### Bagel Specialties

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

### 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¢.

<table>
<thead>
<tr>
<th>#1 Scrambled Eggs</th>
<th>$4.55</th>
</tr>
</thead>
<tbody>
<tr>
<td>#2 Scrambled Eggs</td>
<td>$5.50</td>
</tr>
<tr>
<td>#3 Scrambled Eggs &amp; Cheese</td>
<td>$4.90</td>
</tr>
<tr>
<td>#4 Scrambled Eggs &amp; Meat</td>
<td>$5.25</td>
</tr>
<tr>
<td>#5 Scrambled Eggs Deluxe</td>
<td>$5.85</td>
</tr>
<tr>
<td>#6 Scrambled Eggs, Spinach &amp; Feta Cheese</td>
<td>$5.25</td>
</tr>
</tbody>
</table>

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CAUTION: Egg sandwiches are HOT!
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
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
Açai blended w/ pineapple topped w/ house made granola & fresh fruit drizzled w/ honey

Açaí Bowl $8.65
Açai 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

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
**Tuna Salad Sandwich**  Choice of bread with lettuce, tomato & onion $8.40

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

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

**Grilled Cheese Sandwich with 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

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**VEGGIE BURGERS**

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

**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

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**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.**

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**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 with parmesan cheese, grilled tomato, onions, roasted bell peppers & ortega chilies. $8.95

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**SANDWICHES**

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**Veggie Burgers available in lettuce wrap.**
SALADS

Salads served with fresh baked baguette & butter

*California Salad  Fresh lettuce greens tossed in a light sweet mandarin dressing   $8.25
w/ avocado, mandarin orange, red onions, caramelized pecans & topped w/ croutons.

*European Salad  Mixed greens tossed in a light curry dressing  $8.25
w/ almonds, currants, apples & gorgonzola cheese.

*Mediterranean Salad  Mixed greens tossed in a balsamic vinaigrette,   $8.25
w/ kalamata olives, toasted pine nuts, feta cheese & topped w/ croutons.

*Caesar Salad  A traditional Caesar Salad w/ fresh romaine tossed  $8.25
in our own dressing w/ fresh grated parmigiano reggiano topped w/ croutons.

   …w/ Grilled Chicken Breast add $3.00

Harbor Spinach Salad  Organic spinach w/ red onion, mandarin oranges,  $8.25
almonds, chopped bacon, goat cheese & bacon vinaigrette.

Chef’s Salad  Iceberg lettuce topped w/ swiss & cheddar cheese, ham,  $8.95
turkey, tomato, onion & choice of ranch, balsamic vinaigrette or a caesar dressing.

Small Side Salad  Mixed greens topped w/ carrots, jicama & tomato  $5.15
w/ choice of ranch, balsamic vinaigrette, Italian or a caesar dressing on the side.

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 &   $11.50
California, European, Mediterranean or Caesar Salad w/ fresh baguette & butter.

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,  $8.10
red onion & a ginger-peanut sauce.

Sundried Tomato Pesto Wrap  Tender chicken, brown rice,  $8.10
fresh spinach, red onion & sundried tomato pesto.

Veggie Wrap  Cucumber, sprouts, spinach, carrots, red onion, jack & cheddar  $8.10
cheese sprinkled w/ salt-free seasoning. With choice of cream cheese or hummus.

Caesar Wrap  Fresh romaine tossed in our own dressing w/ fresh grated  $6.25
parmigiano reggiano topped w/ croutons.
   …w/ Grilled Chicken Breast add $3.00
Hummus Plate  
Served w/ carrot sticks, bell pepper, celery, jicama, cucumber & flat bread. $5.10

Hummus Special  
Topped w/ olives, feta cheese, onion, jicama, cucumber, drizzle of balsamic vinaigrette & flat bread. $6.20

Honey on a Cloud  
Greek yogurt sweetened with honey $3.70

Honey on a Cloud w/ Seasonal Fruit  
Greek yogurt sweetened with honey and seasonal fresh fruit $5.15

