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

**BREAKFAST MONDAY’S TO FRIDAY’S 7AM TO 10:30AM**

“MADE TO ORDER”
- STRAWBERRY, BANANA, OR CHOCOLATE CHIP PANCAKES
- GLUTEN FREE PANCAKES
- BREAKFAST BURRITOS
- SUNRISE BREAKFAST SANDWICHES
- SELECT OMELETS
- BREAKFAST QUESADILLAS
- TATER TOTS
- EGG WHITES AND VEGAN EGGS AVAILABLE

“STATIONED ITEMS”
- FRESH WHOLE AND SLICED FRUITS
- BAGELS AND HOUSE BAKED BREAKFAST PASTRIES
- CEREAL BAR
- OATMEAL WITH ALL THE TOPPINGS

- ASSORTED YOGURTS AND COTTAGE CHEESE
- FULL BEVERAGE STATION

**MONDAY JANUARY 22ND**

**SAN CLEMENTE ENTREES AND SIDES**

**LUNCH**
- LOCALLY CAUGHT ROCK FISH, LEMON GARLIC, AND HERB REDUCTION
- ITALIAN PARSLEY S 5 GRAIN MEDITELY
- BASIL OIL SAUTEED VEGETABLES

**DINNER**
- ITALIAN SAUSAGE AND BEEF LASAGNA
- GARDEN VEGETABLE AND PESTO LASAGNA
- PESTO CREAM SAUCE/MARINARA
- SAUTEED VEGETABLES

**SAN NICHOLAS DELI**
- ROAST BEEF WITH PEPPERJACK CHEESE, GRILLED RED ONIONS AND HORSERADISH AiOLI
- MEDITERRANEAN PLATE

**SANTA ROSA GRILL**
- ISLANDERS CHICKEN SANDWICH, TERIYAKI GLAZE, PINEAPPLE, ONIONS, TOMATOES, SWISS ON A BROICHE BUN
- GARDEN BURGER WITH GLUTEN FREE BUN AND VEGAN CHEESE

**SAN CATALINA MEXICAN GRILL**
- TORTILLA CRUSTED TILAPIA TACOS WITH MANGO DE GALLO, AVOCADO AND A CHIPOTLE/PINEAPPLE SAUCE
- VEGAN BEEF BURRITO, REFRIED BLACK BEANS AND CITRUS RICE, WITH GLUTEN FREE TORTILLA AND VEGAN CHEESE

**SOUPS**
- ARROZ CON POLLO
- ARROZ CON VEGGIES

**TUESDAY JANUARY 23RD**

**SAN CLEMENTE ENTREES AND SIDES**

**LUNCH**
- MYKONOS ROASTED LEMON CHICKEN
- FETA AND SPINACH FILLED SPANAKOPITA PIE
- MEDITERRANEAN SEASONED ROASTED VEGETABLES

**DINNER**
- HOUSE SMOKED ST. LOUIS RIBS
- 4 CHEESE BAKED MAC AND CHEESE
- ZESTY ROASTED CORN AND SQUASH SAUTEED VEGETABLES.

**SAN NICHOLAS DELI**
- BLTA“ BACON, ROCKET LETTUCE (ARUGULA), TOMATOES AND AVOCADO ON TOASTED CIABATTA BREAD
- VEGAN/GF—GRILLED GF BREAD, VEGAN CHEESE, OLIVES, AND ROASTED PEPPERS

**SANTA ROSA GRILL**
- 1/2LB CHUCK AND SHORT RIB BURGER, TILLAMOOK WHITE CHEDDAR CHEESE, LETTUCE, TOMATOES AND HONEY MUSTARD MAYO
- 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**
- CHICKEN TAQUITOES WITH GUACAMOLE AND CILANTRO LIME DIPPING SAUCE
- VEGETARIAN SWEET POTATO/BLACK BEAN TACOS

**SOUPS**
- ARROZ CON POLLO
- ARROZ CON VEGGIES

**WEDNESDAY JANUARY 24TH**

**WELCOME BACK WEDNESDAY**

**SAN CLEMENTE ENTREES AND SIDES**

**LUNCH & DINNER**
- CARVED NEW YORK STRIPLOIN AU POIVRE, PEPPERCORN AND SHERRY CREAM REDUCTION
- ROASTED ASPARAGUS AND SHIITAKE MUSHROOMS
- BAKED POTATO BAR WITH FIXIN’S

**SAN NICHOLAS DELI**
- GRILLED PORTOBELLO MUSHROOM WITH CARAMELIZED RED ONIONS, FRESH AVOCADO AND LEMON/CHIVE MAYO DRIZZLED WITH BALSAMIC REDUCTION

**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**
- CHICKEN TINGA TORTA, REFRIED BEANS, LETTUCE, TOMATOES, QUESO FRESCO, AVOCADO CREAM AND PICO DE GALLO
- GRILLED VEGETABLE TORTA, REFRIED BEANS, LETTUCE, TOMATOES, AVOCADO VEGAN CREAM AND PICO DE GALLO ON A GLUTEN FRIENDLY BUN

**HOMEMADE SOUPS**
- ARROZ CON POLLO
• ARROZ CON VEGGIES
• SANTA CRUZ SWEETS
• ASSORTED COOKIES AND SWEET TREATS

THURSDAY JANUARY 25TH

SAN CLEMENTE ENTREES AND SIDES

LUNCH
• KOREAN BRAISED SHORT RIBS WITH KIMCHI
• JASMINE RICE
• GARLIC STIR FRY BROCCOLI

DINNER
• COCA COLA ROASTED WHOLE CHICKEN, CALIFORNIA FUSION SEASONED
• CHIPOTLE LIME RED QUINOA RICE PILAF
• MALDON SALTED GREEN BEANS AND RED BELL PEPPERS

SAN NICHOLAS DELI
• APPLE, PROSCIUTTO, ARUGULA AND TANGY BOURNISIN SPREAD ON SEMOLINA ROLL
• VEGAN/GF— HUMMUS, CUCUMBER AND ROASTED PEPPERS, SPINACH, TOMATOES AND ONIONS ON GF BREAD

SANTA ROSA GRILL (1030AM-8PM)
• REUBEN SANDWICH, HOT CORNED BEEF, SWISS CHEESE, SAUERKRAUT, GRILLED MARBLE RYE BREAD
• VEGAN GRILLED CHEESE

SANTA CATALINA MEXICAN GRILL
• CHICKEN PASTOR BURRITO WITH CABBAGE SLAW, FAJITA STYLE VEGETABLES AND TAHINE DRESSING
• FAJITA VEGETABLES, REFRIED BEANS AND SPANISH RICE TOSTADA, ONIONS, CILANTRO, PICO DE GALLO AND HOME-MADE SALSA, LETTUCE, BEANS, MALDON SALTED GREEN BEANS AND RED BELL PEPPERS

HOMEMADE SOUPS
• NEW ENGLAND CLAM CHOWDER

SATURDAY & SUNDAY JANUARY 27TH & 28TH

BREAKFAST (10am-2pm)
• FULL-SERVICE BREAKFAST BUFFET
• SCRAMBLED EGGS, BACON, SAUSAGE, CHEF’S CHOICE BREAKFAST SIDES, 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

SAN CATALINA MEXICAN GRILL
• CHEF’S CREATION

SAN NICHOLAS DELI
• DELI, SALAD, AND FRUIT STATION

SANTA ROSA GRILL
• HAMBURGERS, CHICKEN TENDERS, CORNDOG, AND GRILLED CHEESE