

**Choice of Bread:**

Bagel, croissant, whole wheat, sour dough

**Choice of Cheese:**

Pepper jack, cheddar, Monterey jack, provolone

**Choice of Meat:**

Ham, turkey, bacon, sausage patties

**Breakfast Sandwiches**

**Egg & Cheese** \$4.00

**Meat** \$5.00

(Same as above with choice of meat)

**Ham & Cheese Croissant** (no egg) \$3.50

**Breakfast Burritos****Plain**

Egg, cheese, hash browns, salsa \$4.25

**Meat**

(Same as above with choice of meat) \$5.25

**Veggie**

Egg, cheese, hash browns, bell pepper, spinach, avocado, onion, salsa \$5.25

**Turkey Pesto**

Egg, turkey, provolone, pesto, hash browns, salsa \$5.75

**Bagels**

**Cream Cheese** \$2.50

**Sun Dried Tomato Cream Cheese** \$3.50

**Pesto Cream Cheese** \$3.75

**Hummus** \$3.25

**Butter or Jam** \$2.00

**Peanut Butter & Jam** \$2.50

**Egg Salad** 3.50

**Lox & Cream Cheese**

(With capers & onions) \$6.50

**Veggie**

Tomato, cucumbers, onion, & sprouts on cream cheese \$4.00

**Fruit****Fruit Salad**

Seasonal fruit \$2.50

**Breakfast Fruit Cup**

Fruit, yogurt, granola & honey \$3.00

**Lunch Sandwiches****Turkey or Ham**

Mayo, mustard, onion, pickle, lettuce & tomato \$4.75

**Chicken Salad or Tuna Salad**

Mayo, celery, onion, lettuce & tomato \$4.75

**BLT**

Bacon, lettuce, tomato, mayo, on toasted bread \$4.75

**Turkey Club**

Turkey, bacon, lettuce, tomato, on toasted bread \$5.50

**Mexican Torta**

Ham, onion, tomato, jalapeño, avocado & queso fresco on toasted Mexican sweet roll \$5.50

**Veggie & Cheese**

Mayo, mustard, cheese, cucumber, carrots, bell peppers, onions, pickles, tomato & lettuce \$4.95

**Avocado & Cheese**

Avocado, cheese, mustard, mayo, onions, pickles, tomato & sprouts \$5.25

**Turkey & Sun Dried Tomato**

Turkey, pepper jack, sun dried tomato cream cheese spread, lettuce, tomato & onion on toasted sour dough \$5.25

**Hummus Sandwich**

Hummus, cucumber, tomato, onions, sprouts & cheese \$5.25

**Salads**

(Served with house balsamic vinaigrette or honey mustard dressing on the side)

**Green**

Romaine, carrots, tomato, red onion, cucumbers  
Sm/\$3.00 Lg/\$5.50

**Greek**

Romaine, feta, artichokes, olives, capers, cucumbers, sun dried tomato, red onion  
Sm/\$3.50 Lg/\$6.25

**Spinach**

Spinach, egg, bacon, tomato, red onion  
Sm/\$3.50 Lg/\$6.25

**EXTRAS**

Sun dried tomato, artichoke hearts, capers, kalamata olives, feta cheese, or pesto \$0.75

Cucumbers, sprouts, bell peppers, or spinach \$0.50

Meat \$1.25

Avocado \$1.00

Cheese \$0.50

Jalapeños, tomato, onions, carrots, or salsa \$0.25

## Hot Drinks

Sm 12oz / Med 16oz / Lg 20oz  
 House Coffee \$1.75 \$2.00 \$2.25  
 (Refills or bring your own cup \$1.25)

Espresso	Single	Double Large
Americano	\$1.50	\$2.00
Macciato	\$2.00	\$2.25
Con Panna	\$2.00	\$2.25
Café Au lait	\$2.00	\$2.25
Capuchino	\$2.75	\$3.25
Latte	\$2.75	\$3.25
Mocha	\$3.25	\$3.75
Mexicano	\$3.50	\$4.00
(Mexican Chocolate Mocha)		
Blanco	\$3.50	\$4.00
(White Chocolate Mocha)		
Chai	\$3.00	\$3.50
Mocha Chai	\$3.50	\$4.00
Mexican Chai	\$3.75	\$4.25
White Chai	\$3.75	\$4.25
Hot Cocoa	\$1.75	\$2.25
Mexican Hot Cocoa	\$2.25	\$2.75
White Hot Cocoa	\$2.50	\$3.00
Hot Apple Cider	\$2.25	\$2.75
Steamed Milk	\$1.50	\$2.00
Hot Tea (each bag)	\$1.75	

## EXTRAS

Espresso Shot	\$0.50
Soy Milk	\$0.50
Torani Syrup	\$0.50
Breve	\$0.50

## Cold Drinks

Iced Mocha	Sm 16 oz	Lg 20 oz
Iced Latte	\$3.75	\$4.75
Iced Chai	\$3.50	\$4.50
Iced Mocha Chai	\$3.75	\$4.75
Iced Mexicano	\$3.75	\$4.75
Iced Blanco	\$3.75	\$4.75
Iced Coffee	\$1.75	\$2.25
Iced Tea	\$1.75	\$2.25
Blended Mocha	\$4.00	\$5.00
Blended Mexicano	\$4.25	\$5.25
Blended Blanco	\$4.25	\$5.25
Blended Latte	\$3.75	\$4.75
Blended Chai	\$4.00	\$5.00

Italian Sodas	\$2.50	\$3.50
Fruit Smoothies	\$4.00	\$5.00
Milk Shakes	\$4.00	\$5.00
Root Beer Floats	\$4.00	\$5.00

## Ice Cream

### We Serve Marianne's Ice Cream

Junior	Single	Double
\$1.50	\$2.25	\$3.50
10-20	Vanilla bean	
Bubble gum	Mint chip	
Coconut	Mexican chocolate	
Banana	Strawberry	

### Sopapilla

Toasted flour tortilla, ice cream scoop of choice, sprinkled with chocolate, cinnamon & honey \$4.75

**cafetal**  
 Your local coffee lounge

# Take Out Menu

## Cafetal

Coffee Lounge & Good Eats  
 2525 B Soquel Drive  
 Santa Cruz CA, 95065  
 Ph 831-475-9300  
 Fax 831-475-5564

cafetalsc@yahoo.com

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