

SOUP OR 1/2 SANDWICHES

Soup or Chili	\$3.49
1/2 Build Your Own Sandwich	\$3.25
<i>with soup or salad add \$3.00</i>	
1/2 Super Sandwich	\$3.99
<i>with soup or salad add \$3.00</i>	
Soup & Salad	\$5.99
<i>Choice of garden or Caesar salad</i>	



GRILLED FAVORITES

Grilled Cheese (689 C)	\$3.99
<i>with ham (897 C), turkey (876 C) or tuna (908 C) add \$2.00</i>	
Cheese Quesadilla (513 C)	\$3.99
<i>with grilled chicken add \$2.00</i>	
Veggie 'n Cheese Quesadilla (623 C)	\$5.99



VEGETARIAN \$5.49

Veggie Delight (717 C)	Milan (703 C)
Avocado, three kinds of cheese, tomatoes, cucumbers, sprouts, green leaf lettuce and mayo	Mozzarella cheese, spinach, basil, pesto, tomatoes, Italian dressing on rosemary herb focaccia
Down To Earth (Vegan) (486 C)	Hummus (689 C)
Avocado, sprouts, cucumbers, tomatoes, green leaf, mushrooms, bell peppers, olives and mustard	Hummus dip, feta, avocado, tomatoes, cucumbers, olives and green leaf lettuce on squaw bread

GOURMET PIZZAS \$7.24

Chicken Artichoke Pizza (1029 C)	NEW
BBQ Chicken Pizza (1056 C)	
Pepperoni Pizza (1109 C)	
Veggie Pizza (968 C)	
Cheese Pizza (908 C)	



HEALTHY BOWLS \$5.99

ALL BOWLS SERVED WITH BROCCOLI, ZUCCHINI, CARROTS AND CABBAGE WITH YOUR CHOICE OF PROTEIN, CARB AND SAUCE

Proteins:
Grilled Chicken (231 C) • Grilled Steak (388 C) • Grilled Tofu (98 C)
Grilled Salmon add \$0.75 (180 C)

Carbs:
Steamed Rice (205 C) • Brown Rice (216 C) • Quinoa add \$0.75 (185 C)

Sauces:
Chipotle BBQ (107 C) • Ginger Sesame Vinaigrette (60 C) • Teriyaki (45 C)
Veggies (41 C)

COFFEE & TEA

	S	M	L
Espresso	\$1.25	\$1.50	\$2.00
Brewed Coffee	\$1.50	\$1.75	\$2.00
Espresso Macchiato	\$1.50	\$1.75	\$2.25
Cafe Americano	\$2.00	\$2.50	\$3.00
Hammerhead	\$2.00	\$2.50	\$3.00
Cafe Au Lait	\$2.50	\$2.75	\$3.00
Cappuccino	\$2.50	\$2.75	\$3.00
Cafe Latte	\$2.50	\$2.75	\$3.00
Cafe Mocha	\$3.00	\$3.50	\$4.00
White Mocha	\$3.00	\$3.50	\$4.00
Mexican Mocha	\$3.00	\$3.50	\$4.00
Tuxedo Mocha	\$3.00	\$3.50	\$4.00
Vanilla Latte	\$3.00	\$3.50	\$4.00
Caramel Latte	\$3.00	\$3.50	\$4.00
Steamer	\$1.50	\$2.00	\$2.50
Hot Chocolate	\$1.75	\$2.25	\$2.75
Hot White Chocolate	\$2.00	\$2.50	\$3.00
Hot Mexican Chocolate	\$2.00	\$2.50	\$3.00
Chai Tea Latte	\$2.75	\$3.25	\$3.75
Hot Tea	\$1.75		

Extras \$0.50 each		
Espresso Shot	Flavored Syrup	Whipped Cream
Soy Milk	Caramel Sauce	

