

**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 October 3<sup>rd</sup>**

**SAN CLEMENTE ENTREES AND SIDES**

**LUNCH**

- MANDARIN ORANGE CHICKEN
- STEAM STICKY RICE
- SOY GINGER SPICED CARROTS, BROCCOLI, AND PEPPERS

**DINNER**

- BLACKENED SALMON, LEMON BEURRE BLANC AND STRAWBERRY RELISH
- WILD RICE PILAF
- GREEN BEANS AND RED BELL PEPPERS

**SANTA ROSA BREAKFAST (7AM-1030AM)**

- CHOICE OF SCRAMBLED EGGS, PANCAKES, BREAKFAST BACON OR SAUSAGE BURRITO OR QUESADILLA, BACON OR SAUSAGE BREAKFAST SANDWICH, ENGLISH MUFFIN OR HAM AND CHEESE EGG CROISSANT, TATER TOTS
- **VEGAN/GF--** VEGAN EGGS, VEGAN CHEESE, GF PANCAKES, GF WRAPS AND GF BREAD AVAILABLE

**SAN NICHOLAS DELI**

- TUNA SALAD AND SWISS CROISSANT, LETTUCE, TOMATOES AND CHOICE OF SAUCE
- **VEGAN/GF--** GRILLED GF BREAD, HUMMUS, AND VEGAN CHEESE WITH

**SANTA ROSA GRILL (1030AM-8PM)**

- CRISPY CHICKEN PATTY SANDWICH, LETTUCE, TOMATOES, PICKLES AMERICAN CHEESE AND CHIPOTLE AIOLI
- **VEGAN/GF--** VEGAN CHICKEN SANDWICH, LETTUCE, TOMATOES PROVOLONE CHEESE AND VEGAN CHIPOTLE AIOLI, GF BUN

**SANTA CATALINA MEXICAN GRILL**

- BURRITO MOJADO, PORK PASTOR, RICE, BEANS, CHEESE, PICO DE GALLO, COVERED WITH RED SAUCE AND CHEESE
- **VEGAN/GF--** VEGAN BURRITO MOJADO, RICE, BEANS, VEGAN CHEESE, PICO DE GALLO, COVERED WITH RED SAUCE AND VEGAN CHEESE

**HOMEMADE SOUPS**

- PORK POSOLE
- BARLEY, VEGETABLE

**SANTA CRUZ SWEETS**

ASSORTED COOKIES AND SWEET TREATS

**TUESDAY October 4<sup>th</sup>**

**IN HONOR OF "NATIONAL CINNAMON BUN DAY" 10/4/2022**

**SAN CLEMENTE ENTREES AND SIDES**

**LUNCH**

- CHICKEN FRESCO, ARTICHOKE HEARTS, SUN DRIED TOMATOES AND PESTO CREAM SAUCE
- GARLIC WHIPPED POTATOES
- VEGETABLE MEDLEY

**DINNER**

- SURF AND TURF, BAKED CHICKEN BREASTED WITH A KRAB AND SEAFOOD CRUST IN A LEMON HERB CREAM SAUCE
- RICE PILAF
- GARDEN SAUTÉED VEGETABLES

**SANTA ROSA BREAKFAST (7AM-1030AM)**

- CHOICE OF SCRAMBLED EGGS, PANCAKES, BREAKFAST BACON OR SAUSAGE BURRITO OR QUESADILLA, BACON OR SAUSAGE BREAKFAST SANDWICH, ENGLISH MUFFIN OR HAM AND CHEESE EGG CROISSANT, TATER TOTS
- **VEGAN/GF--** VEGAN EGGS, VEGAN CHEESE, GF PANCAKES, GF WRAPS AND GF BREAD AVAILABLE

**SAN NICHOLAS DELI**

- HUMMUS, SPROUTS, TOMATOES, AVOCADO, TANDOORI AIOLI ON NAAN BREAD

**SANTA ROSA GRILL (1030AM-8PM)**

- 3 ALARM GRILLED CHEESE WITH JALAPENO BACON, PEPPER JACK, SRIRACHA, AND SMOKED JALAPENO SAUCE WITH PICKLED CHILIES
- **VEGAN/GF--** VEGAN GRILLED CHEESE SANDWICH, LETTUCE, TOMATOES PROVOLONE CHEESE AND VEGAN CHIPOTLE AIOLI, GF BREAD

