

**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 SEPTEMBER 18<sup>TH</sup>**

**SAN CLEMENTE ENTREES AND SIDES**

**LUNCH**

- CARRIBEAN JERK CHICKEN WITH SPICY CARRIBEAN JERK BBQ SAUCE
- BROWN RICE PILAF
- BRAZILIAN VEGETABLE BEAN FEIJOADA

**DINNER**

- CHICKEN PARMESAN
- ORZO PASTA AND GARLIC SPINACH MEDLEY
- SAUTEED VEGETABLES

**SAN NICHOLAS DELI**

- ROAST BEEF WITH PEPPERJACK CHEESE, GRILLED RED ONIONS AND HORSERADISH AIOLI
- **• MEDITERREAN PLATE**

**SANTA ROSA GRILL**

- PRETZEL BURGER WITH SWISS CHEESE, LETTUCE, TOMATOES AND HONEY MUSTARD MAYO
- **• GARDEN BURGER WITH GLUTEN FREE BUN AND VEGAN CHEESE**

**SANTA CATALINA MEXICAN GRILL**

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

**SOUPS**

- PORK POZOLE
- **• VEGETARIAN POZOLE**

**TUESDAY SEPTEMBER 19<sup>TH</sup>**

**\*\* KOREAN BEEF BULGOGI RICE BOWLS \*\* (LUNCH AND DINNER)**

GRILLED MARINADED FLANK STEAK OVER ORGANIC BROWN RICE OR QUINOA, STIR FRY VEGETABLES AND ASSORTED TOPPINGS.

**SAN NICHOLAS DELI**

- FRESH AHI TUNA OR SESAME ROASTED TOFU SALAD WRAP WITH WASABI MAYO, NAPA CABBAGE SLAW AND SPINACH TORTILLA

**SANTA ROSA GRILL**

- GRILLED CHICKEN BREAST CIABATTA WITH RED LEAF LETTUCE, HEIRLOOM TOMATOES AND BALSAMIC GLAZE WITH SWEET POTATO FRIES

**SANTA CATALINA MEXICAN GRILL**

- CHICKEN TAQUITOES WITH GUACAMOLE AND CILANTRO LIME DIPPING SAUCE
- **• VEGETARIAN SWEET POTATO/BLACK BEAN TACOS**

**SOUPS**

- PORK POZOLE
- **• VEGETARIAN POZOLE**

**WEDNESDAY SEPTEMBER 20<sup>TH</sup>**

**SAN CLEMENTE ENTREES AND SIDES**

**LUNCH**

- BBQ PULLED PORK SLIDERS
- FRESH CORN AND HOMINY
- CREAMY COLESLAW
- CARROTS, BROCCOLI, AND PEPPERS

**DINNER**

- KRAB STUFFED WHITEFISH WITH LEMON DILL SAUCE
- WILD RICE PILAF
- GARLIC GREEN BEANS

**SAN NICHOLAS DELI**

- CARVING BOARD HERB ROASTED TURKEY BREAST CROISSANT WITH APPLEWOOD

SMOKED BACON, AVOCADO, BUTTER LETTUCE AND CHIVE MAYO

- **• GRILLED GF BREAD, VEGAN CHEESE, OLIVES, AND ROASTED PEPPERS**

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

- VEGETARIAN FALAFEL WITH TAHINI, CUCUMBER ISRAELI SALAD AND WARM NAAN BREAD
- **• VEGAN GRILLED CHEESE, TOMATOES AND CHOICE OF TOPPINGS ON GF BREAD**

**SANTA CATALINA MEXICAN GRILL**

- CHICKEN CARNITAS 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**

- PORK POZOLE
- **• VEGETARIAN POZOLE**

**SANTA CRUZ SWEETS**

- ASSORTED COOKIES AND SWEET TREATS

**THURSDAY SEPTEMBER 21<sup>ST</sup>**

**SAN CLEMENTE ENTREES AND SIDES**

**LUNCH**

- TERIYAKI BEEF TIPS WITH CHARRED GREEN ONION SAUCE
- JASMINE RICE
- GARLIC STIR FRY BROCCOLI

**DINNER**

- MANGO SALMON WITH LITE WHITE WINE BUTTER SAUCE
- CURRIED GREEN LENTILS
- GRILLED ASPARAGUS

**SAN NICHOLAS DELI**

- **• VEGAN BABAGANOUSH AND TABBOULEH PLATE WITH PICKLED AND FRESH**

**VEGATBLES SERVED WITH NAAN BREAD AND OLIVES**

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

- GRILLED JALAPENO BACON, HAM AND PEPPERJACK CHEESE ON TEXAS TOAST
- VEGAN GRILLED CHEESE

**SANTA CATALINA MEXICAN GRILL**

- LIME/CILANTRO SHRIMP OR CHICKEN BURRITO WITH CABBAGE SLAW, FAJITA STYLE VEGTABLES AND TAHINE DRESSING
- FAJITA VEGETABLES, REFRIED BEANS AND SPANISH RICE TOSTADA, ONIONS, CILANTRO, PICO DE GALLO AND HOME-MADE SALSA, LETTUCE, BEANS, VEGAN CHEESE, CHIPOTLE SAUCE

**HOMEMADE SOUPS**

- NEW ENGLAND CLAM CHOWDER
- VEGETARIAN CREAM OF BROCCOLI

**SANTA CRUZ SWEETS**

- ASSORTED COOKIES AND SWEET TREATS

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

**SAN CLEMENTE ENTREES AND SIDES**

**LUNCH**

- CHICKEN CORDON BLEU WITH WHOLE GRAIN MUSTARD SAUCE
- RICE PILAF
- GARLIC SCENTED VEGETABLES

**DINNER**

- ORANGE CHICKEN
- JASMINE RICE
- BABY BOK CHOY, CARROTS AND BELL PEPPER STIR FRY

**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 (1030AM-8PM)**

- MEDIUM RARE SOY CHARRED TUNA SANDWICH ON BRIOCHE ROLL WITH MIZUNA SALAD
- VEGAN GRILLED CHEESE, TOMATOES, ONIONS SERVED WITH A CAJUN VEGAN DIPPING SAUCE

**SANTA CATALINA MEXICAN GRILL**

- BAJA BURRITO WITH CRISPY WHITEFISH, RICE, GUACAMOLE, SALSA VERDE, PICO DE GALLO AND QUESO FRESCO, RICE AND BEANS
- BAJA FAJITA VEGETABLE BURRITO, RICE, GUACAMOLE, SALSA VERDE, 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**

**SEPTEMBER 23<sup>RD</sup> & 24<sup>TH</sup>**

**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

**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