

## Espresso & Coffee

We have made a commitment no other restaurant and almost no other coffee shop has made. To roast our own specialty coffee. We roast it light to enhance the flavor and so we can taste the coffee.

Try our House Blend- A Bottomless Cup 1.99  
(refills are dine in only)

Espresso- Double 1.99 Quad Shot 2.99  
Cappuccino & Macchiato- Small 2.25 Large 2.99  
Latte & Hot Chocolate- Small 2.75 Large 3.99

Add one of our Homemade Syrups for only \$.50

Try one of our specialty brewing methods including:  
Siphon Pot, French Press and Cafe Solo

Bring our coffee home purchase by the 12 ounce bag

## Bountiful Salad Bar

Choose as many as you like, until your bowl is full

Spinach	Iceberg	Mixed Greens
Carrots	Edamame	Tomatoes
Cucumbers	Mushrooms	Garbanzo Beans
Peppers	Sprouts	Broccoli
Olives	Black Beans	and many more

### Choose Your Dressing

Fat Free Scallion Soy	Jalapeno Ranch
Champagne Vinaigrette	Bacon & Tomato
Blue Cheese	Cilantro Vinaigrette
White Balsamic	Caesar
Fat Free Honey Mustard	

### Add a Protein: 1.50 each

Grilled Chicken	Chicken Salad	Grilled Tofu
Turkey	Tuna Salad	Feta Cheese

Small Salad 5.99 Large Salad 7.99

Add a cup of soup or small side 1.75

Add a bowl of soup or large side 2.50

## Coffee & Fruit Blenders

Banana Berry	Espresso Chocolate Vanilla
Chocolate Strawberry	Banana Peanut Butter
Strawberry Orange	Strawberry Lemonade
Banana Chocolate	Espresso Chocolate
Orange Dreamsicle	Chocolate Hazelnut

## And So Much More....

Rotisserie Meats

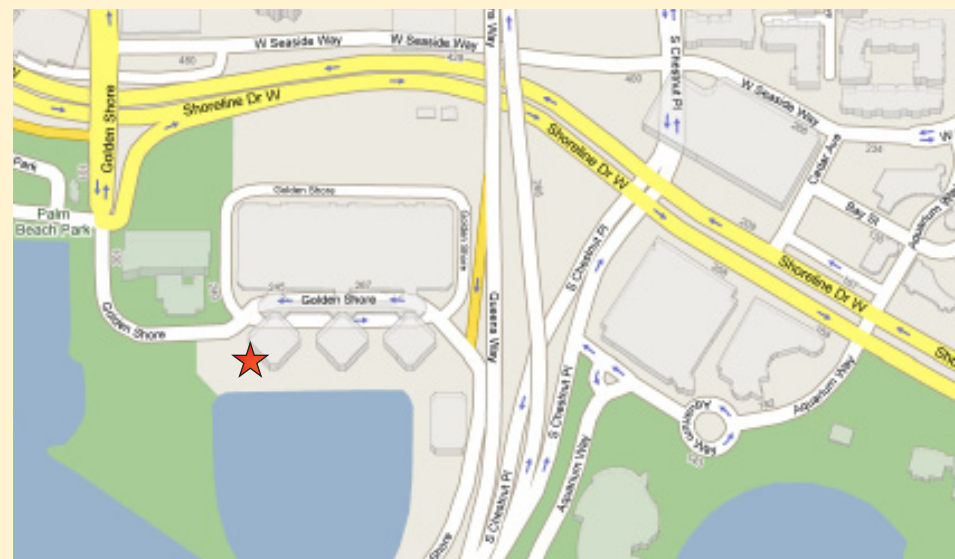
Made from Scratch Salad Dressings

Breakfast Selections including: burritos & omelets

A nice selection of boutique wines & specialty beers

Unlike many restaurants, we have a chef on staff,  
instead of a kitchen manager. This is done so we can...  
Customize menus to fit any of your **Catering Needs**.

Join the "I like it Fresh" dining club to earn  
Rewards & Gifts



  
freshfoods  
CAFE  
savor fresh flavor

We named our restaurant  
Fresh Foods Cafe  
because that is exactly what you get.  
Fresh Food is healthier food. You will  
taste the difference.

At Catalina Landing

340 Golden Shore • Long Beach, CA 90802  
(562) 980-9200

Free Parking

[www.freshfoodscafe.com](http://www.freshfoodscafe.com)

## Soups

Hearty Vegetable (vegan)      Soup of the Day  
 Small 2.99      Large 3.99

Visit our website [www.FRESHFOODSCAFE.com](http://www.FRESHFOODSCAFE.com)  
 or call for our Homemade Soup and Specials of the day

## Featured Sandwiches

These are our favorites but if you feel creative, design your own.  
 All of our meats are cooked fresh in our restaurant, naturally.

