

## Homemade Soups

Hearty Vegan Vegetable Soup of the Day  
Small 2.99 or Large 3.99

## Bountiful Salad Bar

~ Tossed and chopped before your very eyes ~

Small 6.25 or Large 7.99

### CHOOSE YOUR VEGGIES

Spinach	Iceberg	Mixed Greens
Carrots	Edamame	Tomatoes
Red Peppers	Cucumbers	Mushrooms
Sprouts	Olives	Garbanzo Beans
Black Beans	Broccoli	And Many More!

### CHOOSE YOUR DRESSING

Fat Free Ginger Sesame	Caesar
Champagne Vinaigrette	Blue Cheese
Jalapeno Ranch	Herb Balsamic Vinaigrette
Cilantro Vinaigrette	Ranch
Fat Free Honey Mustard	Greek

### ADD A PROTEIN

Grilled Chicken	Chicken Salad
Grilled Tofu	Oven Roasted Turkey
Tuna Salad	Bay Shrimp

1.50 each

Add a cup of soup or small side to your salad 1.75  
Add a bowl of soup or large side 2.75

## Fresh Sides

~ Delicious ~

Seasoned Black Beans and Brown Rice  
Tangy and Creamy Cole Slaw  
Grilled Vegetables with a Balsamic Herb Glaze  
Alice's Roasted Potato Salad  
Farm Fresh Steamed Broccoli

### House Specialty

Seasoned French Fries (Unseasoned Available)

Small 1.99 or Large 2.99

## Artisan Sandwiches

~ Hand Crafted ~

Catalina ..... 7.99

Roast beef, pepper jack cheese, romaine lettuce, roma tomato, roasted red peppers, chipotle aioli on an egg bun

Terrapin ..... 6.99

Grilled chicken breast, avocado, lettuce, tomato sweet chipotle sauce on a mutigrain bun

Belmont ..... 7.99

Grilled chicken breast, applewood smoked bacon, provolone cheese, fresh basil leaves, sun-dried tomato pesto on toasted sourdough

Philly ..... 7.99

Thinly sliced roast beef, pepper jack cheese, grilled onions, peppers and mushrooms on a French style roll

Express ..... 6.99

Oven roasted turkey breast, Swiss cheese, lettuce, tomato, red onion and Dijonaise on a toasted multigrain bun

Firm ..... 6.99

Tarragon Curried chicken salad, provolone cheese, roasted red peppers and Dijon mustard on multigrain bread

Cougar ..... 7.99

Applewood smoked bacon, avocado, lettuce, plum tomato and mayo on a toasted sourdough

49'er ..... 7.99

House roasted turkey breast, applewood smoked bacon, avocado, lettuce, tomato and low-fat pesto on toasted sourdough bread

**MAKE IT A MEAL!** Drink and small side for only 2.50 more.

## It's a Wrap

~ Fill, Fold, Roll and EAT ~

Tuscan Tuna ..... 6.99

Albacore tuna salad, sun dried tomatoes, lemon-basil aioli, provolone cheese wrapped in a flour tortilla

Pacific Coast Turkey ..... 7.99

Roasted turkey breast, applewood smoked bacon, avocado, pepper jack, shredded lettuce, tomatoes and ranch dressing in a wheat tortilla

Mexican Caesar ..... 7.99

Chilled romaine, grilled chicken, crispy tortilla strips, parmesan cheese, cilantro, Caesar dressing and salsa fresca in a flour tortilla

Sesame Ahi ..... 9.99

Sesame crusted seared Ahi, Asian ginger slaw, sprouts, wrapped in a wheat tortilla served with crispy wontons

**MAKE IT A MEAL!** Drink and small side for only 2.50 more.

## Paninis

~ Fresh and Hot ~

Husky..... 8.99

Roast beef, oven roasted turkey, smoked ham, jack cheese, olives, banana peppers, horseradish sauce on sourdough bread

Pomodoro ..... 6.99

Roasted chicken breast, provolone cheese, spinach, fresh basil, roasted tomatoes, pesto mayo on sourdough bread

Cuban Chicken..... 7.99

Chicken, ham, Swiss cheese, dill pickles, roasted red pepper aioli, and whole grain mustard on sourdough bread

**MAKE IT A MEAL!** Drink and small side for only 2.50 more.

## Signature Burgers

~ All of our burgers are made with 100% Angus Beef ~

Turkey and Veggie burger also available.

