

## 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 19<sup>TH</sup>

### SAN CLEMENTE ENTREES AND SIDES

#### LUNCH

- ORANGE CHICKEN
- STEAM RICE
- BABY BOK CHOY AND CARROTS

#### DINNER

- CHICKEN CAPRESE WITH FRESH MOZZARELLA CHEESE, TOMATO AND PESTO CREAM SAUCE
- RICE PILAF
- VEGETABLES 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, TATER TOTS
- **VEGAN/GF—**VEGAN EGGS, VEGAN CHEESE, GF PANCAKES, GF WRAPS AND GF BREAD AVAILABLE

### SAN NICHOLAS DELI

- TANGY BBQ CHICKEN FIESTA WRAP, CORN, PICO DE GALLO, JALAPENO RANCH, BLACK BEANS AND CHEESE
- **VEGAN/GF—** TANGY BBQ VEGAN CHICKEN FIESTA WRAP, CORN, PICO DE GALLO, VEGAN CHIPOTLE AIOLI, BLACK BEANS AND VEGAN CHEESE

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

## IN HONOR OF “NATIONAL CHEESEBURGER DAY” 9/18/2022 & NATION CHICKEN MONTH PLEASE

#### ENJOY:

- THE “HUMPTY DUMPTY” BURGER, 1/2LB CERTIFIED ANGUS PATTY, POACHED EGG, WHITE CHEDDAR, BACON, TOMATOES, BRIOCHE BUN WITH DIJON AIOLI
- **VEGAN/GF—** MALIBU VEGGIE BURGER, VEGAN CHEESE, ROASTED PEPPERS, TOMATOES, LETTUCE AND DIJON AIOLI

### SANTA CATALINA MEXICAN GRILL

- CALIFORNIA CHICKEN BURRITO, ANCHO SPICED CHICKEN, CHEESE, REFRIED BEANS, SEASONED FRENCH FRIES, PICO DE GALLO, AND AVOCADO CREAM SAUCE ON FLOUR TORTILLA
- **VEGAN/GF—** CALIFORNIA VEGAN CHICKEN BURRITO, VEGAN CHEESE, REFRIED BEANS, SEASONED FRENCH FRIES, PICO DE GALLO, AND AVOCADO VEGAN CREAM SAUCE ON GF TORTILLA

### HOMEMADE SOUPS

- ARROZ CON POLLO
- VEGETARIAN MINISTRONE

### SANTA CRUZ SWEETS

- ASSORTED COOKIES AND SWEET TREATS

## TUESDAY SEPTEMBER 20<sup>TH</sup>

### SAN CLEMENTE ENTREES AND SIDES

#### LUNCH

- CHICKEN FRESCO WITH TOMATOES, ARTICHOKE, OLIVES, AND HERB SAUCE
- RICE PILAF
- GARDEN VEGETABLES

#### DINNER

- BAKED SALMON WITH LEMON DILL SAUCE
- ROASTED POTATOES

- RED PEPPER SPICED GREEN BEANS

### 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

- RB&PJ- ROAST BEEF AND PEPPER JACK CROISSANT, ARUGULA WITH DIJON AIOLI, TOMATOES
- **VEGAN/GF—** HUMMUS, CUCUMBER AND ROASTED PEPPERS, SPINACH, TOMATOES AND ONIONS ON GF BREAD

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

- CFP, COUNTRY FRIED CHICKEN PATTY, COLESLAW, PRETZEL BUN, AND SAUSAGE GRAVY
- **VEGAN/GF—**VEGAN CHICKEN SANDWICH WITH LETTUCE, TOMATOES, VEGAN CHEESE, AND VEGAN CHIPOTLE AIOLI ON GF BUN

### SANTA CATALINA MEXICAN GRILL

- CREOLE SHRIMP TACOS, CAJUN SPICED SHRIMP, SAUTÉED BELL PEPPERS, ONIONS AND CHILIES, LETTUCE, AVOCADO DE GALLO, CHIPOTLE AIOLI
- **VEGAN/GF—** CREOLE VEGGIE TACOS, CAJUN SPICED CORN AND BLACK BEANS, SAUTÉED BELL PEPPERS, ONIONS AND CHILIES, LETTUCE, AVOCADO DE GALLO, VEGAN CHIPOTLE AIOLI

### HOMEMADE SOUPS

- ARROZ CON POLLO
- VEGETARIAN MINISTRONE

### SANTA CRUZ SWEETS

- ASSORTED COOKIES AND SWEET TREATS

## WEDNESDAY SEPTEMBER 21<sup>ST</sup>

### SAN CLEMENTE ENTREES AND SIDES

## LUNCH

- TERIYAKI CHICKEN THIGHS
- STEAM JASMINE RICE
- BROCCOLI AND CARROTS

## DINNER

- CHILI LIME TILAPIA WITH LEMON HERB SAUCE
- WILD RICE BLEND PILAF
- 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
- **VEGAN/GF—**VEGAN EGGS, VEGAN CHEESE, GF PANCAKES, GF WRAPS AND GF BREAD AVAILABLE