FRAPPE BLENDED COFFEE

	16 oz	20 oz
Mocha	\$3.50	\$4.25
Lo-Carb Mocha	\$3.50	\$4.25
Vanilla	\$3.50	\$4.25
Caramel	\$3.50	\$4.25
Chocolate Peanut Butter	\$3.50	\$4.25
Cookies 'n Cream	\$3.50	\$4.25

SMOOTHIES \$3.50

Razzle Dazzle (289 C)	Strawberry Fields (279 C)
Strawberry, mango, raspberry	Strawberry, banana
Blueberry Bonanza (289 C)	Protein Shake (368 C)
Strawberry, banana, blueberry	Protein powder, banana, milk and ice
Hawaiian Vacation (295 C)	
Pineapple, mango, banana	

Extras \$0.50 each
Ginseng / B-Pollen / Protein

HEALTHY ITEM: NEW ITEM: CALORIES: (C)

Free WiFi • Daily Special • Catering Menu
Free Delivery with Minimum Purchase



CATERING!

Best Corporate Catering in Town!!!
Ask us for our catering menu

Catering Order Line
Tel: 858.623.3223
Fax: 858.623.3222

TEXT IN YOUR ORDER FOR
FASTER PICK UP
(see text #'s below for each location)

LOCATIONS

Eddy M's Café UTC in the Executive Square
(off Genessee & Executive Drive)
4250 Executive Square, La Jolla, CA 92037
Café: 858-216-4600
Text #: 858-353-9985 Text your order in!!!



Eddy M's Café UTC in the La Jolla Commons
(off Judicial & Executive Drive)
4250 Executive Drive, San Diego, CA 92121
Café: 858-750-3015
Text #: 858-519-7742 Text your order in!!!



Eddy M's Café Sorrento Valley
(off Lusk Blvd)
10201 Wateridge Circle, San Diego, CA 92121
Café: 858-450-2920
Text #: 858-925-3117 Text your order in!!!



Eddy M's Café Mission Valley
(off Qualcomm Way)
3131 Camino Del Rio North, San Diego, CA 92108
Café: 619-282-1324
Text #: 858-208-4496 Text your order in!!!



TO GO MENU



Coffee Bar, Breakfast,
Lunch & much more

BREAKFAST



FAVORITES

- Traditional** (760 C) **\$4.99**
 2 eggs with your choice of 2 meats: bacon, ham, sausage or turkey served with hash browns and choice of toasted bread
- Pancake Combo** (788 C) **\$5.29**
 Stack of pancakes, two eggs and choice of ham, turkey, bacon or sausage

SANDWICHES AND BREAKFAST BURRITOS

- Sunrise Sandwich** (392 C) **\$2.49**
 Your choice of ham, turkey, bacon or sausage with egg and cheese on a toasted English muffin.
- Bagel Sunrise** (421 C) **NEW** **\$3.24**
 Your choice of ham, turkey, bacon or sausage with egg and cheese on a toasted bagel.
- Breakfast Croissant** (526 C) **\$3.49**
 Your choice of ham, turkey, bacon or sausage with two eggs and cheese on a flaky croissant
- Breakfast Burrito** (616 C) **\$4.99**
 Potato, eggs, cheese and salsa with your choice of ham, turkey, bacon or sausage in a flour or wheat tortilla. **No meat less \$1.00** (565 C)
- Fresh Bagels** (240/360 C) **\$1.00**
 Toasted bagel of your choice. **With cream cheese add \$1.25**
With cream cheese and ham or bacon add \$2.25

BREAKFAST WRAPS

- YOU GET 2 WRAPS WITH YOUR CHOICE OF CORN OR FLOUR TORTILLA
- Spinach Swiss Wrap** (389 C) **NEW** **\$3.99**
 Fresh spinach, scrambled eggs & Swiss cheese in a warm tortilla.
- Denver Wrap** (414 C) **NEW** **\$3.99**
 Honey ham, scrambled eggs & cheddar cheese in a warm tortilla.
- Bacon or Sausage Wrap** (417 C) **NEW** **\$3.99**
 Choice of apple smoked bacon or sausage, scrambled eggs & shredded Jack 'n cheddar in a warm tortilla.

