**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

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**MONDAY AUGUST 23rd**

**SAN CLEMENTE ENTREES AND SIDES**

**DINNER**
- **MANDARIN ORANGE CHICKEN**
- **STEAM CALROSE RICE**
- **STIR FRY VEGETABLE**

**SAN ROSA BREAKFAST (7AM-1030AM)**
- **BAGEL BREAKFAST BREAKFAST SANDWICH, SCRAMBLED EGGS, SAUSAGE, CHEESE, SOURDOUGH BREAD**
- **VEGAN/GF—BAGEL BREAKFAST BREAKFAST SANDWICH, SCRAMBLED EGGS, BACON, CHEESE, SOURDOUGH BREAD**

**SAN NICHOLAS DELI**
- **CHICKEN CAPRESE FLAT BREAD, FRESH MOZZARELLA, TOMATOES AND PESTO, GRILLED CHICKEN**
- **VEGAN/GF—GRILLED VEGETABLE AND HUMMUS SANDWICH TOASTED WITH VEGAN CHEESE**
  - **SANTA ROSA GRILL (1030AM-8PM)**
  - **BBQ CRISPY CHICKEN WRAP, LETTUCE, TOMATOES, CHEESE, ONIONS WITH RANCH DRESSING AND FRIES**
  - **VEGAN/GF—BBQ CRISPY TOFU WRAP, LETTUCE, TOMATOES, VEGAN CHEESE, ONIONS WITH VEGAN DRESSING AND FRIES**

**SANTA CATALINA MEXICAN GRILL**
- **BEEF BARBACOA WET BURRITO, RICE BEANS, ONIONS, CILANTRO, SMOTHERED IN FLAVORFUL RED SAUCE TOPPED WITH CHEESE AN AVOCADO PICO DE GALLO**
- **VEGAN/GF—FAJITA VEGETABLE WET BURRITO, RICE BEANS, ONIONS, CILANTRO, SMOTHERED IN FLAVORFUL RED SAUCE TOPPED WITH VEGAN CHEESE AN AVOCADO PICO DE GALLO**

**SANTA CRUZ SWEETS**

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**TUESDAY AUGUST 24TH**

**SAN CLEMENTE ENTREES AND SIDES**

**DINNER**
- **CHICKEN PARMESAN, TOPPED WITH MELTED MOZZARELLA AND TOMATO BASIL SAUCE**
- **RICE PILAF**
- **VEGETABLE MEDLEY**

**SAN ROSA BREAKFAST (7AM-1030AM)**
- **TRIPLE THREAT PANCAKES, DICED BACON, HAM AND SAUSAGE, SCRAMBLED EGGS AND TATER TOTS**
- **VEGAN/GF—DICED VEGAN SAUSAGE AND GF/VEGAN PANCAKES, TATER TOTS**

**SAN NICHOLAS DELI**
- **3 ALARM FLAT BREAD, JALAPENO BLT WITH PEPPER JACK ON FLAT BREAD AND CHIPOTLE AIOLI**
- **VEGAN/GF—HUMMUS, CUCUMBER AND ROASTED PEPPERS, SPINACH, TOMATOES AND ONIONS ON GF BREAD**

**SAN ROSA GRILL (1030AM-8PM)**
- **HAWAIIAN BURGER, PINEAPPLE, TERIYAKI, CHEESE, LETTUCE, TOMATO AND ONIONS, ON BRIOCHIE**
- **VEGAN/GF—HAWAIIAN BURGER, VEGGIE PATTY, PINEAPPLE, TERIYAKI, LETTUCE, TOMATO AND ONIONS, ON GLUTEN FRIENDLY BUN**

**SAN CATALINA MEXICAN GRILL**
- **CHIPOTLE CHICKEN FIESTA BOWL, SPANISH RICE, BLACK BEANS, MIX CHEESE, FIRE ROASTED CORN, PICO DE GALLO WITH AVOCADO, CHIPOTLE SAUCE**
- **VEGAN/GF—CHIPOTLE VEGAN CHICKEN FIESTA BOWL, SPANISH RICE, BLACK BEANS, FIRE ROASTED CORN, PICO DE GALLO WITH AVOCADO, VEGAN CHIPOTLE SAUCE**

**SANTA CRUZ SWEETS**

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**WEDNESDAY AUGUST 25TH**

**SAN CLEMENTE ENTREES AND SIDES**

**DINNER**
- **STEAK HOUSE BEEF TIPS, ONIONS, MUSHROOM AND GARLIC**
- **BROCCOLI MEDLEY & PEPPERS GARLIC WHIPPED POTATOES**
- **SEASONED GREEN BEANS AND PEPPERS**

