

# 7 Cafe Breakfast

## Breakfast Plates

- The Original** **10**  
Keep Things Simple! With Two Eggs, Choice of Bacon or Sausage Patty, Tater Tots, and Wheat Toast
- 7 Style Chilaquiles** **13**  
Fresh Crispy Corn Tortillas, Sauteed in Our Homemade -- Green or Red Salsa, Topped W/ Cotija Cheese, Sour Cream, Red Onion & Don't Forget your Two Eggs! **\*Add Avocado \$3**
- Best Homemade Pancakes** **13**  
Two Homemade Pancakes, Two Eggs, Choice of Bacon or Sausage Patty, W/ Maple Syrup and Topped with Real Butter
- Add Pancake Toppings:**  
Fresh Strawberries **2.5**  
Fresh Blueberries **2.5**  
Chocolate Chip **2.5**

- Amazing French Toast** **13**  
Two French Toast, Two Eggs, Choice of Bacon or Sausage, W/ Maple Syrup and Topped with Real Butter
- Salmon Lox Plate** **14**  
Cold Norwegian Wild Caught Smoked Salmon, Two Eggs, Sliced Tomato, Fresh Avocado, and Cup of Fresh Fruit  
**\* Add Toasted Bagel \$2 or Slice of Toast \$1 \***
- Big Breakfast** **13**  
Three Eggs, 2 Bacon and 1 Sausage, Tater Tots and Slice of Wheat Toast ( You want All Bacon or All Sausage? Just ask!!! )
- Protein Power Plate** **13**  
Three Egg Whites, Choice of Sausage or Bacon, Avocado, Spinach Salad w/ Sliced Tomatoes, Topped w/ Feta Cheese, Side of Balsamic Dressing

## Morning Wraps

**\*All Wraps Served W/ Homemade Salsa on the side\***

- Vegan Breakfast Wrap** **10**  
Wheat Wrap, Sauteed Mushroom, Spinach, Tomato, Red Onion, Green Peppers, Red Peppers, Tater Tots and Fresh Avocado
- All Veggie Wrap** **10**  
Wheat Wrap, Scramble Eggs, Spinach, Tomato, Mushroom, Red Onion, Green Peppers, Cheddar, and Fresh Avocado
- Chorizo con Tots** **11**  
Flour Tortilla, Beef Chorizo, Scramble Eggs, Tater Tots, Cheddar Cheese **\*Add Avocado \$3\***
- Healthy White Wrap** **10**  
Wheat Wrap, Egg Whites, Feta Cheese, Spinach, Tomato, Green Peppers, and Fresh Avocado

## Espresso (2 shots)

- Latte 5.25  
Cappuccino 5.25  
Mocha or White 5.25  
Americano 2.95  
Caramel Macchiato 5.25  
Almond / Soy / OAT Milk .75

- Iced Latte** 5.25  
**Iced Coffee** 4.95  
Flavor .75  
Vanilla, Caramel, Hazelnut  
Sugar free Vanilla or Caramel

## Milks

- Regular Whole Milk 3.25

## Hot drinks

- Mex Mocha 5.25  
Hot Teas 2.50  
Hot Reg. Coffee 3.75  
Hot Coco 4.75

## Fountain Drink 2.50

- Coca-Cola Orange Fanta  
Diet Coke Lemonade  
Sprite

- Snapple (Assorted) 2.75  
Mexican Bottled Coke 3.75  
Perrier 2.95  
Bottled Water 2.50

## Juices

- Orange Juice ( L ) 4.50  
Martinelli Apple Juice 3.50

## 3 Egg Omelettes

**\*Made with Farm Fresh Eggs. Egg Whites \$2.50\***

- The Mighty Meat Omelette** **13**  
All the Meats! Bacon, Ham, Sausage, Cheddar, W/ Side of Wheat Toast & Tater Tots
- The Greek** **12**  
Green Peppers, Red Peppers, Red Onion, Olives, Pepperoncini, Tomato, Feta Cheese, W/ Side of Wheat Toast & Tater Tots
- Veggie Omelette** **13**  
Spinach, Mushrooms, Green Peppers, Red Peppers, Red Onion, Tomato, Cheddar Cheese, and Avocado W/ Side of Wheat Toast & Tater Tots **\*Add Egg Whites \$2.50\***
- Delicious Denver** **12**  
Grilled Green Pepper, Red Onion, Ham, Cheddar Cheese W/ Side of Wheat Toast & Tater Tots
- Chicken Veggie** **13**  
Oven Roasted Chicken Breast, Tomatoes, Spinach, Avocado, Swiss Cheese, W/ Side of Wheat Toast & Tater Tots