…add Granola $1.35 …add Almonds .65¢

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BEVERAGES

Fresh Brewed Coffee
- 12oz. $1.76
- 16oz. $1.99
- 20oz. $2.22
- 24oz. n/a

Regular, Dark, Flavored or Decaf

Hot Tea
- 16oz. $1.76
- 20oz. $1.99
- 24oz. n/a

Iced Tea
- 16oz. $1.99
- 24oz. n/a

Coffee & Tea Refills
- .65¢

Hot Water
- 20oz. $2.45

Fountain Drinks
- Coke, Diet Coke, Sprite, Root Beer, Mr. Pibb $2.41

Snapple $2.41

Gatorade $2.30

Vitamin Water $2.30

Smart Water $2.12

Bottled Water $1.21

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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

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*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**
- Peaches, banana, peach juice & orange sherbet
- $5.40 • $6.10

**Santa Margarita**
- A blend of banana, strawberries, pineapple coconut juice & pineapple-sherbet
- $5.40 • $6.10

**Radical Raspberry**
- A mix of raspberries, banana, orange juice & raspberry sherbet
- $5.40 • $6.10

**Strawberry Lane**
- A blend of strawberry, banana, apple juice & non-fat vanilla yogurt
- $5.40 • $6.10

**San Clemente Squeeze**
- A blend of strawberries, banana, orange juice & pineapple sherbet
- $5.40 • $6.10

***24 Carrot**
- Green apple, carrot juice & non-fat vanilla yogurt
- $5.40 • $6.10

**Huntington Harbor**
- A combination of strawberries, pineapple sherbet, pineapple coconut juice & guava juice
- $5.40 • $6.10
*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
<table>
<thead>
<tr>
<th>Smoothie Name</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Açaí Energy Smoothie</td>
<td>$6.25 - $7.50</td>
</tr>
<tr>
<td>Izzi’s Surfin’ Pitaya</td>
<td>$6.25 - $7.50</td>
</tr>
<tr>
<td>Pitaya POG</td>
<td>$6.25 - $7.50</td>
</tr>
<tr>
<td>Coconut Bliss</td>
<td>$6.25 - $7.50</td>
</tr>
</tbody>
</table>

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

Extras .55¢
*Açaí extra .75¢
Soymilk .65¢
Almond Milk .65¢
**Available sizes:** 12oz. • 16oz. • 24oz.

*Squeezed to order - Served until one hour before closing*

<table>
<thead>
<tr>
<th>Smoothie</th>
<th>Description</th>
<th>Prices</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fresh Carrot Juice</strong></td>
<td>Carrots, carrots and more carrots</td>
<td>$5.15 • $6.15 • $7.15</td>
</tr>
<tr>
<td><strong>Veggie Tonic (Immunity)</strong></td>
<td>Carrot, celery, beets, parsley, ginger, garlic</td>
<td>$5.15 • $6.15 • $7.15</td>
</tr>
<tr>
<td><strong>Detox (Antioxidants)</strong></td>
<td>Carrot, cucumber, beet, garlic</td>
<td>$5.65 • $6.65 • $7.65</td>
</tr>
<tr>
<td><strong>Morning Zinger (Energy)</strong></td>
<td>Carrot, green apple, ginger, bee pollen</td>
<td>$5.65 • $6.65 • $7.65</td>
</tr>
<tr>
<td><strong>Clean Sweep (Cleanse)</strong></td>
<td>Carrot, cucumber, green apple, kale, beet, jicama</td>
<td>$5.65 • $6.65 • $7.65</td>
</tr>
<tr>
<td><strong>Get Swell (Anti-inflammatory)</strong></td>
<td>Carrot, pineapple, grapes, bell pepper, ginger</td>
<td>$5.65 • $6.65 • $7.65</td>
</tr>
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Jim’s Kitchen Sink (Blood Pressure)  
Carrots, celery, beets, kale, apple, bell pepper & pineapple  
$5.65 • $6.65 • $7.65

Mint Madness (Cholesterol)  
Cucumber, apple, kale, bell pepper, spinach, lime, mint & pineapple  
$5.65 • $6.65 • $7.65

Green Machine (Weight Control)  
Cucumber, celery, apple, kale, spinach, parsley, lemon & ginger  
$5.65 • $6.65 • $7.65

Create Your Own Veggie Juice (cyo)  
- 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  
$5.65 • $6.65 • $7.65

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