**SAN ROSA BREAKFAST (7AM-1030AM)**
- **SUNRISE BREAKFAST BREAKFAST SANDWICH, SCRAMBLED EGGS, BACON, CHEESE, SOURDOUGH BREAD**
- **VEGAN/GF—GRILLED FLATBREAD, VEGAN CHEESE, OLIVES AND ROASTED PEPPERS**
  - **SANTA ROSA GRILL (1030AM-8PM)**
  - **SAVORY TURKEY BURGER, PESTO AIOLI, SWISS, TOMATOES, ONIONS, LETTUCE**
  - **VEGAN/GF—SAVORY GARDEN PATTY BURGER, VEGAN HERB GARLIC LEMON AIOLI, SWISS, TOMATOES, ONIONS, LETTUCE**

**SAN NICHOLAS DELI**
- **3 ALARM FLAT BREAD, JALAPENO BLT WITH PEPPER JACK ON FLAT BREAD AND CHIPOTLE AIOLI**
- **VEGAN/GF—HUMMUS, CUCUMBER AND ROASTED PEPPERS, SPINACH, TOMATOES AND ONIONS ON GF BREAD**

**SAN ROSA GRILL (1030AM-8PM)**
- **HAWAIIAN BURGER, PINEAPPLE, TERIYAKI, CHEESE, LETTUCE, TOMATO AND ONIONS, ON BRIOCHIE**
- **VEGAN/GF—HAWAIIAN BURGER, VEGGIE PATTY, PINEAPPLE, TERIYAKI, LETTUCE, TOMATO AND ONIONS, ON GLUTEN FRIENDLY BUN**

**SAN CATALINA MEXICAN GRILL**
- **MACHO NACHO, GROUND BEEF, CHIPOTLE NACHO CHEESE SAUCE, PICO DE GALLO, AVOCADO CREAM, BLACK BEANS, SPANISH RICE, JALAPENOS AND OLIVES**
- **VEGAN/GF—VEGGIE NACHOS PICO DE GALLO, AVOCADO VEGAN CREAM, BLACK BEANS, SPANISH RICE, JALAPENOS AND OLIVES**

**SANTA CRUZ SWEETS**

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**THURSDAY AUGUST 26TH**

**SAN CLEMENTE ENTREES AND SIDES**

**DINNER**
- **STEAK HOUSE BEEF TIPS, ONIONS, MUSHROOM AND GARLIC**
- **BROCCOLI MEDLEY & PEPPERS GARLIC WHIPPED POTATOES**
- **VEGETABLE MEDLEY**

**SAN ROSA BREAKFAST (7AM-1030AM)**
- **TRIPLE THREAT PANCAKES, DICED BACON, HAM AND SAUSAGE, SCRAMBLED EGGS AND TATER TOTS**
- **VEGAN/GF—DICED VEGAN SAUSAGE AND GF/VEGAN PANCAKES, TATER TOTS**

**SAN NICHOLAS DELI**
- **CHICKEN CORDON BLEU STACK, HAM, SWISS LAYERED ON A CHICKEN BREAST WITH A TARRAGON CREAM SAUCE**
- **RICE PILAF**
- **SEASONED GREEN BEANS AND PEPPERS**

**SAN ROSA BRUNCH (7AM-1030AM)**
- **SUNRISE BREAKFAST BREAKFAST SANDWICH, SCRAMBLED EGGS, BACON, CHEESE, SOURDOUGH BREAD**

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**FRIDAY AUGUST 27th**

**SANTO ROSA BREAKFAST (7AM-1030AM)**
- BREAKFAST CHORIZO QUESADILLA, PICO DE GALLO, CHEESE WITH TATER TOTS
- VEGAN/GF—BREAKFAST VEGETABLE QUESADILLA, PICO DE GALLO, VEGAN CHEESE, TOFU WITH TATER TOTS

**SANTO ROSA GRILL (1030AM-8PM)**
- CALI BURGER, ANGUS BEEF, PEPPER JACK CHEESE, AVOCADO RANCH, LETTUCE AND TOMATOES ON A SPECIALTY BUN
- VEGAN/GF—CALI VEGAN BURGER, VEGAN CHEESE, AVOCADO VEGAN AIOLI, LETTUCE AND TOMATOES ON A GF BUN

