

NEW ISLANDS DINING HALL

Hours: Monday-Friday: NO BREAKFAST

Lunch: 10:30am-4pm

Dinner: 4pm-8pm

Saturday & Sunday: Brunch: 10am-2pm

(Closed 2pm-4pm)

Dinner: 4pm-8pm

Prices: Breakfast: \$7.00

Lunch: \$9.25

Dinner: \$11.25

MONDAY SEPTEMBER 11TH

SANTA CATALINA PIZZA AND PASTA

- SAUSAGE AND PEPPERS, ROASTED PEPPERS, ONIONS, MUSHROOM WITH TOMATO CREAM SAUCE AND PENNE
- PIZZA DE JOUR AND CHEF'S FAVORITES

SANTA CATALINA MEXICAN GRILL

- FIESTA BOWL, CHOICE OF OUR HOUSE SEASONED MEAT, RICE, BEANS, SALSA FRESCA, QUESO FRESCO, GUACAMOLE

FARMER'S MARKET

- ORGANIC FRUIT
- ORANGE, YOGURT AND BANANA SMOOTHIE
- ORGANIC BROWN RICE
- ORGANIC LETTUCE WRAPS, BEAN SPROUTS, CARROTS, NAPA CABBAGE, MUSHROOMS, BELL PEPPERS, TERIYAKI SAUCE

SANTA ROSA GRILL

- BRIOCHE ANGUS BURGER, GOAT CHEESE, ARUGULA, TOMATO AND RANCH

ANACAPA SALADS

- WEDGE SALAD, BALSAMIC OR RANCH, BACON, ONIONS AND TOMATOES WITH CRUMBLE BLUE CHEESE
- CRISPY BBQ CHICKEN, CORN, TOMATOES, ONIONS, OLIVES AND CILANTRO RANCH

- HIBA, CRAB SALAD, TOMATO, ONION, CILANTRO AND LIME DRESSING
- TRADITIONAL CAESAR
- MIGHTY GRAIN SALAD, FARRO, COUSCOUS AND BARLEY, RASPBERRY DRESSING, MIXED GARDEN VEGETABLES

ANACAPA SOUPS

- CHICKEN MINESTRONE
- VEGETABLE RICE
- BEEF, MUSHROOM AND POTATOES

SANTA CRUZ SWEETS

- FROZEN YOGURT AND COOKIES (LUNCH & DINNER)

TUESDAY SEPTEMBER 12TH

SANTA CATALINA PIZZA AND PASTA

- CHICKEN AND BROCCOLI WITH BOWTIE, PARMESAN SAUCE, TOMATOES, ONIONS AND MUSHROOMS
- PIZZA DE JOUR AND CHEF'S FAVORITES

SANTA CATALINA MEXICAN GRILL

- CHILI RELLENO PLATTER WITH RANCHERO SAUCE, QUESO COTIJA, RICE AND BEANS

FARMER'S MARKET

- ORGANIC FRUIT
- ORANGE, YOGURT AND BANANA SMOOTHIE
- ORGANIC BROWN RICE
- SOY CHICKEN AND COUSCOUS BOWL, EGGPLANT, SQUASH, TOMATOES, TANDOORI SAUCE

SANTA ROSA GRILL

- CRISPY CHICKEN CIABATTA, SOUTHERN COLESLAW AND BBQ SAUCE

ANACAPA SALADS

- WEDGE SALAD, BALSAMIC OR RANCH, BACON, ONIONS AND TOMATOES WITH CRUMBLE BLUE CHEESE
- CRISPY BBQ CHICKEN, CORN, TOMATOES, ONIONS, OLIVES AND CILANTRO RANCH

- HIBA, CRAB SALAD, TOMATO, ONION, CILANTRO AND LIME DRESSING
- TRADITIONAL CAESAR
- MIGHTY GRAIN SALAD, FARRO, COUSCOUS AND BARLEY, RASPBERRY DRESSING, MIXED GARDEN VEGETABLES