**Panther-** Roast Beef, Cole Slaw, Fries, Tomato, Banana Peppers, Provolone on Sourdough Bread 9.99  
 Add a Fried Egg .50

**49'er-** Turkey, Avocado, Bacon, Tomato, Lettuce, Low fat Pesto on Sourdough Bread 7.99

**Husky-** Roast Beef, Turkey, Genoa Salami, Olives, Banana Peppers, Jack, Horseradish Sauce, Sour Dough Panini 8.99

**Hurricane-** Turkey Burger, Grilled Onions, Lettuce, Tomato, Provolone, BBQ Sauce on a Sweet Potato Bun 6.99

**Gaicho-** Roast Beef, Blue Cheese, Grilled Onions on a Sweet Potato Bun 7.99

**Titan-** Chicken, Fresh Tomatoes, Provolone & Bacon on Multigrain Panini 7.99

**Cougar-** Bacon, Lettuce, Avocado & Tomato on Sourdough Bread 6.99

**Minuteman-** Turkey, Cranberry Sauce, Red Onions, Bacon on a Sweet Potato Bun 7.99

**Nittany Lion-** Two Half Pound Burgers, Double Bacon, Double Grilled Onions, Double Tomatoes, Double Lettuce, Double Jack on a Sweet Potato Bun 14.99

Eating raw or undercooked meat (including our medium rare roast beef), poultry, eggs or seafood poses a health risk to everyone, but especially to the elderly, young children under age 4, pregnant women and other highly susceptible individuals with compromised immune systems. Though cooking of such animal foods reduces the risk of illness.

## Remarkable Sides

**Homemade Fries-** Made from Real Potatoes. Seasoned or Not

**Baked Sweet Potato**  
 Small Size Only

**Brown Rice & Beans-** Black Beans, No Oil

**Steamed Broccoli-** Fresh, never frozen

**Creamy Cole Slaw-** Mom's Recipe

Small 1.99      Large 2.99

## Create Your Sandwich or Burger

Choose your Flavor 6.99

Roast Beef	Tuna Salad	Sirloin Burger (\$1)
Turkey	Chicken Salad	Turkey Burger
Chicken Breast	Genoa Salami	Veggie Burger

Add Additional Proteins \$1 each, \$4 for Burger Patty or Chicken Breast

### Breads

Sweet Potato Bun	Sourdough Bread	Whole Wheat Wrap
Multigrain Bun	Multigrain Bread	White Wrap
Sub Roll		

### Toppings

Grilled Onions	Lettuce	Cucumbers
Tomato	Bacon (\$1.25)	Avocado (\$1.50)
Olives	Banana Peppers	

### Sauces

Curried Dijon	Lowfat Pesto	Sweet Chipotle
Blue Cheese Spread	Jalapeno Ranch	Cranberry Sauce
BBQ	Horseradish	

### Cheeses

Jack	Provolone	Blue
Cheddar	American	

Toasted or Panini Style by Request

Add a cup of soup or small side 1.75

Add a bowl of soup or large side 2.50

## Signature Entrees

**Salmon Tacos-** Cabbage, Green Salsa & Red Salsa Rice & Black Beans 8.99

**Roast Turkey Dinner-** Cranberry Sauce, Sweet Potato & Vegetable of the Day 8.99

**Seared Salmon Greek Salad,** Feta, Romaine, Cucumbers, Tomato, Olives, Croutons, Greek Vinaigrette 8.99

**Loaded Mac & Cheese-** Bacon, Chicken & a Rich Cheese Sauce 8.99

## Spa Specialties-Lower in Sodium & Fat

**Bruin-** Spicy Jerked Brown Rice & Red Bean Vegan Burger, Lettuce, Tomato, Curried Dijon on a Multigrain Bun 6.99

**Terrapin-** Grilled Chicken Breast, Lettuce, Tomato, Avocado, Sweet Chipotle on a Multigrain Bun 6.99

**Trojan-** Tuna Salad, Lettuce, Tomato & Cucumber in a Whole Wheat Wrap 5.99

**Seared Lemon Salmon-** Brown Rice & Vegetables 9.99

**Greek Chicken Wrap-** Chicken, Lettuce, Tomato, Olives Cucumber & Greek Vinaigrette 6.99

**Turkey Wrap-** Tomato, Cucumbers, Lettuce & Curried Dijon in a Whole Wheat Wrap 6.99

**Grilled Chicken Breast-** Brown Rice & Beans, Red Salsa 6.99

## Beverages

Fountain Drinks 1.50	Voss Water 2.99 & 5.99
Fresh Made Lemonade 1.99	Sobe Energy Drinks 3.99
Ice Tea 1.99	Rock Star Energy Drink 3.99
Bottled Drinks M.P.	Perrier 2.50

Please be aware that during normal restaurant operations involving shared cooking as well as shared food and beverage preparation areas, the possibility exists for food items to come in contact with other food products that may contain allergens. Due to this fact Fresh Foods Café can not guarantee that any menu item can be completely free of allergens.