## Breakfast Sandwiches

**\*Side Choice of Fruit OR Tater Tots\***

- Croissant Breakfast** **10**  
Scramble Eggs, Cheddar Cheese, Choice of Bacon, Ham or --- Sausage W/ Choice of Fresh Fruit or Tater Tots
- Sourdough Egg Sandwich** **10**  
Thick Cut Sourdough, Scramble Eggs, Swiss Cheese, Choice of Bacon, Sausage or Ham W/ Choice of Fresh Fruit or Tater Tots

## Bagel Breakfast Sandwiches

**\*Bagel Choice--Everything, Sesame, Wheat, Plain, Jalapeno\***  
**\*Side Choice of Fresh Fruit OR Tater Tots\***

- Wild Lox** **11**  
Norwegian Wild Caught Smoked Salmon, Toasted Bagel of your choice, Cream Cheese, Tomato, and Alfalfa Sprouts
- Bagel Sunrise** **10**  
Toasted Bagel of your choice, Scramble Eggs, Bacon, Pepper Jack Cheese, and Avocado
- Bagel Breakfast** **10**  
Toasted Bagel of your choice, Scramble Eggs, Cheddar Cheese, Choice of Bacon or Sausage Patty
- Green Bagel** **10**  
Toasted Bagel of your choice, Avocado, Sliced Tomato, Spinach, Alfalfa sprouts, and Cream Cheese

## Morning Extras

- New York Bagels ( Toasted )** **3.5**  
Everything, Sesame, Wheat, Plain, Jalapeno with Your Choice of Cream Cheese or Melted Butter
- Vanilla Yogurt Parfait** **5**  
Fresh Strawberries, Almond Granola, Non-Fat Vanilla Yogurt
- Two Eggs** **4**  
Over Easy, Over Med, Scrambled, Sunny-Up
- Side of 2 Bacon OR Side of Sausage** **4.25**
- Two Homemade Pancakes W/ Butter and Syrup** **7**
- Two Amazing French Toast W/ Butter and Syrup** **7**
- Basket of Tater Tots** **5**
- \*\*\*Extra Plate or Split charge** **1.75**
- \*\*\*Extra Sauces or Dressing** **.75 each**



**7 STYLE CHILAQUILES**



**VEGGIE OMELETTE**



**BEST HOMEMADE PANCAKES**



**BAGEL BREAKFAST**



**CROISSANT BREAKFAST**



**CHORIZO CON TOTS**



**WILD LOX BAGEL**



**ALL VEGGIE WRAP**



**VANILLA YOGURT PARFAIT**

# 7 Cafe Lunch

## Signature Sandwiches

\*Served W/ Choice of Pesto Pasta OR 7 Cafe Seasoned Fries\*

**The DANK** **12**  
Thick Cut Sourdough, Oven Roasted Chicken Breast, Bacon, Provolone Cheese, Jalapenos, Pepperoncini, Fresh Avocado, and Homemade Honey Aioli  
\*\*\* **NO MODIFICATIONS ONLY ON THE DANK !!!** \*\*\*

**Turkey Melt** **11**  
Thick Cut Sourdough, Oven Roasted Turkey, Provolone, Bacon, Fresh Avocado, and Homemade Honey Aioli

**Pesto Panino** **12**  
Thick Cut Sourdough, Oven Roasted Chicken Breast, Swiss Cheese, Sun-dried Tomatoes, and Homemade Pesto Aioli

**Club 7** **11**  
Thick Cut Sourdough, Oven Roasted Turkey, Bacon, Provolone, Lettuce, Tomato, Fresh Avocado, and Classic Mayo

**Pastrami Melt** **12**  
Thick Cut Sourdough, Roasted Pastrami, Provolone Cheese, Pepperoncini, Fresh Avocado, and Classic Mayo

**Branini (Vegetarian)** **11**  
Thick Cut Sourdough, Provolone, Swiss Cheese, Sun-dried --Tomatoes, Red Peppers, Red Onion, Sliced Tomato, Lettuce, Fresh Avocado, and Homemade Pesto Aioli

**The Vegan Sandwich** **10**  
On Toasted Multigrain, Spinach, Tomato, Alfalfa Sprouts, Cucumber, Shredded Carrot, Avocado and Yellow Mustard

**Hearty Chicken** **12**  
Toasted Multigrain Bread, Oven Roasted Chicken Breast, Cucumber, Tomato, Fresh Avocado, Alfalfa Sprouts, Lettuce, Yellow Mustard, and Homemade Pesto Aioli