**SANTA CATALINA MEXICAN GRILL**

- QUESA BIRRIA, QUESADILLA WITH SHREDDED BEEF AND CHEESE, WITH SOUR CREAM, ONIONS, AND CILANTRO
- **VEGAN/GF--** VEGAN CHEESE QUESADILLA, GF TORTILLA, VEGAN CREAM, ONIONS, AND CILANTRO

**HOMEMADE SOUPS**

- PORK POSOLE
- BARLEY, VEGETABLE

**SANTA CRUZ SWEETS**

- ASSORTED COOKIES AND SWEET TREATS

**WEDNESDAY October 5<sup>th</sup>**

**SAN CLEMENTE ENTREES AND SIDES**

**LUNCH**

- CHICKEN CAPRESE, TOPPED WITH TOMATOES, FRESH BASIL, AND TARRAGON CREAM SAUCE
- RICE PILAF
- LOCAL FARMED VEGETABLES

**DINNER**

- SANTA MARIA TRI TIP, BBQ AU JUS
- ROASTED RED POTATOES
- GARDEN VEGETABLE MEDLEY

**SANTA ROSA BREAKFAST (7AM-1030AM)**

- CHOICE OF SCRAMBLED EGGS, PANCAKES, BREAKFAST BACON OR SAUSAGE BURRITO OR QUESADILLA, BACON OR SAUSAGE BREAKFAST SANDWICH, ENGLISH MUFFIN OR HAM AND CHEESE EGG CROISSANT
- **VEGAN/GF--** VEGAN EGGS, VEGAN CHEESE, GF PANCAKES, GF WRAPS AND GF BREAD AVAILABLE

**SAN NICHOLAS DELI**

- DYNAMIC DUO, SHAVED HAM, BACON, HONEY MUSTARD, ROASTED PEPPERS, ONIONS ON GRILLED FLAT BREAD
- **VEGAN/GF--** GRILLED GF BREAD, VEGAN CHEESE, OLIVES, AND ROASTED PEPPERS

**SANTA ROSA GRILL (1030AM-8PM)**

- REUBEN SANDWICH ON SOURDOUGH, SLICED CORN BEEF, SWISS, THOUSAND ISLANDS DRESSING
- **VEGAN/GF--** VEGAN GRILLED CHEESE, TOMATOES AND CHOICE OF TOPPINGS ON GF BREAD

**SANTA CATALINA MEXICAN GRILL**

- SIETE MAR, SEAFOOD STEW, VARIETY OF FISH, CLAMS AND SHRIMP WITH ANCHO BROTH

HOMEMADE SOUPS

- PORK POSOLE
- BARLEY, VEGETABLE

SANTA CRUZ SWEETS

- ASSORTED COOKIES AND SWEET TREATS

THURSDAY October 6<sup>th</sup>

SAN CLEMENTE ENTREES AND SIDES

LUNCH

- SWEET AND SOUR TEMPURA CHICKEN, ONIONS, BELL PEPPERS, AND PINEAPPLE
- CILANTRO MASHED POTATOES
- SEASONED VEGETABLES

DINNER

- SLOW SMOKED BABY BACK RIBS
- MASHED POTATOES
- GARDEN VEGETABLES

SANTA ROSA BREAKFAST (7AM-1030AM)

- CHOICE OF SCRAMBLED EGGS, PANCAKES, BREAKFAST BACON OR SAUSAGE BURRITO OR QUESADILLA, BACON OR SAUSAGE BREAKFAST SANDWICH, ENGLISH MUFFIN OR HAM AND CHEESE EGG CROISSANT, TATER TOTS
- **VEGAN/GF**—VEGAN EGGS, VEGAN CHEESE, GF PANCAKES, GF WRAPS AND GF BREAD AVAILABLE

SAN NICHOLAS DELI

- TURKEY BLT CROISSANT, HERB AIOLI, SWISS, TOMATOES AND LETTUCE
- **VEGAN/GF**—HUMMUS, CUCUMBER AND ROASTED PEPPERS, SPINACH, TOMATOES AND ONIONS ON GF BREAD

SANTA ROSA GRILL (1030AM-8PM)

- SAVORY MEATBALLS AND MOZZARELLA CHEESE, TOMATO BASIL SAUCE
- **VEGAN/GF**—VEGAN MEATBALL SUB GF BUN ITALIAN RED SAUCE, SAVORY VEGAN MEATBALLS AND MOZZARELLA CHEESE

