

BREAKFAST

Available all day

JUICE BAR

12 oz \$2.50 or 12 oz Mixed \$3.50

Apple, Orange, Grapefruit

Carrot, Spinach, Celery

GOURMET OATMEAL

100% Rolled Oats \$2.99

Preservative free oatmeal, with your choice of two toppings.

YOGURT PARFAIT

Fruit, Granola & Yogurt \$3.50

Fresh Strawberries, Organic Granola and Low-fat Yogurt.

BAGELS

All of your favorite flavors, served with regular or light Cream Cheese. \$2.00

FRESH PASTRIES

Jumbo muffins, flaky butter & chocolate croissants and rich scones.

ORGANIC BREAKFAST SANDWICHES

● Egg, Ham, and Cheese \$4.79

● Egg, Bacon, and Cheese \$4.79

● Egg Whites, Spinach, & Cheese \$4.79

Wellness & Dietary Symbols



Contains 70-94% organic ingredients.



Contains 3 grams of fat or less for every 100 calories and has 500 calories or less per serving.



Does not contain dairy products.



Does not contain gluten.



Does not contain ingredients from animal or dairy products.



Does not contain meat, fish, poultry or shellfish.



Is made from recycled materials and/or can be recycled.



Contains ingredients purchased from a local company or farm.



Item(s) produced in accordance with Fair Trade.

MISSIONS cafe

Valley Fitness Center

HOURS

Mon.-Fri. 7 a.m.-1 a.m.
Sat.-Sun. 10 a.m.-1 a.m.

sandiego.edu/dining

menu

Spring 2009

WAFFLE BAR

Plain \$3.99

Flavored \$3.99

Your Choice of Three Toppings:

Frozen yogurt, fresh fruit, flavored whipped cream, syrup and dry toppings.

HOT BEVERAGES

12oz 16oz 20oz

Organic Coffee \$1.55/\$1.75/\$1.85

Hot Chocolate \$2.50/\$2.75/\$3.00

Organic Tea \$1.25

SPECIALTY CAFÉ DRINKS

12 oz 16oz 20oz

Latte \$2.75/\$3.25/\$3.75

Mocha \$3.15/\$3.70/\$4.20

Caramel Macchiato \$3.25/\$3.75/\$4.00

Organic Chai Tea \$3.10/\$3.60/\$3.90

...and much, much more!

COLD BEVERAGES

12 oz 16oz 24oz

Organic Iced Tea \$1.25/\$1.75/\$2.25

Iced Tea Cocktails \$1.75/\$2.25/\$2.75

Iced Coffee \$2.40/\$2.70/\$3.00

Assorted Bottled Beverages

FRESH FRUIT CUPS

Mango \$2.99

Strawberry \$2.99

Pineapple/Grapes \$2.99

FRESHLY TOSSED SALAD

Alcala Mission \$4.90

Mixed Greens, Apple, Craisins, Bleu Cheese, Walnuts, and Honey Poppyseed Dressing.

Fandango \$4.90

Fresh Spinach, Strawberries, Sliced Almonds, Bleu Cheese, and Balsamic Dressing.

Club Med (gluten-free) \$4.90

Romaine, Garbanzo Beans, Artichoke Hearts, Fresh Red Peppers, Cucumbers, Feta, Cherry Tomatoes, and Chicken with Greek Dressing.

Build Your Own \$4.90

Choose 1 of 3 greens, 5 of 16 toppings and 1 of 7 dressings!

Value Meal: Any of the above salads and a 12 oz. Organic Iced Tea \$5.90

Veggie & Hummus Plate \$3.50

Carrots, Celery, Cucumber, Radishes and Hummus. Gluten-free.

PASTA SALADS

Chicken Pesto \$3.75

Gluten-free

Club Med \$3.75

Gluten-free

Tex Mex \$3.75

Cilantro Dressing

HEALTHY SNACKS

Assorted Organic, Heart-Smart, Vegan and Gluten-free Snack and Grab & Go options.

FROZEN YOGURT BAR

6 oz/ 8 oz/ 12 oz \$2.25/\$2.75/\$3.50

Country Vanilla

Cable Car Chocolate

Rotating Flavor

Rotating Sorbet (Dairy-Free)

Toppings \$0.75

ORGANIC SANDWICHES

Egg Salad \$4.79

Grilled Garden Veggie \$5.79

Chicken Pesto \$5.99

ORGANIC WRAPS

Thai Veggie \$3.79

Thai Chicken \$5.99

Grilled Chicken Caesar \$5.99

ORGANIC COOKIES

Chocolate Chip, Snickerdoodle, Oatmeal Raisin, Peanut Butter

\$1.79

GOURMET SANDWICHES

Pita Stack \$3.99

Turkey or Tuna

French Gourmet \$3.99

Turkey & Cheese, Ham & Cheese

Hot Sandwiches \$3.49

Chicken Patty or Pastrami