(Choose between wheat or potato bun)

The Abbey ..... 6.49

Lettuce, tomato, red onion, pickles, mayo, Wisconsin aged cheddar

Swiss Alps ..... 6.99

Sautéed mushrooms, Swiss cheese, lettuce, tomato, red onion, mayo

Blue Devil ..... 6.99

Blue cheese crumbles, lettuce, tomato, red onion, blue cheese spread

Spicy Cowboy..... 7.99

Applewood smoked bacon, pepper jack cheese, haystack onions, lettuce, tomato, chipotle BBQ sauce

Double the Patty ..... 3.99

**MAKE IT A MEAL!** Drink and small side for only 2.50 more.

## Epic Entrees

Shrimp Pasta - Ocean Fresh! ..... 9.99

Sun dried tomatoes, artichoke hearts, roasted garlic, fresh basil and a creamy tomato basil sauce with penne pasta

Green Chile Enchiladas - Awesome! ..... 8.99

Pulled chicken simmered in a creamy tomatillo sauce, with cheese and corn tortillas "lasagna style", served with a Mexican Ceasar salad

Turkey Pot Pie - Better than Mom's! ..... 8.99

Turkey breast and seasonal vegetables slowly simmered in a rich turkey gravy then topped with a flaky puff pastry crust

*Fresh and Fit*

- Greek Salad with Seared Salmon ..... 9.99  
Romaine lettuce, feta cheese, cucumbers, red onion, tomato wedges and kalamata olives with croutons tossed in greek vinaigrette
- Grilled Chicken Breast ..... 7.99  
Grilled breast of chicken, salsa fresca, grilled scallions, served with seasoned black beans and brown rice
- Fresh and Fit Baked Salmon ..... 9.99  
Baked salmon filet, served with herb and balsamic grilled vegetables and *not* mashed potatoes

**true beans** Espresso and Coffee  
*coffee roasters*

~ All made from True Beans coffee, roasted in our restaurant ~

- House Blend (free refills on dine-in) ..... 1.99
- Espresso ..... Double 1.99 / Quad 2.99
- Cappuccino ..... Small 2.25 / Large 2.99
- Macchiato ..... Small 2.25 / Large 2.99
- Latte ..... Small 2.25 / Large 2.99
- Mocha ..... Small 2.25 / Large 2.99
- Hot Chocolate ..... Small 2.25 / Large 2.99
- Americano ..... Small 2.25 / Large 2.99

Add one of our homemade syrups for only .50

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TRY ONE OF OUR  
SPECIALTY BREWING METHODS

- Siphon Pot
- French Press
- Cafe Solo

*Fruit Smoothies and Iced Coffee*

- |                     |                         |
|---------------------|-------------------------|
| Strawberry          | Cherries Jubilee        |
| Strawberry Banana   | Peach, Apricot and Pear |
| 4 Berry             | Mocha Java              |
| Tangerine 50/50 Bar | Chocolate Caramel       |
| Tropical Paradise   | Vanilla Latte           |

16 oz. for 2.99

*Beverages*

- Fountain Drinks ..... 1.99
- Freshly Made Lemonade ..... 1.99
- Iced Tea ..... 1.99
- Voss Water ..... 2.99 & 5.99
- Rock Star ..... 3.99
- Perrier ..... 2.50
- Red Bull ..... 2.50

*Catering the Fresh Foods way!*

Catering is something we pride ourselves on, whether you need us for an office meeting, box lunches, or a wedding, Fresh Foods Cafe is the perfect choice! We have an extensive menu selection with the flexibility to meet any wish or demand.



**DON'T FORGET TO JOIN US FOR  
HAPPY HOUR THURSDAY'S  
FROM 4 TO 7 P.M.!**

**WINE, \$2 BEERS and \$1 TACOS**

FREE PARKING & CATERING AVAILABLE



340 GOLDEN SHORE • LONG BEACH, CA 90802

**(562) 980-9200**

www.FreshFoodsCafe.com