ANACAPA SOUPS

- CHICKEN MINESTRONE
- CREAM OF TOMATO
- BEEF, BARLEY AND VEGETABLE

SANTA CRUZ SWEETS

- FROZEN YOGURT AND COOKIES (LUNCH & DINNER)

WEDNESDAY SEPTEMBER 13TH

SANTA CATALINA PIZZA AND PASTA

- NEW ORLEANS PASTA, CAJUN SAUSAGE AND BLACKENED CHICKEN, ONIONS, BELL PEPPERS AND CAJUN CREAM SAUCE
- PIZZA DE JOUR AND CHEF'S FAVORITES

SANTA CATALINA MEXICAN GRILL

- SOPES, CHORIZO AND POTATO, LETTUCE, QUESO FRESCO, PICO DE GALLO, SOUR CREAM AND SALSA

FARMER'S MARKET

- ORGANIC FRUITS
- GLUTEN FREE GRILLED CHEESE, SPINACH, GARLIC VEGANIESE AIOLI, TOMATOES AND ONIONS
- ORANGE JUICE AND STRAWBERRY SMOOTHIE

SANTA ROSA GRILL

- WILD WING WEDNESDAY, CHOICE OF BUFFALO OR BBQ SAUCE

ANACAPA SUSHI AM/PM

- SPICY TUNA ROLL
- CALIFORNIA ROLL, CRAB, AVOCADO AND CUCUMBER
- CRISPY CHICKEN ASIAN SALAD
- SESAME GINGER NOODLE VEGETABLE SALAD

ANACAPA SOUPS

- CHICKEN MINESTRONE
- MISO AND TOFU
- CHICKEN NOODLE

SANTA CRUZ SWEETS

- FROZEN YOGURT AND COOKIES (LUNCH & DINNER)

THURSDAY SEPTEMBER 14TH

SANTA CATALINA PIZZA AND PASTA

- PASTA FLORENTINE, SPINACH, ARTICHOKE, SUNDRIED TOMATOES, ONIONS, CHICKEN OR SAUSAGE, PESTO CREAM SAUCE
- PIZZA DE JOUR AND CHEF'S FAVORITES

SANTA CATALINA MEXICAN GRILL

- FIESTA BOWL, CHOICE OF HOUSE MARINATED MEATS, RICE BEANS, LETTUCE, PICO DE GALLO, FRESCO CHEESE GUACAMOLE

FARMER'S MARKET

- ORGANIC FRUIT
- GLUTEN FREE PENNE PRIMAVERA, GARDEN VEGETABLES, TOMATO BASIL SAUCE
- BERRY DELICIOUS BEVERAGES

SANTA ROSA GRILL

- CORN BEEF, SOURDOUGH, CARAMELIZED ONIONS, MOZZARELLA AND HONEY MUSTARD

ANACAPA SALADS

- WEDGE SALAD, BALSAMIC OR RANCH, BACON, ONIONS AND TOMATOES WITH CRUMBLE BLUE CHEESE
- CRISPY BBQ CHICKEN, CORN, TOMATOES, ONIONS, OLIVES AND CILANTRO RANCH
- HIBA, CRAB SALAD, TOMATO, ONION, CILANTRO AND LIME DRESSING
- TRADITIONAL CAESAR
- MIGHTY GRAIN SALAD, FARRO, COUSCOUS AND BARLEY, RASPBERRY DRESSING, MIXED GARDEN VEGETABLES

ANACAPA SOUPS

- CHICKEN MINISTRONE
- SPINACH ORZO AND LEMON
- ARROZ CON POLLO

SANTA CRUZ SWEETS

- FROZEN YOGURT AND COOKIES
(LUNCH & DINNER)

FRIDAY SEPTEMBER 15TH

SANTA CATALINA PIZZA AND PASTA

- SHRIMP POMODORO, WILD WHITE SHRIMP, TOMATO, BASIL, GARLIC AND MARINARA WITH ROTINI
- PIZZA DE JOUR AND CHEF'S FAVORITES