OMELETS

- ALL OMELETS SERVED WITH HOUSE POTATOES OR FRESH FRUIT
- Denver** (775 C) **\$5.49**
 Smoked ham, bell peppers, green onions, with cheddar cheese
- Californian** (717 C) **\$5.49**
 Smoked turkey, tomatoes, spinach and cheddar cheese topped with fresh alfalfa sprouts and sliced avocado
- Vegetarian** (709 C) **\$5.49**
 Spinach, broccoli, mushrooms, bell peppers, tomatoes with 2-cheese mixed and topped with sliced avocado and fresh sprouts

Sides			
One Egg (92 C)	\$1.50	Bacon (126 C)	\$1.75
Hash Browns (170 C)	\$1.89	Sausage (170 C)	\$1.75
House Potatoes (170 C)	\$1.89	Toast (130/266 C)	\$1.50
		Fresh Fruit (63 C)	\$2.25

FRESH SALADS

GLUTEN FREE MOST SALADS

- | | S | L |
|--|---|---|
| Earthly Delight Salad (128/307 C) NEW \$4.49 \$5.99
Organic green mix, 3 bean mix, tomatoes, cucumbers, sprouts, mushrooms, avocado, sunflower seeds with your choice of dressing | | |
| Chinese Chicken Salad (417/585 C) NEW \$4.49 \$6.49
Grilled chicken breast, mandarin oranges, shredded romaine lettuce, shredded cabbage, slivered almonds, crispy noodles, sesame seeds, with homemade Chinese dressing | | |
| Spinach Feta Salad (225/443 C) NEW \$3.99 \$5.24
Organic spinach, feta cheese, strawberries, walnuts, raisins with balsamic vinaigrette.
<i>With grilled chicken add S \$1.00 L \$1.75</i> (417/572 C) | | |
| Salmon Salad (495/589 C) NEW \$4.99 \$6.99
Grilled salmon, organic green mix, capers, walnuts and goat cheese with ginger vinaigrette | | |
| Albacore Tuna Salad (489/610 C) NEW \$4.49 \$6.49
Albacore tuna, pasta salad, tomatoes and cucumbers on a bed of green leaf. | | |
| Caesar Salad (215/426 C) NEW \$3.99 \$5.24
Crisp romaine, shredded parmesan cheese, tossed with a creamy Caesar dressing, topped with seasoned croutons.
<i>with grilled chicken add S \$1.00 L \$1.75</i> (404/542 C) | | |
| Greek Salad (293/482 C) NEW \$3.99 \$5.24
Greek feta, tomatoes, cucumbers, red onions, pepperoncinis, Kalamata olives, over crisp romaine lettuce with herb vinaigrette.
<i>with grilled chicken add S \$1.00 L \$1.75</i> (392/592 C) | | |
| Santa Fe Chicken Salad (763 C) NEW NEW \$6.99
Grilled chicken, corn, black bean, onions, avocado, shredded cheese on a bed of romaine lettuce. | | |
| Chicken Artichoke Salad (660 C) NEW NEW \$6.99
Grilled chicken, marinated artichokes, feta cheese, tomatoes, cucumbers & avocado. | | |
| Quinoa Salad (536 C) NEW NEW \$5.24
Quinoa, spring mix, garbanzo beans, feta cheese, avocado, tomato, cucumbers with a ginger vinaigrette dressing.
<i>With grilled chicken add \$1.75</i> (672 C) | | |
| Chef Salad (736 C) \$5.99
Smoked turkey, honey ham, hard boiled egg, shredded cheese, tomatoes and cucumbers over green leaf lettuce with your choice of dressing. | | |
| Cobb Salad (889 C) \$5.99
Grilled chicken breast, Crispy bacon, sliced avocado, blue cheese, hard-boiled egg, tomatoes and cucumbers over green leaf lettuce with your choice of dressing. | | |
| House Salad (102 C) NEW \$2.99
Tomatoes, cucumbers, shredded carrots and shredded cheese over green leaf lettuce with your choice of dressing. | | |

