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

**MONDAY FEBRUARY 19**

**SAN CLEMENTE ENTREES AND SIDES**

**LUNCH**
- CHICKEN CAPRESE, TOPPED WITH TOMATOES, FRESH MOZZARELLA, AND PESTO CREAM SAUCE
- RICE PILAF
- LOCAL FARMED VEGETABLES
- SANTA MARIA TRI TIP, BBQ AU JUS
- ROASTED RED POTATOES
- GARDEN VEGETABLE MEDLEY

**SAN NICHOLAS DELI**
- ROAST BEEF WITH PEPPERJACK CHEESE
- CIABATTA, GRILLED RED ONIONS AND HORSERADISH AIOLI

**SAN ROSA GRILL**
- PRETZEL BURGER WITH SWISS CHEESE, LETTUCE, TOMATOES AND HONEY MUSTARD MAYO
- GARDEN BURGER WITH PRETZEL BUN AND VEGAN CHEESE

**SANTA CATALINA MEXICAN GRILL**
- BURRITO MOJADO, CHICKEN FAJITA, RICE, BEANS, CHEESE, PICO DE GALLO, COVERED WITH RED SAUCE AND CHEESE
- VEGAN BURRITO MOJADO, RICE, BEANS, VEGAN CHEESE, PICO DE GALLO, COVERED WITH RED SAUCE AND VEGAN CHEESE

**SOLANA BEACH DELI**
- TURKEY BLT WRAP WITH BACON, TOMATO, LETTUCE, PEPPER JACK CHEESE & RANCH DRESSING
- VEGAN WRAP, TOMATOES, LETTUCE, VEGAN CHEESE VEGAN AIOLI ON GF TORTILLA

**SANTA CRUZ SWEETS**
- ASSORTED COOKIES AND SWEET TREATS

**TUESDAY FEBRUARY 20**

**SAN CLEMENTE ENTREES AND SIDES**

**LUNCH**
- SOUTHWESTERN GRILLED CHICKEN BREAST WITH A CORN SALSA
- HOMINY/ RICE PILAF
- MIXED SEASONAL VEGETABLES

**DINNER**
- TERIYAKI GLAZED LOCAL LING COD WITH CHARRIED GREEN ONION SAUCE
- JASMINE RICE
- GARLIC STIR FRY BROCCOLI

**SAN NICHOLAS DELI**
- TURKEY BLT WRAP WITH BACON, TOMATO, LETTUCE, PEPPER JACK CHEESE & RANCH DRESSING
- VEGAN WRAP, TOMATOES, LETTUCE, VEGAN CHEESE VEGAN AIOLI ON GF TORTILLA

**SANTA ROSA GRILL**
- GRILLED HERB CHICKEN BREAST WITH FRESH AVOCADO PICO DE GALLO
- SWEET POTATO FRIES

**SANTA CATALINA MEXICAN GRILL**
- CHICKEN TACUITOS WITH GUACAMOLE AND CILANTRO LIME DIPPING SAUCE
- VEGETARIAN SWEET POTATO/BLACK BEAN TACOS
- GRILLED VEGETABLE TORTA, REFRIED BEANS, LETTUCE, TOMATOES, AVOCADO VEGAN CREAM AND PICO DE GALLO ON A GLUTEN FRIENDLY BUN

**HOMEMADE SOUPS**
- CHICKEN NOODLE
- VEGETABLE POTATO KALE

**SAN CRUZ SWEETS**
- ASSORTED COOKIES AND SWEET TREATS

**THURSDAY FEBRUARY 21**

**SAN CLEMENTE ENTREES AND SIDES**

**LUNCH**
- RICE PILAF
- LEMON PEPPERED CARROTS, BROCCOLI, AND PEPPERS
- ROOT BEER BRINED ROASTED TURKEY WITH GRAVY
- TRADITIONAL STUFFING
- GARLIC GREEN BEANS AND MIXED VEGETABLES

**SAN NICHOLAS DELI**
- SANTA FE BBQ CHICKEN WRAP WITH FRESH AVOCADO PICO DE GALLO

**SANTA ROSA GRILL**
- CORN BEEF MELT ON AN EVERYTHING BUN, HONEY MUSTARD, SWISS, TOMATOES AND SWISS
- VEGAN GRILLED CHEESE, TOMATOES AND CHOICE OF TOPPINGS ON SOURDOUGH

**SANTA CATALINA MEXICAN GRILL**
- CHICKEN CARNITAS TORTA, REFRIED BEANS, LETTUCE, TOMATOES, QUESO FRESCO, AVOCADO CREAM AND PICO DE GALLO
- ROASTED RED POTATOES

**SAN NICHOLAS DELI**
- SANTA FE BBQ CHICKEN WRAP WITH FRESH AVOCADO PICO DE GALLO

**SANTA ROSA GRILL**
- CORN BEEF MELT ON AN EVERYTHING BUN, HONEY MUSTARD, SWISS, TOMATOES AND SWISS
- VEGAN GRILLED CHEESE, TOMATOES AND CHOICE OF TOPPINGS ON SOURDOUGH

**SANTA CATALINA MEXICAN GRILL**
- CHICKEN TAQUITOS WITH GUACAMOLE AND CILANTRO LIME DIPPING SAUCE
- VEGETARIAN SWEET POTATO/BLACK BEAN TACOS

**SAN CRUZ SWEETS**
- ASSORTED COOKIES AND SWEET TREATS
**DINNER**
- Pan roasted pork loin, citrus and fire roasted tomato sauce
- Cuban black beans
- Cilantro rice
**San Nicholas Deli**
- Hummus, sprouts, tomatoes, avocado, tandoori aioli on naan bread
**Santa Rosa Grill**
- Breadcried chicken tender sando with pepperjack cheese and chipotle sauce on toasted brioche bun
- Vegan crispy chicken wrap, vegan cheese, vegan chipotle aioli
**Santa Catalina Mexican Grill**
- Pastor quesadilla with marinated tender pork and cheese, with sour cream, onions, and cilantro
- Vegan cheese quesadilla, gf tortilla, vegan cream, onions, and cilantro
**Homemade Soups**
- New England clam chowder
- Vegetarian cream of broccoli
**Santa Cruz Sweets**
- Assorted cookies and sweet treats
**Friday February 23rd**
**San Clemente Entrees and Sides**
**Lunch**
- Chicken parmesan, pomodoro sauce
- Rice pilaf
- Garlic scented vegetables
**Dinner**
- Krab stuffed local rockfish with lemon dill sauce
- Wild rice pilaf
- Garlic green beans
**San Nicholas Deli**
- Grilled vegetables, sweet balsamic vidalia onions, roasted eggplant spread, fresh arugula on sprouted wheatberry bread
**Santa Rosa Grill**
- Cali fish filet sandwich, 2 pieces of crispy cod, brioche bun, shredded lettuce and avocado tartar sauce
- Vegan grilled cheese, tomatoes, onions served with a cajun vegan dipping sauce
**Santa Catalina Mexican Grill**
- Baja burrito with crispy whitefish, rice, salsa verde, avocado pico de gallo and queso fresco, rice and beans
- Baja fajita vegetable burrito, rice, salsa verde, avocado pico de gallo and gf wrap, rice, and beans
**Homemade Soups**
- New England clam chowder
- Vegetarian cream of broccoli
**Santa Cruz Sweets**
- Assorted cookies and sweet treats
**Saturday & Sunday February 24th & 25th**
**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, corndog, and grilled cheese