**Jesse's Ham Sandwich** **10**  
Toasted Butter Croissant, Ham, Swiss Cheese, Lettuce, Sliced Tomato, and Classic Mayo

**Seared Wild Caught AHI Sandwich** **13**  
Toasted Multigrain Bread, Seared Ahi Tuna, Spinach, Tomato, Red Onion, and Homemade Honey Aioli

**Spicy Chipotle Sandwich** **12**  
Thick Cut Sourdough, Oven Roasted Chicken Breast, Lettuce, Provolone Cheese, Bacon, Fresh Avocado and Homemade Chipotle Aioli

**BLT Sandwich** **13**  
Thick Cut Sourdough, Six Strips of Bacon, Lettuce, Tomato, and Classic Mayo **\*Add Avocado \$3**

**Grilled Cheese** **10**  
Thick Sourdough Bread, Melted Cheddar Cheese and Provolone Cheese **\*\*Add Bacon \$4.25\*\***

**Fountain Drink** 2.50  
Coca-Cola Orange Fanta Perrier **2.95**  
Diet Coke Lemonade  
Sprite Snapple ( Assorted ) **2.75**  
Bottled Water **2.50** Mexican Bottled Coke **3.75**

## Healthy Salads

\*All Dressings are on the Side\*

**7 Cafe House Salad** **8**  
Fresh Romaine Lettuce, Cut Tomatoes, Shredded Carrots, Sliced Cucumbers and Ranch Dressing

**Classic Caesar Salad** **9**  
Fresh Romaine Lettuce, Parmesan Cheese, Sliced Tomatoes, Herbed Croutons, and Classic Cesar Dressing

**Spinach Salad** **11**  
Fresh Spinach, Bacon, Sliced Cucumber, Alfalfa Sprouts, Sliced Tomatoes, Shredded Carrots, Avocado, and Balsamic Dressing

**Greek Salad** **11**  
Fresh Romaine Lettuce, Feta Cheese, Sliced Tomatoes, Black Olives, Red Onion, Green Peppers, Sliced Cucumber, Pepperoncini, and Balsamic Dressing

**Avocado Chicken Caesar Salad** **13**  
Fresh Romaine Lettuce, Roasted Chicken Breast, Fresh Avocado, Parmesan Cheese, Herbed Croutons, Sun-dried Tomatoes, and Classic Caesar Dressing

**BLT Salad** **13**  
Six Crispy Bacon Strips, Sliced Tomatoes, Jack Cheese, Herbed Croutons, Fresh Romaine Lettuce and Ranch Dressing

**7 Cafe Cobb Salad** **13**  
Fresh Romaine Lettuce, Roasted Turkey, Cheddar Cheese, Sliced Boiled Egg, Bacon, Avocado and Ranch Dressing

<b>ADD PROTEIN</b>	<b>DRESSINGS</b>
Seared Ahi <b>6</b>	Creamy Ranch
Grilled Chicken <b>4</b>	Balsamic Vinaigrette
Hard Boiled Egg <b>3</b>	Creamy Caesar

## Super Wraps

\*Our Homemade Pesto Pasta OR 7 Cafe Seasoned Fries\*

**Sweet Turkey Wrap** **11**  
Wheat Wrap W/ Romaine Lettuce, Turkey, Provolone Cheese, Tomato, Avocado, Bacon and Homemade Honey Aioli

**Chicken Caesar Wrap** **10**  
Wheat Wrap W/ Romaine Lettuce, Oven Roasted Chicken, Tomato, Herbed Croutons and Creamy Caesar Dressing

**Earthy Veggie Wrap** **10**  
Wheat Wrap W/ Romaine Lettuce, Cheddar Cheese, Swiss, Cucumber, Carrot, Sliced Tomato, Fresh Avocado, Alfalfa Sprouts, and Balsamic Vinaigrette

**Pesto Wrap** **10**  
Wheat Wrap W/ Romaine Lettuce, Oven Roasted Chicken, Provolone, Sun dried Tomatoes, and Homemade Pesto Aioli

**Chicken Feta Wrap** **10**  
Wheat Wrap W/ Spinach, Oven Roasted Chicken, Feta Cheese, Avocado, Shredded Carrots, and Balsamic Vinaigrette

Lunch Extra	Cup	Bowl
Pesto Pasta	4	5
Basket of Seasoned Fries	5	
Extra Sauces/ Dressing	.75 each	

**Iced Coffee** 4.95  
Flavor .75  
Vanilla, Caramel, Hazelnut  
Sugar free Vanilla or Caramel

**Iced Latte** 5.25  
Flavor .75  
Vanilla, Caramel, Hazelnut  
Sugar free Vanilla or Caramel