SANTA CATALINA MEXICAN GRILL

**TORTA THURSDAY**

- TORTA AHOGADA, BEEF BARBACOA, BEANS, DIPPED IN SALSA ROJA AND COTIJA CHEESE
- **VEGAN/GF**— BURRITO AHOGADA, BEEF BARBACOA, BEANS, DIPPED IN SALSA ROJA AND COTIJA CHEESE, GF TORTILLA

HOMEMADE SOUPS

- SPINACH, ORZO, AND TOMATO
- BEEF, MUSHROOM AND POTATO

SANTA CRUZ SWEETS

- ASSORTED COOKIES AND SWEET TREATS

FRIDAY October 7<sup>th</sup>

SAN CLEMENTE ENTREES AND SIDES

LUNCH

- HERB MARINATED CHICKEN BREAST WITH PESTO ALFREDO SAUCE
- RICE PILAF
- GARLIC SCENTED LOCAL FARMED VEGETABLES

DINNER

- PAN ROASTED TILAPIA, 3 CITRUS AND TOMATILLO SAUCE
- CUBAN BLACK BEANS
- CILANTRO RICE

SANTA ROSA BREAKFAST (7AM-1030AM)

- CHOICE OF SCRAMBLED EGGS, PANCAKES, BREAKFAST BACON OR SAUSAGE BURRITO OR QUESADILLA, BACON OR SAUSAGE BREAKFAST SANDWICH, ENGLISH MUFFIN OR HAM AND CHEESE EGG CROISSANT, TATER TOTS
- **VEGAN/GF**—VEGAN EGGS, VEGAN CHEESE, GF PANCAKES, GF WRAPS AND GF BREAD AVAILABLE

SAN NICHOLAS DELI

- CAPRESE FLAT BREAD WITH FRESH MOZZARELLA, BASIL, AND TOMATOES

- **VEGAN/GF**— VEGAN WRAP, TOMATOES, LETTUCE, VEGAN CHEESE VEGAN AIOLI ON GF TORTILLA

SANTA ROSA GRILL (1030AM-8PM)

- FISH N CHIPS, BATTERED WILD COD, SERVED WITH CAJUN TARTAR SAUCE
- **VEGAN/GF**—VEGAN GRILLED CHEESE, TOMATOES, ONIONS SERVED WITH A CAJUN VEGAN DIPPING SAUCE

SANTA ROSA GRILL (1030AM-8PM)

- ITALIAN MEATBALL SANDO ON ITALIAN ROLL, MOZZARELLA, MARINARA, PESTO AIOLI,
- **VEGAN/GF**— ITALIAN VEGAN MEATBALLS ON GF BREAD, VEGAN MOZZARELLA, MARINARA,

SANTA CATALINA MEXICAN GRILL

- BAJA BURRITO WITH CRISPY FISH, RICE, GUACAMOLE, SALSA VERDE, PICO DE GALLO AND QUESO FRESCO, RICE AND BEANS
- **VEGAN/GF**—BAJA FAJITA VEGETABLE BURRITO, RICE, GUACAMOLE, SALSA VERDE, PICO DE GALLO AND GF WRAP, RICE, AND BEANS

HOMEMADE SOUPS

- SPINACH, ORZO, AND TOMATO
- BEEF, MUSHROOM AND POTATO

SANTA CRUZ SWEETS

- ASSORTED COOKIES AND SWEET TREATS

**SATURDAY & SUNDAY**

**October 8<sup>th</sup> & 9<sup>th</sup>**

**BREAKFAST** (10am-2pm)

- FULL-SERVICE BREAKFAST BUFFET
- SCRAMBLED EGGS, BACON, SAUSAGE, CHEF'S CHOICE BREAKFAST SIDE, TATER TOTS
- CHOICE OF SCRAMBLED EGGS, PANCAKES, BREAKFAST BACON OR SAUSAGE BURRITO OR QUESADILLA, BACON OR SAUSAGE

BREAKFAST SANDWICH, ENGLISH MUFFIN OR HAM AND CHEESE EGG CROISSANT, 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)

SAN CLEMENTE ENTREES AND SIDES

- CHEF'S CHOICE OF DAILY HOT ENTREE
- CHEF'S CREATION OF SIDES

SANTA CATALINA MEXICAN GRILL

- CHEF'S CREATION

SAN NICHOLAS DELI

- DELI, SALAD, AND FRUIT STATION

SANTA ROSA GRILL

- HAMBURGERS, CHICKEN TENDERS, CORNDOG, AND GRILLED CHEESE