickles	4

**Catering available upon  
 request**

**415-240-9150**

## COFFEE & MORE

Hot or iced

HOUSE COFFEE	2.25	2.50
ESPRESSO		3
LATE		3.95
MOCHA		4
White MOCHA		4.5
CAPPUCCINO		3.5
CAFÉ AULAIT		3.5
AMERICANO		3.5
HOT CHOCOLATE		3.75
HOT TEA		2
STEAMED MILK		2.5
CHAI LATE		4.25

## ICED DRINKS

ICED TEA	2.95
MIRAL-BISCUS TEA	3.5
MINT LEMONADE	3.5
ARNOLDPALMER	3.5

## SMOOTHIES

STARBERRY BANANA	5.25
VANILLA BEAN	5.25
CHOCOLATE MOCHA	5.25
GREEN TEA MATCHA	5.25

*"People who succeed have momentum. The more they succeed, the more they want to succeed, and the more they find a way to succeed. Similarly, when someone is failing, the tendency is to get on a downward spiral that can even become a self-fulfilling prophecy."*

-- Tony Robbins