

BAGEL SPECIALTIES

Bagel toasted, sliced, dry	\$1.90
Bagel w/ Butter or Jam or Honey	\$2.45
Bagel w/ Butter, Tomato & Lemon Pepper	\$3.05
Bagel w/ Butter, Avocado & Lemon Pepper	\$3.95
Bagel & Cream Cheese Cream cheese, low-fat cream cheese or peanut butter	\$3.20
Bagel w/ Veggie Cream Cheese or Hummus	\$3.60
Pat's Bagel Toasted open faced bagel covered with butter, tomato slices, avocado, sprinkled with lemon pepper ...add bacon .75¢	\$4.40
Greek Bagel Balsamic vinaigrette, feta cheese, tomato slices, kalamata olives on toasted bagel	\$4.90
Harbor Special Toasted open faced bagel covered with cream cheese topped w/ tomato slices, sprinkled with lemon pepper and red onions.	\$4.45
California Bagel Toasted open faced bagel covered with cream cheese, avocado, tomato slices, red onions, sprinkled with lemon pepper.	\$5.85
Dana Bagel A bagel with cream cheese, avocado & lemon pepper	\$4.75
Lox & Bagel Fresh toasted bagel topped with cream cheese, smoked salmon, onions, tomatoes, capers and sprinkled with lemon pepper.	\$9.20

SUNRISE BAGEL SANDWICHES

Scrambled Egg Bagel Sandwich on Toasted Bagel of your choice w/ butter -
Served until closing. *Try it on a tortilla: sundried tomato or whole wheat.
Egg whites available upon request, add .50¢.*

#1 Scrambled Eggs	\$4.55
#2 Scrambled Eggs Onion & bell pepper w/ choice of bacon, ham, turkey or sausage (no cheese)	\$5.50
#3 Scrambled Eggs & Cheese Jack & cheddar cheese blend	\$4.90
#4 Scrambled Eggs, Cheese & Meat w/ choice of bacon, ham, turkey or sausage	\$5.25
#5 Scrambled Eggs Deluxe Scrambled eggs, cheese, bell peppers & onions w/ choice of bacon, ham, turkey or sausage	\$5.85
#6 Scrambled Eggs, Spinach & Feta Cheese	\$5.25

CAUTION: Egg sandwiches are HOT!

HARBOR BREAKFAST

Phil's Power Pancake

Not your traditional pancake! A wheat-free patty with dried fruit, nuts & seeds, made with rye flour & extra virgin olive oil - no refined ingredients or GMOs. Vegan!

Packaged as is (to go only)	\$3.70
Toasted dry	\$3.90
Toasted w/ butter &/or jam	\$4.45
Toasted w/ cream cheese or peanut butter	\$5.00

Power Pancake Crunch

\$6.80

A toasted Power Pancake topped w/ granola, banana, seasonal fruit, honey, & your choice of one of the following: non-fat vanilla yogurt, non-fat Greek yogurt

...or *Açaí extra .75¢ ...for both Yogurt & Açaí extra \$1.15

Dragon Bowl



\$8.65

Pitaya blended with papaya & mangos topped with house made granola & fresh fruit drizzled with honey

Açaí Pineapple Bowl



\$8.65

Açaí blended w/ pineapple topped w/ house made granola & fresh fruit drizzled w/ honey

Açaí Bowl



\$8.65

Açaí blended w/ apple juice & banana topped w/ granola, banana, seasonal fruits & honey

Havabowla Granola



\$6.10

Homemade granola topped w/ banana & served w/ your choice of one of the following: non-fat milk, non-fat vanilla yogurt, non-fat Greek yogurt

...or *Açaí extra .75¢ ...for both Yogurt & Açaí extra \$1.15

Eve's Choice



\$5.90

A mixture of diced green apple & granola, served w/ your choice of one of the following: non-fat vanilla yogurt, non-fat Greek yogurt

...or *Açaí extra .75¢ ...for both Yogurt & Açaí extra \$1.15

Irish Oatmeal



\$4.65

"Steel Cut" served w/ choice of brown sugar, raisins, milk, butter & honey on the side.