SANTA CATALINA MEXICAN GRILL

- FISH TACOS

FARMER'S MARKET

- ORGANIC FRUIT
- FRESH BLENDER GREEN SMOOTHIES
- THAI RED CURRY BROWN RICE BOWL, TOFU, EGGPLANT, PEPPERS AND SQUASH WITH ONIONS

SANTA ROSA GRILL

- BBQ BRAISED BEEF, LETTUCE, TOMATO AND ONIONS WITH PEPPER JACK ON SPECIALTY BUN

ANACAPA SALADS

- A VARIETY OF HAND TOSSED GARDEN AND CHEF'S SPECIALTY SALADS. RANGING FROM VEGETARIAN, VEGAN AND PROTEIN BASED DELIGHTS

ANACAPA SOUPS

- CHICKEN MINISTRONE
- VEGETABLE CHOWDER
- CLAM CHOWDER

SANTA CRUZ SWEETS

- FROZEN YOGURT AND COOKIES
(LUNCH & DINNER)

SATURDAY & SUNDAY SEPTEMBER

16TH & 17TH

- FULL SERVICE BREAKFAST GRILL
- OMELET STATION
- YOGURT BAR WITH ORGANIC GRANOLA
- ASSORTED DAILY HOT ENTREES SPECIALS
- CEREAL BAR
- FULL SALAD, FRUIT AND DRESSING STATION

WAFFLE STATION

SANTA ROSA GRILL

- CHEF'S CHOICE

ANACAPA SALADS

- CHEF'S CHOICE

FARMER'S MARKET STATION

- CHEF'S CHOICE

SANTA CRUZ SWEETS

- FROZEN TREATS AND COOKIES
(BRUNCH AND DINNER)



ISLANDS CAFE DINING HALL

Hours: Monday – Friday:

Breakfast: 7am-10:30pm

Lunch: 10:30- 4pm

Dinner: 4pm-8pm

Saturday & Sunday: Brunch: 10am-2pm

(Closed 2pm-4pm)

Dinner: 4pm-8pm

Prices: Breakfast: \$7.00

Lunch/Brunch: \$9.25

Dinner: \$11.25

MONDAY SEPTEMBER 11TH

SAN CLEMENTE ENTREES AND SIDES

LUNCH

- CHICKEN PICATTA, LEMON CAPER AND TOMATO CREAM SAUCE
- ORZO PRIMAVERA
- SAUTÉED VEGETABLES

DINNER

- BLACKENED SALMON WITH BLOOD ORANGE BUERRE BLANC
 - RICE PILAF
 - CAULIFLOWER AND BROCCOLI
- SAN NICHOLAS DELI
- ITALIAN SUB, HAM, MORTADELLA, AND SALAMI ON A FRESH OIL, ITALIAN DRESSING, LETTUCE, TOMATOES AND ONIONS