MEDITERRANEAN

- Chicken or Beef Kabob Plate** (972/998 C) **\$7.49**
 Two grilled chicken or beef kabob skewers, served with yellow rice, hummus dip, Greek salad and warm pita bread.
- Chicken or Beef Kabob Wrap** (776/835 C) **NEW** **\$6.99**
 Grilled chicken or beef kabob, grilled bell peppers and onions, served with hummus, rice, feta cheese, tzatziki sauce and Greek salad in a warm wheat tortilla.
- Falafel Sandwich (Vegetarian)** (646 C) **\$5.99**
 Falafel, tomatoes, pickles and shredded lettuce wrapped in a warm wheat tortilla with special sauce, served with Greek salad.

SANDWICHES



BUILD YOUR OWN \$5.49

CHOOSE A MEAT, CHEESE AND BREAD.
 INCLUDES MAYO, MUSTARD, LETTUCE, TOMATOES

- | | | |
|-------------------------|-------------------------------------|---------------------|
| Meats: | Bread: | Cheeses: |
| Smoked Turkey (636 C) | White (140 C) | Swiss (160 C) |
| Honey Ham (669 C) | Wheat (170 C) | Provolone (100 C) |
| Lean Roast Beef (719 C) | Sourdough (150 C) | Cheddar (160 C) |
| Corned Beef (832 C) | Rye (125 C) | Jack (180 C) |
| Pastrami (821 C) | Squaw (170 C) | Pepper Jack (160 C) |
| BLT (887 C) | French Roll (197 C) | American (300 C) |
| Tuna Salad (671 C) | Tortilla Wrap (130/210 C) | |
| Chicken Salad (642 C) | Croissant add \$0.50 (287 C) | |
| Egg Salad (421 C) | | |

Boar's Head

Extras	
Bacon (100 C)	\$0.75
Avocado (50 C)	\$0.65
Sprouts (10 C)	\$0.30
Cheese (100/300 C)	\$0.50



SUPER SANDWICHES \$6.49

YOUR CHOICE OF BREAD

- Super California** (875 C) **\$6.49**
 Smoked turkey, bacon, avocado, sprouts, tomatoes, cheddar cheese and mayo
- Super Club** (867 C) **\$6.49**
 Smoked turkey, honey ham, bacon, Jack, mayo, mustard, lettuce and tomatoes
- Super Turkey Gouda** (729 C) **NEW** **\$6.49**
 smoked turkey, smoked gouda, lettuce, tomatoes and pepperhouse gormaise on a ciabatta roll.
- Super Delicious** (849 C) **\$6.49**
 Lean roast beef, smoked turkey, provolone, mayo, mustard, lettuce and tomatoes
- Super Submarine** (895 C) **\$6.49**
 Salami, mortadella, bologna, honey ham, provolone and American cheese on an 8 inch roll with Italian dressing, mayo, mustard, lettuce and tomatoes
- Super BLT** (1018 C) **\$6.49**
 Crisp bacon, avocado, cream cheese, lettuce, tomatoes and mayo

Boar's Head



HOT N TASTY PANINIS \$6.99

- Chicken Artichoke** (875 C) **\$6.99**
 Hot chicken breast, marinated artichoke hearts, tomatoes, melted Swiss cheese, mayo and mustard on rosemary herb focaccia bread
- Tuscany Turkey** (661 C) **\$6.99**
 Smoked turkey, sun-dried tomato, melted Jack cheese, mayo and mustard on sourdough bread
- Ham Torta** (728 C) **\$6.99**
 Hot smoked ham, melted Jack cheese, red onions, jalapeños, tomatoes, avocado and mayo on warm torta bread
- Roast Beef Ortega** (780 C) **\$6.99**
 Hot lean roast beef, melted pepper Jack and cheddar cheese, Ortega chili, tomatoes and mayo on toasted sourdough
- Tuna Asparagus** (711 C) **\$6.99**
 Albacore tuna, crisp asparagus, melted Swiss cheese, mayo, mustard and Italian dressing on rosemary herb focaccia bread
- Italian Prosciutto** (829 C) **NEW** **\$6.99**
 Italian prosciutto, mozzarella cheese, basil pesto, tomatoes, roasted red peppers on a baguette