...add banana .75¢ ...add pecans .75¢

Cereal Box only

\$1.55

Cereal w/ Milk

\$3.00

...add chia seed .65¢ ...add almond .65¢

FRESH BAGELS DAILY

Regular Bagel

\$1.58

Plain, Onion, Garlic, Sesame, Sun Dried, Poppy, Rye, Sourdough, Whole Wheat, Combo, Egg, Jalapeño, Chocolate Chip, Cheese, Blueberry, Cranberry, Cinnamon Raisin, Spinach Parmesan, Parmesan Plain, Sundried Tomato Parmesan, and Super Cinnamon Raisin

Bakers Dozen of Regular Bagels

\$14.00

Whole Baguette

\$3.85

EXTRA STUFF

Cream Cheese

2oz. \$1.40 • 8oz. \$3.70 • 12oz. \$4.70

Veggie Cream Cheese

2oz. \$1.65 • 8oz. \$4.10 • 12oz. \$5.15

Bacon Chive Cream Cheese

2oz. \$1.65 • 8oz. \$4.10 • 12oz. \$5.15

Jalapeño Cream Cheese

2oz. \$1.65 • 8oz. \$4.10 • 12oz. \$5.15

Maple Pecan Cream Cheese

2oz. \$1.65 • 8oz. \$4.10 • 12oz. \$5.15

Side of Hummus

2oz. \$1.55 • 8oz. \$3.90 • 12oz. \$5.00

PANINI SANDWICHES

Hot Sandwiches – Garnished with lettuce & fresh fruit

Turkey Panini Sliced turkey with roasted red bell pepper, tomato slices, grilled onions, melted provolone cheese grilled on a ciabatta roll. \$8.90

Roast Beef Panini Roast beef w/ roasted red bell peppers, ortega chilies, tomato slices, grilled red onions w/ melted brie cheese grilled on a ciabatta roll. \$9.30

Italian Panini Mortadella, capicola, dry salami, provolone cheese and diced pepperoncini, grilled on a ciabatta roll. \$9.25

Harvest Vegetable Panini A delicious blend of grilled eggplant, yellow squash, zucchini, onions and tomato topped with provolone and parmesan cheese, with a light sundried tomato pesto spread. Grilled on toasted parmesan asiago bread. \$9.35

Grilled Veggie Panini A toasted ciabatta roll with sundried tomato pesto covered with melted provolone, sprinkled w/parmesan cheese, grilled tomato, onions, roasted bell peppers & ortega chilies. \$8.95

SANDWICHES

All sandwiches garnished with fruit. Sandwiches available in lettuce wrap. All breads made with organic flour. Choice of bread: White baguette, wheat, multi-grain, sourdough, foccacia herb & cheese bun, ciabatta, asiago cheese, rye, whole grain wheat, and flat bread.

Egg Salad Sandwich Homemade egg salad with lettuce, tomato & onion on choice of bread. \$5.45

***Roast Beef, Turkey or Ham Sandwich** Choice of bread & condiments, garnished w/ lettuce, tomato, onions, mustard & mayonnaise. \$8.15

***Tuna Salad Sandwich** Choice of bread w/ lettuce, tomato & onion \$8.40

***Tuna Melt** Tuna salad topped w/ tomato & melted cheddar cheese, choice of bread. \$8.70

***Veggie Sandwich** w/ deli mustard, mayonnaise, avocado w/ cucumbers, sprouts, tomato, onions, carrots, salt-free seasoning. Choice of cheese or hummus. \$8.40

***Chicken Salad Sandwich** Choice of bread w/ lettuce, tomato & onion \$8.15

Pastrami Sandwich Pastrami w/ melted swiss cheese, sauerkraut & choice of dijon mustard or 1000 island dressing on grilled rye bread. Served w/ pickles. \$8.70

Harbor Sub Sandwich Dry salami, capicola, tomato, red onions, kalamata olives, diced pepperoncini, shredded lettuce, w/ provolone cheese & Italian dressing served on a white baguette. \$9.15

