

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 12TH

SAN CLEMENTE ENTREES AND SIDES

LUNCH

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

DINNER

- ANCHO GLAZED SALMON, TOMATILLO AND MANGO SAUCE
- RICE PILAF
- GARLIC SCENTED 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, ARUGULA, AVOCADO, FETA CHEESE FLAT BREAD WITH RASPBERRY VINAIGRETTE
- **VEGAN/GF--** ARUGULA, AVOCADO, ARTICHOKE AND HUMMUS ON GF BREAD

SANTA ROSA GRILL (1030AM-8PM)

- STEAK HOUSE PHILLY, SAUTÉED BELL PEPPERS, CRISPY ONIONS, A1 AND PROVOLONE, GARLIC AIOLI ON A FRESH BAKED HOAGIE
- **VEGAN/GF--** VEGAN STEAK HOUSE PHILLY, SAUTÉED BELL PEPPERS, CRISPY ONIONS, A1 AND VEGAN CHEESE AND VEGAN GARLIC AIOLI ON A GF HOAGIE

SANTA CATALINA MEXICAN GRILL

- CHICKEN TAQUITOS WITH LETTUCE, SOUR CREAM, PICO DE GALLO AND QUESO FRESCO, SERVED WITH REFRIED BLACK BEANS AND CILANTRO RICE
- **VEGAN/GF--** VEGAN CHEESE ENCHILADA WITH TOMATILLO SAUCE

HOMEMADE SOUPS

- CHICKEN NOODLE SOUP
- GARDEN VEGETABLE AND BARLEY

SANTA CRUZ SWEETS

- ASSORTED COOKIES AND SWEET TREATS

TUESDAY SEPTEMBER 13TH

SAN CLEMENTE ENTREES AND SIDES

LUNCH

- LEMON HERB CHICKEN
- GARLIC WHIPPED POTATOES
- VEGETABLE MEDLEY

DINNER

- STEAK MARSALA, STRIPS OF TENDER STEAK WITH MUSHROOMS AND MARSALA CREAM SAUCE
- RICE PILAF
- ITALIAN 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

- CRANBERRY CHICKEN SALAD, TOASTED NAAN BREAD, TANDOORI AIOLI
- **VEGAN/GF--** CURRY HUMMUS GF WRAP, LETTUCE, TOMATO, ONION, VEGAN TANDOORI AIOLI

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

- BURRITO MOJADO, BEEF BARBACOA, 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

- CHICKEN NOODLE SOUP
- GARDEN VEGETABLE AND BARLEY

SANTA CRUZ SWEETS

- ASSORTED COOKIES AND SWEET TREATS

WOW WEDNESDAY

BUILD YOUR OWN POKE BOWL

SAN CLEMENTE ENTREES AND SIDES

LUNCH AND DINNER

- CHOICE OF WILD CAUGHT AHI TUNA, KRAB SALAD, OR MARINATED TOFU
- CUCUMBERS, EDAMAMES, SCALLIONS, CARROTS, AVOCADO, RED AND YELLOW BELL PEPPERS, WAKAME (SEAWEED SALAD) SRIRACHA AIOLI, SESAME SEEDS
- STEAMED CALROSE RICE
- STEAMED ORGANIC BROWN 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
- **VEGAN/GF--** VEGAN EGGS, VEGAN CHEESE, GF PANCAKES, GF WRAPS AND GF BREAD AVAILABLE

SAN NICHOLAS DELI

- ITALIAN CIABATTA, SALAMI, MORTADELLA AND HAM, PROVOLONE, BANANA PEPPERS, TOMATOES, ONIONS AND PESTO AIOLI
- **VEGAN/GF--** GRILLED GF BREAD, VEGAN CHEESE, OLIVES, AND ROASTED PEPPERS

SANTA ROSA GRILL (1030AM-8PM)