**SANTA CRUZ SWEETS**
- COOKIES

**SATURDAY AUGUST 28th**

**BREAKFAST (10am-2pm)**
- FULL SERVICE BREAKFAST BUFFET
- SCRAMBLED EGGS, BACON, SAUSAGE, CHEESE BLINTZ WITH STRAWBERRY SAUCE, TATER TOTS
- OMELET STATION
- YOGURT BAR WITH ORGANIC GRANOLA
- ASSORTED DAILY HOT ENTREES SPECIALS
- CEREAL BAR
- DELI, SALAD, AND FRUIT STATION
- HAMBURGERS, CHICKEN TENDERS AND GRILLED CHEESE

**DINNER (4pm-8pm)**
- KETCHUP GLAZED MEATLOAF WITH BACON AND ONION GRAVY
- RICE PILAF

**SUNDAY AUGUST 29th**

**BREAKFAST (10am-2pm)**
- FULL SERVICE BREAKFAST BUFFET
- SCRAMBLED EGGS, BACON, SAUSAGE, CHEESE BLINTZ WITH STRAWBERRY SAUCE, TATER TOTS
- OMELET STATION
- YOGURT BAR WITH ORGANIC GRANOLA
- ASSORTED DAILY HOT ENTREES SPECIALS
- CEREAL BAR
- DELI, SALAD, AND FRUIT STATION
- HAMBURGERS, CHICKEN TENDERS AND GRILLED CHEESE

**DINNER (4pm-8pm)**
- GARDEN HERB SEASONED VEGETABLES
- SANTA CRUZ SWEETS
- COOKIES

**SAN CLEMENTE ENTREES AND SIDES**

**LUNCH/DINNER**
- LEMON GRASS TEMPURA CHICKEN
- STEAM CALROSE RICE
- STIR FRY VEGETABLE

**SAN NICHOLAS DELI**
- PIZZAIOLEA FLAT BREAD, MARINARA, SALAMI, CAPICOLA, HAM, FRESH MOZZARELLA
- VEGAN/GF—ROASTED PEPPERS, TOMATOES AND ONIONS, MARINARA AND VEGAN CHEESE MELT ON GF BREAD

**SANTA ROSA BREAKFAST (7AM-1030AM)**
- BREAKFAST CHORIZO QUESADILLA, PICO DE GALLO, CHEESE WITH TATER TOTS
- VEGAN/GF—BREAKFAST VEGETABLE QUESADILLA, PICO DE GALLO, VEGAN CHEESE, TOFU WITH TATER TOTS

**SANTA ROSA GRILL (1030AM-8PM)**
- CALI BURGER, ANGUS BEEF, PEPPER JACK CHEESE, AVOCADO RANCH, LETTUCE AND TOMATOES ON A SPECIALTY BUN
- VEGAN/GF—CALI VEGAN BURGER, VEGAN CHEESE, AVOCADO VEGAN AIOLI, LETTUCE AND TOMATOES ON A GF BUN

**SANTA CRUZ SWEETS**
- COOKIES

**SANTA ROSA BREAKFAST (7AM-1030AM)**
- BREAKFAST CHORIZO QUESADILLA, PICO DE GALLO, CHEESE WITH TATER TOTS
- VEGAN/GF—BREAKFAST VEGETABLE QUESADILLA, PICO DE GALLO, VEGAN CHEESE, TOFU WITH TATER TOTS

**SANTA ROSA GRILL (1030AM-8PM)**
- CALI BURGER, ANGUS BEEF, PEPPER JACK CHEESE, AVOCADO RANCH, LETTUCE AND TOMATOES ON A SPECIALTY BUN
- VEGAN/GF—CALI VEGAN BURGER, VEGAN CHEESE, AVOCADO VEGAN AIOLI, LETTUCE AND TOMATOES ON A GF BUN

**SANTA CRUZ SWEETS**
- COOKIES

**SANTA ROSA BREAKFAST (7AM-1030AM)**
- BREAKFAST CHORIZO QUESADILLA, PICO DE GALLO, CHEESE WITH TATER TOTS
- VEGAN/GF—BREAKFAST VEGETABLE QUESADILLA, PICO DE GALLO, VEGAN CHEESE, TOFU WITH TATER TOTS

**SANTA ROSA GRILL (1030AM-8PM)**
- CALI BURGER, ANGUS BEEF, PEPPER JACK CHEESE, AVOCADO RANCH, LETTUCE AND TOMATOES ON A SPECIALTY BUN
- VEGAN/GF—CALI VEGAN BURGER, VEGAN CHEESE, AVOCADO VEGAN AIOLI, LETTUCE AND TOMATOES ON A GF BUN

**SANTA CRUZ SWEETS**
- COOKIES