Grilled Cheese Sandwich w/ Asiago Bread \$5.45

Grilled Cheese w/Avocado & Fresh Tomato on asiago bread \$7.25

Kid's Grilled Cheese choice of wheat or sourdough bread \$4.60

Hot Dog w/ choice of condiments \$4.65

Chili Dog w/ cheese and onions \$5.45

1/2 Sandwich of your Choice* \$5.98

Peanut Butter & Jelly Sandwich \$3.85

Choice of Cheese Jack, swiss, cheddar, provolone, or havarti \$1.05

VEGGIE BURGERS

Served on a toasted sesame, wheat or foccacia herb & cheese bun with fresh fruit.

Veggie Burgers available in lettuce wrap.

Basic w/ our original honey dijon dressing with tomato, onion, cucumber & sprouts. \$7.60

Aztec w/ our salsa dressing w/ tomato, onion, cucumber & sprouts. \$7.60

Bionic w/ pesto sauce and sunflower seeds w/ tomato, onion, cucumber & sprouts. \$7.80

SALADS

Salads served with fresh baked baguette & butter

- *California Salad** Fresh lettuce greens tossed in a light sweet mandarin dressing w/ avocado, mandarin orange, red onions, caramelized pecans & topped w/ croutons. \$8.25
- *European Salad** Mixed greens tossed in a light curry dressing w/ almonds, currants, apples & gorgonzola cheese. \$8.25
- *Mediterranean Salad** Mixed greens tossed in a balsamic vinaigrette, w/ kalamata olives, toasted pinenuts, feta cheese & topped w/ croutons. \$8.25
- *Caesar Salad** A traditional Caesar Salad w/ fresh romaine tossed in our own dressing w/ fresh grated parmigiano reggiano topped w/ croutons. \$8.25
...w/ Grilled Chicken Breast add \$3.00
- Harbor Spinach Salad** Organic spinach w/ red onion, mandarin oranges, almonds, chopped bacon, goat cheese & bacon vinaigrette. \$8.25
- Chef's Salad** Iceberg lettuce topped w/ swiss & cheddar cheese, ham, turkey, tomato, onion & choice of ranch, balsamic vinaigrette or a caesar dressing. \$8.95
- Small Side Salad** Mixed greens topped w/ carrots, jicama & tomato w/ choice of ranch, balsamic vinaigrette, Italian or a caesar dressing on the side. \$5.15
- 1/2 Sandwich & Side Salad*** \$9.45
- 1/2 Sandwich & Specialty Salad*** \$12.45
1/2 order of your choice of Sandwich & Salad listed with*

*1/2 Sandwiches: Roast Beef, Turkey, Ham, Tuna, Chicken Salad, Tuna Melt and Veggie Sandwich.
*Bread choices: White baguette, wheat, multi-grain, sourdough, asiago(cheese bread), rye, or whole grain wheat.

SOUP & COMBINATIONS

- Soup of the Day** (Soup changes daily) served w/ fresh baguette & butter \$5.20
- Tomato Bisque** Served w/ fresh baguette & butter \$5.20
- Soup of the Day & Fruit** \$5.45
- Soup & Side Salad** Soup and house salad w/ fresh baguette & butter \$8.80
- Soup of the Day & Specialty Salad*** Soup of the Day & California, European, Mediterranean or Caesar Salad w/ fresh baguette & butter. \$11.50
- Chili - Available Saturday & Sunday only** \$5.70
Served w/ fresh baguette & butter, topped w/ cheese & fresh red onions
- Grilled Cheese & Tomato Bisque Combo** \$8.40
Served on asiago bread
- Soup of the Day & 1/2 Sandwich*** \$9.50
Your choice of Soup of the Day and 1/2 Sandwich

GOURMET WRAPS

*Served with choice of whole wheat tortilla or sundried tomato tortilla & fresh fruit (no 1/2 sandwiches). Gourmet Wraps available in lettuce wrap.
Gourmet Wraps w/ Avocado add \$1.55 (not available in 1/2 sandwiches)*