- BBQ WESTERN BACON CHEESEBURGER, ONIONS RINGS, SWISS CHEESE, TOMATOES ON A BRIOCHE BUN
- **VEGAN/GF--** BBQ WESTERN VEGAN CHEESEBURGER, ONIONS, VEGAN CHEESE, TOMATOES ON A GF BUN

SANTA CATALINA MEXICAN GRILL

- MACHO NACHO SUPREME, CARNE ASADA, SEASONED BEEF, BEANS, NACHO CHEESE,

PICO DE GALLO, PICKLED JALAPENO AND SOUR CREAM

- **VEGAN/GF--** MACHO NACHO VEGAN SUPREME, VEGAN BEEF, RICE, BEANS, VEGAN CHEESE, PICO DE GALLO, PICKLED JALAPENO AND VEGAN CHIPOTLE CREAM

HOMEMADE SOUPS

- CHICKEN NOODLE SOUP
- GARDEN VEGETABLE AND BARLEY

SANTA CRUZ SWEETS

- ASSORTED COOKIES AND SWEET TREATS

THURSDAY SEPTEMBER 15TH

SAN CLEMENTE ENTREES AND SIDES

LUNCH

- CHICKEN ADOBO, SWEET SOY SAUCE
- PICKLE GINGER WHIPPED POTATOES
- BROCCOLI FLORETS

DINNER

- SAVORY MEATLOAF W/ BACON, ONION, AND GARLIC REDUCTION

- BUTTERY WHIPPED POTATOES

- BROCCOLI FLORETS

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

TOSTADA THURSDAY

- CHOICE OF ANCHO CHICKEN OR CARNE ASADA TOSTADA SEASONED BEEF, PICO DE GALLO AND HOME-MADE SALSA, LETTUCE, BEANS, QUESO FRESCO, CHIPOTLE SAUCE
- **VEGAN/GF--** 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

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

SANTA CRUZ SWEETS

- ASSORTED COOKIES AND SWEET TREATS

FRIDAY SEPTEMBER 16TH

SAN CLEMENTE ENTREES AND SIDES

LUNCH

- BLACKENED CATFISH, CREAMY REMOULADE SAUCE
- WILD RICE PILAF
- GREEN BEANS AND VEGETABLE MEDLEY

DINNER

- CILANTRO LIME CHICKEN, AVOCADO PICO DE GALLO
- CUMIN SCENTED RICE
- FAJITA STYLE 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

- CAPRESE MELT ON FLAT BREAD, BASIL PESTO, ROASTED PEPPERS, TOMATOES, ONIONS AND FRESH MOZZARELLA
- **VEGAN/GF--** VEGAN CAPRESE MELT ON GF BREAD, BASIL AIOLI, ROASTED PEPPERS, TOMATOES, ONIONS AND VEGAN MOZZARELLA, BALSAMIC GLAZE

SANTA ROSA GRILL (1030AM-8PM)

- ORTEGA CHILI AND PEPPER JACK CHEESE TURKEY BURGER, LETTUCE, TOMATO, ONIONS AND BALSAMIC AIOLI ON A PRETZEL BUN
- **VEGAN/GF--** ORTEGA CHILI AND VEGAN CHEESE GARDEN BURGER, LETTUCE, TOMATO, ONIONS, AND BALSAMIC VEGAN AIOLI ON A GF PRETZEL BUN

SANTA CATALINA MEXICAN GRILL

- ANCHO CHICKEN FIESTA BOWL, RICE, BEANS, SHREDDED CHEESE, CRISPY TORTILLAS STRIPS, CHIPOTLE AIOLI, AVOCADO PICO DE GALLO
- **VEGAN/GF--** ANCHO VEGAN CHICKEN FIESTA BOWL, RICE, BEANS, SHREDDED CHEESE, CRISPY TORTILLAS STRIPS, VEGAN CHIPOTLE AIOLI, AVOCADO PICO DE GALLO

HOMEMADE SOUPS

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

SANTA CRUZ SWEETS

- ASSORTED COOKIES AND SWEET TREATS

SATURDAY & SUNDAY

SEPTEMBER 17TH & 18TH

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