SANTA ROSA BREAKFAST

- BREAKFAST QUESADILLA, BACON, HAM, SAUSAGE AND CHEESE

SAN MIGUEL PAN ASIAN GRILL

- MANDARIN ORANGE CHICKEN
- STIR FRY NOODLES
- STEAMED RICE
- POT STICKER, WONTON OR EGGROLLS

SANTA CRUZ SWEETS

- FROZEN YOGURT AND COOKIES

TUESDAY SEPTEMBER 12TH

LUNCH

- SAVORY MEAT LASAGNA
- GARDEN VEGETABLE LASAGNA WITH PESTO
- ITALIAN SEASONED VEGETABLES

DINNER

- THAI RED CURRY BEEF TIPS AND PEPPERS
- CILANTRO RICE
- BOK CHOY, CARROTS AND PEPPERS

SAN NICHOLAS DELI

- CARPESE MELT ON CIABATTA, TOMATO, BASIL, ONIONS, PESTO AND FRESH MOZZARELLA WITH BALSAMIC GLAZE

SANTA ROSA BREAKFAST

- BREAKFAST QUESADILLA, BACON, HAM, SAUSAGE AND CHEESE

SAN MIGUEL PAN ASIAN GRILL

- SESAME TEMPURA CHICKEN
- STIR FRY NOODLES
- STEAMED RICE
- POT STICKER, WONTON OR EGGROLLS

SANTA CRUZ SWEETS

- FROZEN YOGURT AND COOKIES

WEDNESDAY SEPTEMBER 13TH

SAN CLEMENTE ENTREES AND SIDES

LUNCH

- OVEN ROASTED CHICKEN WITH HERBS DE PROVENCE
- ROASTED RED POTATOES
- SAUTÉED VEGETABLES

DINNER

- BBQ BEEF TIPS, ONIONS AND MUSHROOMS
- SOUR CREAM WHIPPED POTATOES
- CAULIFLOWER AND BROCCOLI

SAN NICHOLAS DELI

- JALAPENO BLTA , NAAN FLAT BREAD, PEPPER JACK AND CHIPOTLE AIOLI

SANTA ROSA BREAKFAST

- BREAKFAST QUESADILLA, BACON, HAM, SAUSAGE AND CHEESE

SAN MIGUEL PAN ASIAN GRILL

- KUNG PAO CHICKEN
- STIR FRY NOODLES
- STEAMED RICE
- POT STICKER, WONTON OR EGGROLLS

SANTA CRUZ SWEETS

- FROZEN YOGURT AND COOKIES

THURSDAY SEPTEMBER 14TH

SAN CLEMENTE ENTREES AND SIDES

SAN CLEMENTE ENTREES AND SIDES

LUNCH

- CILANTRO LIME CHICKEN
- BLACK BEAN AND CORN PILAF
- SQUASH AND PEPPERS

DINNER

- GINGER SOY GLAZED PORK LOIN
- WHIPPED POTATOES
- SESAME SCENTED VEGETABLE

SAN NICHOLAS DELI

- PROSCIUTTO, ARUGULA AND HAVARTI WITH DILL ON FLAT BREAD WITH HONEY MUSTARD

SANTA ROSA BREAKFAST

- BREAKFAST QUESADILLA, BACON, HAM, SAUSAGE AND CHEESE

SAN MIGUEL PAN ASIAN GRILL

- SWEET AND SOUR CHICKEN WITH, PINEAPPLES, ONIONS AND PEPPERS
- STIR FRY NOODLES
- STEAMED RICE
- POT STICKER, WONTON OR EGGROLLS

SANTA CRUZ SWEETS

- FROZEN YOGURT AND COOKIES

FRIDAY SEPTEMBER 15TH

SAN CLEMENTE ENTREES AND SIDES

LUNCH

- BRAISED CHICKEN BUENOS AIRES, PARSNIPS, ONIONS AND APRICOTS
- CUMIN TOASTED POTATOES
- CARROTS, ONIONS AND EGGPLANT

SAN NICHOLAS DELI

- MEDITERRANEAN FLAT BREAD, HUMMUS, SPROUTS, CUCUMBERS, TOMATOES, FETA AND YOGURT SAUCE

SANTA ROSA BREAKFAST

- BREAKFAST QUESADILLA, BACON, HAM, SAUSAGE AND CHEESE

SAN MIGUEL PAN ASIAN GRILL

- TEMPURA CHICKEN AND PEPPER WITH GENERAL TSA SAUCE
- STIR FRY NOODLES
- STEAMED RICE
- POT STICKER, WONTON OR EGGROLLS

SANTA CRUZ SWEETS

- FROZEN YOGURT AND COOKIES

SATURDAY & SUNDAY

SEPTEMBER 16TH & 17TH

BREAKFAST

- FULL SERVICE BREAKFAST GRILL
- OMELET STATION
- YOGURT BAR WITH ORGANIC GRANOLA
- ASSORTED DAILY HOT ENTREES SPECIALS
- CEREAL BAR
- FULL SALAD, FRUIT AND DRESSING STATION
- WAFFLE STATION
- SMOOTHIE AND JUICE BAR
- SAVORY GARLIC RUBBED POT ROAST
- RICE PILAF
- LEMON SCENTED VEGETABLES