- Thai Wrap** Tender chicken, brown rice, cucumber, bean sprouts, red onion & a ginger-peanut sauce. \$8.10
- Sundried Tomato Pesto Wrap** Tender chicken, brown rice, fresh spinach, red onion & sundried tomato pesto. \$8.10
- Veggie Wrap** Cucumber, sprouts, spinach, carrots, red onion, jack & cheddar cheese sprinkled w/ salt-free seasoning. With choice of cream cheese or hummus. \$8.10
- Caesar Wrap** Fresh romaine tossed in our own dressing w/ fresh grated parmigiano reggiano topped w/ croutons. \$6.25
...w/ Grilled Chicken Breast add \$3.00

FOR THE MUNCHIES

Hummus Plate	\$5.10
Served w/ carrot sticks, bell pepper, celery, jicama, cucumber & flat bread.	
Hummus Special	\$6.20
Topped w/ olives, feta cheese, onion, jicama, cucumber, drizzle of balsamic vinaigrette & flat bread.	
Honey on a Cloud	\$3.70
Greek yogurt sweetened with honey	
Honey on a Cloud w/ Seasonal Fruit	\$5.15
Greek yogurt sweetened with honey and seasonal fresh fruit	
...add Granola \$1.35 ...add Almonds .65¢	

BEVERAGES

Fresh Brewed Coffee	12oz.	16oz.	20oz.	24oz.
Regular, Dark, Flavored or Decaf	\$1.76	\$1.99	\$2.22	n/a
Hot Tea	\$1.76	\$1.99	\$2.22	n/a
Iced Tea	n/a	\$1.99	n/a	\$2.22
Coffee & Tea Refills				.65¢
Hot Water				.30¢
Fountain Drinks			20oz.	\$2.45
Coke, Diet Coke, Sprite, Root Beer, Mr. Pibb				
SNAPPLE				\$2.41
Gatorade				\$2.30
Vitamin Water				\$2.30
Smart Water				\$2.12
Bottled Water				\$1.21

FRESH SQUEEZED LEMONADES

Lemonade	16oz. \$3.00 • 24oz. \$3.50
Strawberry Lemonade	16oz. \$3.75 • 24oz. \$4.70
Blended lemonade and frozen strawberry	
Pomegranate Lemonade	16oz. \$3.00 • 24oz. \$3.50
Fresh squeezed lemonade topped with pomegranate juice	

*1/2 Sandwiches: Roast Beef, Turkey, Ham, Tuna, Chicken Salad, Tuna Melt & Veggie Sandwich.
 *Bread choices: White baguette, wheat, multi-grain, sourdough, asiago (cheese bread), rye, or whole grain wheat.



We proudly use organic when available.
 Gluten free products are made with gluten free ingredients but share a facility and equipment where wheat, soy and nuts are present.
 Sales tax not included ~ Prices subject to change.



*Available sizes: 16oz. • 24oz. (Non-dairy on request, except on items with *)*

Laguna Peach

\$5.40 • \$6.10

Peaches, banana, peach juice & orange sherbet

Santa Margarita

\$5.40 • \$6.10

A blend of banana, strawberries, pineapple coconut juice & pineapple-sherbet

Radical Raspberry

\$5.40 • \$6.10

A mix of raspberries, banana, orange juice & raspberry sherbet

Strawberry Lane

\$5.40 • \$6.10

A blend of strawberry, banana, apple juice & non-fat vanilla yogurt

San Clemente Squeeze

\$5.40 • \$6.10

A blend of strawberries, banana, orange juice & pineapple sherbet

***24 Carrot**

\$5.40 • \$6.10

Green apple, carrot juice & non-fat vanilla yogurt

Huntington Harbor

\$5.40 • \$6.10

A combination of strawberries, pineapple sherbet, pineapple coconut juice & guava juice

