



# Cafe



# Menu

## DRINKS

*AFTER WORKOUT MARGARITA*  
el jefe tequila, grand marnier, triple  
sec, margarita mix  
\$10.00

*POMEGRANATE & VODKA*  
\$8.00

DRAFT BEER  
805  
Stella  
I.P.A  
Glass \$5.00  
Pitcher \$18.00

BOTTLED BEER  
Corona  
Negra  
\$6.00

WINE BY THE GLASS  
\$8.50

### *White*

Au Contraire – Pino Gris  
Popcorn – Chardonnay  
Raywood Vineyards – Chardonnay  
Mana – Sauvignon Blanc  
Brassfield – Sauvignon Blanc

### *Red*

Layer Cake – Pinot Noir  
Ballard Lane – Cabernet Sauvignon

## SIDES

SWEET POTATO FRIES  
smokey sea salt, saffron aioli sauce  
\$4.50

FRENCH FRIES  
\$4.00

CHICKEN QUESADILLA  
\$9.00

## SALAD

CHINESE CHICKEN SALAD  
grilled marinated chicken breast, cabbage, cashews,  
soy ginger dressing  
\$11.00

GRILLED ROSEMARY TOSSED CHICKEN COBB SALAD  
chicken breast, bacon, bleu cheese crumbles, egg,  
tomatoes, avocado  
\$11.00

CLASSIC CAESAR SALAD  
romaine, parmesan, tomato, croutons, caesar dressing  
\$9.00  
add chicken for \$2.00

CHEF'S LUNCH PLATE  
tuna or chicken salad, mixed greens, avocado, fruit,  
cottage cheese  
\$11.00

HEALTH NUT SALAD  
mixed greens, alfalfa sprouts, tomatoes, avocado, sunflower seeds,  
raisins, swiss cheese, tuna or chicken salad  
\$11.00

## BURGERS

choice of salad, french fries, fruit salad or cottage cheese

CVAC CHEESE BURGER  
1/2 pound angus beef patty, cheese, lettuce, tomato, onions  
\$10.00

COWBOY BURGER  
1/2 pound angus beef patty, bacon, bbq sauce, grilled onions  
\$11.00

CALIFORNIA BURGER  
1/2 pound angus beef, avocado, cheese, lettuce, tomato, onions  
\$11.00

VEGGIE BURGER  
1/2 pound black bean patty, lettuce, tomato, onions  
\$10.00

## HOUSE SPECIALTIES

FISH TACOS  
petrale sole, shredded lettuce, avocado, salsa fresca, fruit  
\$15.00

BLACKENED SALMON SALAD  
Mixed greens, tomatoes, avocado, sprouts, cilantro vinaigrette  
\$16.00

## WRAPS & SANDWICHES

*choice of fries or cottage cheese and sweet potato fries for \$2.00*

### SPICY CHICKEN WRAP

*jalapeño cheese, avocado, tomatoes, mixed greens*

### BLACKENED CHICKEN BREAST SANDWICH

*chicken breast, bell peppers, jack cheese, tomatoes, chipotle aioli*

### CHEF CHICKEN WRAP

*grilled chicken breast, chimichuri, avocado, tomatoes, mixed green, feta cheese, balsamic vinaigrette*

### ITALIAN CHICKEN WRAP

*grilled chicken breast sun dried tomatoes, pesto, mozzarella cheese, spinach, avocado, balsamic vinaigrette*

### CLUB WRAP

*turkey, bacon, avocado, tomatoes, lettuce, mayonnaise*

### CHICKEN CAESAR WRAP - REGULAR OR BLACKENED

*chicken breast, lettuce, parmesan cheese, caesar dressing*

### KELSIE WRAP

*chicken, mixed greens, alfalfa sprouts, avocado sunflower seeds, raisins, swiss cheese, balsamic vinaigrette*

***All wraps listed above are \$11.00***

### VEGETARIAN WRAP

*hummus, avocado, zucchini, red bell pepper, mixed greens*  
\$10.00

### B.L.T SANDWICH

*bacon, romaine lettuce, tomatoes, mayonnaise*  
\$10.00

### CVAC CLUB SANDWICH

*turkey, bacon avocado, tomatoes, lettuce, mayonnaise*  
\$11.00

### CHICKEN AIOLI SANDWICH

*chicken breast, bell pepper, jack cheese, tomatoes, avocado*  
\$11.00

### TUNA MELT

*tuna salad, cheddar cheese, wheat bread*  
\$11.00

### TRI-TIP SANDWICH

*onions, jalapeño cheese, tomatoes, lettuce, chipotle aioli*  
\$13.00

## JUNIOR MENU

*choice of salad, french fries or fresh fruit*

### CHICKEN TENDERS

\$8.00

### HOT DOG

\$7.00

### GRILLED CHEESE

\$7.00

### CHEESE QUESADILLA

\$7.00

### PEANUT BUTTER & JELLY

\$5.00

### MINI BURGER

\$7.00

### BOWL OF FRUIT

\$6.00

## GRAB & GO

*For your convenience we carry additional food items at the CVAC front desk, including:*

### RECOVERY DRINKS

### BEER & WINE

### SOFT DRINKS

### ENERGY DRINKS

### SANDWICH

### SALADS

### CHIPS

### SEASONED ALMONDS

### & MORE

*Please see the CVAC Concierge for a detailed list and to purchase.*

## BREAKFAST MENU

### EGG BURRITO

*tomato, onion, serranos, spinach, and your choice of turkey,  
ham, bacon or chorizo*

\$8.00

### BLT BAGEL

\$8.00

### SMOKED SALMON WITH CREAM CHEESE

\$8.00

### VEGETARIAN HUMMUS BAGEL

*hummus, egg, cucumber, roasted bell pepper, urugula, feta cheese*

\$8.00

## SIDES

### SOUP OF THE DAY

\$8.00

### BOWL OF CHILI

\$8.00

### GARLIC BREAD

\$5.00

## JUICES

*freshly prepared*

### OUR FAMOUS GREEN MONSTER

*kale, spinach, strawberry, banana, dates*

### GREEN SPICE

*green apple, lemon, ginger*

### THAI RED

*carrots, beets, ginger*

### BUNNY DRINK

*carrots, spinach, celery*

### CALYPSO

*orange juice*

### MAKE YOUR OWN DRINK

*beets, carrots, celery, orange, apple,  
ginger, spinach, strawberries*

*All juices listed above are \$6.00*

*We hope to  
see you again soon!*



[CVAConline.com](http://CVAConline.com)

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