Boar's Head



HOT SANDWICHES \$6.49

- Philly Cheese Steak** (798 C) **\$6.49**
 Thinly sliced rib-eye steak, grilled onions, green peppers, provolone cheese and mayo on an 8 inch roll
- Reuben** (768 C) **\$6.49**
 Pastrami, sauerkraut, melted Swiss cheese and thousand island dressing on rye bread
- Hot Delicious** (698 C) **\$6.49**
 Hot smoked turkey, melted Jack cheese, avocado, mayo, lettuce and tomatoes on pita bread
- French Dip** (731 C) **\$6.49**
 Hot lean roast beef with melted Jack cheese in a warm French roll and Au Jus dip
- Ranch Chipotle Chicken** (708 C) **NEW** **\$6.49**
 Grilled chicken, ranch chipotle sauce, melted jack, lettuce, tomato on a toasted Roll
- Turkey Palm Pesto** (705 C) **NEW** **NEW** **\$6.49**
 Smoked turkey, heart of palms, basil pesto, melted Jack on a toasted ciabatta roll

Boar's Head



- Chicken Cordon Bleu** (719 C) **\$6.49**
 Chicken breast, honey ham, melted provolone cheese with tomatoes, lettuce and mayo on a French baguette

SPECIALTY WRAPS \$6.99

CHOICE OF SPINACH, SUN DRIED TOMATO, WHEAT OR FLOUR TORTILLA
 SERVED WITH PASTA SALAD

- Feta Chicken** (782 C) **NEW** **\$6.99**
 Grilled chicken breast, feta cheese, romaine lettuce, tomatoes, cucumbers, red onions, olives and vinaigrette dressing
- Thai Chicken** (713 C) **NEW** **\$6.99**
 Grilled chicken breast, shredded cabbage, green leaf lettuce, slivered almonds, sesame seeds, crunchy noodles and Thai peanut sauce
- Chicken Caesar** (752 C) **NEW** **\$6.99**
 Grilled chicken breast, romaine lettuce, parmesan cheese and a creamy Caesar dressing
- Eddy's** (790 C) **NEW** **\$6.99**
 Tuna salad, avocado, tomatoes, cucumbers, sprouts and mustard
- Ginger Salmon** (807 C) **NEW** **NEW** **\$6.99**
 Grilled salmon, goat cheese, organic spring mix, walnuts, raisins with ginger sesame vinaigrette in a wheat tortilla

BURGERS

ALL BURGERS ARE SERVED WITH SEASONED FRIES OR SWEET POTATO FRIES
 WITH YOUR CHOICE OF SESAME SEED OR WHEAT BUN

- Cheese Burger** (1188 C) **\$5.99**
 ¼ lb Beef patty with melted American cheese, ketchup, mustard, mayo, lettuce, tomatoes and red onions. **with bacon add \$0.75** (1358 C)
- Chicken Supreme Burger** (993 C) **\$6.49**
 Grilled chicken breast, melted provolone cheese, avocado, lettuce, tomatoes and Italian dressing
- Veggie Burger** (902 C) **\$5.99**
 Veggie patty, roasted red peppers, melted Swiss cheese, lettuce, tomatoes, mustard and ketchup
- Turkey Feta Burger** (998 C) **\$6.99**
 Ground turkey patty, feta cheese, pesto sauce lettuce, tomatoes and grilled onions
- Salmon Burger** (970 C) **\$6.99**
 Salmon burger, sun-dried tomatoes, arugula, mayo and mustard



Catering menu available
www.eddymcafe.com