***Dana Point Date**

\$5.50 • \$6.20

A mixture of fresh dates, malt & spices, non-fat milk & non-fat vanilla yogurt

Pomberry Smoothie

\$5.50 • \$6.20

Raspberries, strawberries & blueberries with pomegranate juice, raspberry & pineapple sherbet

Harbor Delight

\$5.50 • \$6.20

Strawberries, banana & peach juice

***Peanut Butter Pleasure**

\$5.50 • \$6.20

A creamy blend of banana, non-fat milk, peanut butter & non-fat vanilla yogurt, with your choice of chocolate or malt added

Gabriel's Mango Tango

\$5.50 • \$6.20

A blend of strawberries, mangos, passion fruit mango juice & pineapple sherbet

Lauren's Peachy Keen

\$5.50 • \$6.20

A blend of mangos, peaches, passion fruit mango juice & pineapple sherbert

Cannon Ball

\$5.50 • \$6.20

Peaches, banana, fresh dates & papaya juice

Açaí Energy Smoothie \$6.25 • \$7.50

A blend of strawberries, bananas, organic Açaí with guarana & apple juice

Izzi's Surfin' Pitaya \$6.25 • \$7.50

A mix of mango, strawberries, pitaya with papaya & guava juice with coconut sorbet

Pitaya POG \$6.25 • \$7.50

A mix of strawberries, blueberries, pitaya with papaya & guava juice with orange sherbet

Coconut Bliss \$6.25 • \$7.50

Almond Milk with Coconut Bliss sorbet finished with chocolate

Add veggie juice base to fruit smoothie: add \$1.00 (max. 2 veggies)

Add One Addition FREE!

- Flaxseed
- Whey Protein
- Vitamin C
- Bee Pollen
- Chia Seed
- Multi-Vitamin
- Immune Support
- Fiber Blend
- Antioxidant
- Energy

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- Extras .55¢
 - *Açaí extra .75¢
 - Soymilk .65¢
 - Almond Milk .65¢



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Available sizes: 12oz. • 16oz. • 24oz.

Squeezed to order - Served until one hour before closing

Fresh Carrot Juice Carrots, carrots and more carrots \$5.15 • \$6.15 • \$7.15

Veggie Tonic (Immunity) \$5.15 • \$6.15 • \$7.15

Carrot, celery, beets, parsley, ginger, garlic

Detox (Antioxidants) Carrot, cucumber, beet, garlic \$5.65 • \$6.65 • \$7.65

Morning Zinger (Energy) \$5.65 • \$6.65 • \$7.65

Carrot, green apple, ginger, bee pollen

Clean Sweep (Cleanse) \$5.65 • \$6.65 • \$7.65

Carrot, cucumber, green apple, kale, beet, jicama

Get Swell (Anti-inflammatory) \$5.65 • \$6.65 • \$7.65

Carrot, pineapple, grapes, bell pepper, ginger

Jim's Kitchen Sink (Blood Pressure) \$5.65 • \$6.65 • \$7.65

Carrots, celery, beets, kale, apple, bell pepper & pineapple

Mint Madness (Cholesterol) \$5.65 • \$6.65 • \$7.65

Cucumber, apple, kale, bell pepper, spinach, lime, mint & pineapple

Green Machine (Weight Control) \$5.65 • \$6.65 • \$7.65

Cucumber, celery, apple, kale, spinach, parsley, lemon & ginger

Create Your Own Veggie Juice (CYO) \$5.65 • \$6.65 • \$7.65

- Must include ONE of the following as a base: Carrot, cucumber, celery
- Plus up to FOUR veggie selections: Carrot, cucumber, celery, beets, kale, parsley, green apple, grapes, pineapple, jicama, spinach, lemon
- Additional veggie selections will be .50¢ each

Wheat Grass \$1.60 per oz.

Natural Juices (CYO) 12oz. \$3.00 • 16oz. \$3.50 • 24oz. \$4.30

Mix Any Combination

Orange Juice & Grapefruit Juice - *fresh squeezed*

Pineapple-Coconut, Passion Fruit-Mango, Pomegranate, Papaya, Peach, Apple & Guava