### SAN NICHOLAS DELI

- TUNA MELT WITH SWISS CHEESE, LETTUCE TOMATOES ON WHEAT BREAD
- **VEGAN/GF—**VEGAN GRILL CHEESE

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

- **WILD WING WEDNESDAY**, CHICKEN WINGS WITH YOUR CHOICE OF BUFFALO OR BBQ SAUCE
- **VEGAN/GF—** VEGAN CHICKEN TENDERS WITH CHOICE OF BBQ OR BUFFALO SAUCE

### SANTA CATALINA MEXICAN GRILL

- GROUND BEEF NACHO SUPREME, SEASONED BEEF, BEANS, NACHO CHEESE, PICO DE GALLO, PICKLED JALAPENO AND SOUR CREAM
- **VEGAN/GF—**VEGAN BEEF BURRITO SEASONED BEEF, PICO DE GALLO AND HOME-MADE SALSA, RICE AND BEANS, GF TORTILLA

### HOMEMADE SOUPS

- ARROZ CON POLLO
- VEGETARIAN MINISTRONE

### SANTA CRUZ SWEETS

- ASSORTED COOKIES AND SWEET TREATS

**THURSDAY SEPTEMBER 22<sup>ND</sup>**

**SAN CLEMENTE ENTREES AND SIDES**

**LUNCH**

- CHICKEN CORDON BLEU STACK, GRILLED CHICKEN LAYERED WITH HAM AND SWISS, DIJON CREAM SAUCE
- RICE PILAF
- VEGETABLE MEDLEY

**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, TATER TOTS
- **VEGAN/GF**—VEGAN EGGS, VEGAN CHEESE, GF PANCAKES, GF WRAPS AND GF BREAD AVAILABLE

**SAN NICHOLAS DELI**

- DYNAMIC DUO WITH HAM, BACON, HONEY MUSTARD, ROASTED PEPPERS, ONIONS ON GRILLED FLAT BREAD
- **VEGAN/GF**— HUMMUS, CUCUMBER AND ROASTED PEPPERS, SPINACH, TOMATOES AND ONIONS ON GF BREAD

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

- LUAU BURGER WITH PINEAPPLE, TERIYAKI, SWISS CHEESE, JALAPENO BACON LETTUCE, TOMATOES & ONIONS ON BRIOCHE BUN
- **VEGAN/GF**— LUAU VEGAN BURGER WITH PINEAPPLE, TERIYAKI, VEGAN CHEESE, LETTUCE, TOMATOES & ONIONS ON GF BUN

**SANTA CATALINA MEXICAN GRILL**

- CHIPOTLE CHICKEN FIESTA BOWL WITH RICE BLACK BEANS, MIX CHEESE, PICO DE GALLO, SOUR CREAM AND CHIPOTLE SAUCE

- **VEGAN/GF**—CHIPOTLE VEGAN FIESTA BOWL WITH RICE, BLACK BEANS, VEGAN CHEESE, PICO DE GALLO, AND VEGAN CHIPOTLE SAUCE

**HOMEMADE SOUPS**

- NEW ENGLAND CLAM CHOWDER
- VEGETARIAN BLACK BEAN

**SANTA CRUZ SWEETS**

- ASSORTED COOKIES AND SWEET TREATS

**• FRIDAY SEPTEMBER 23<sup>RD</sup>**

**SAN CLEMENTE ENTREES AND SIDES**

**LUNCH**

- CHICKEN PICCATA, LEMON, CAPER, ITALIAN PARSLEY SAUCE
- RICE PILAF
- GREEN BEANS AND GARLIC

**DINNER**

- BBQ PORK RIB TIPS
- GARLIC HERB 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 WRAP WITH BACON, TOMATO, LETTUCE, PEPPER JACK CHEESE & RANCH DRESSING
- **VEGAN/GF**— VEGAN WRAP, TOMATOES, LETTUCE, VEGAN CHEESE VEGAN AIOLI ON GF TORTILLA

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

- 3 ALARM GRILLED CHEESE WITH JALAPENO BACON, PEPPER JACK, SRIRACHA, AND

SMOKED JALAPENO SAUCE WITH PICKLED CHILIES

- **VEGAN/GF**—3 ALARM VEGAN GRILLED CHEESE WITH JALAPENO, VEGAN MOZZARELLA, SRIRACHA, AND SMOKED JALAPENO VEGAN AIOLI WITH PICKLED CHILIES

- SANTA CATALINA MEXICAN GRILL
- CHILI RELLENO, RANCHERO SAUCE
- CILANTRO RICE
- FAJITA STYLE BLACK BEANS

**HOMEMADE SOUPS**

- NEW ENGLAND CLAM CHOWDER
- VEGETARIAN BLACK BEAN

**SANTA CRUZ SWEETS**

- ASSORTED COOKIES AND SWEET TREATS

**SATURDAY & SUNDAY**

**SEPTEMBER 24<sup>TH</sup> & 25<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