



CR A V E

GARDEN SOUPS

At Crave we offer a variety of hot soups made from scratch every day. Our soups are hearty with bold flavors and are packed full of vegetables and fresh herbs. All of our soups are served with our fresh baked sourdough bread. **Cup...\$3.99 Bowl...\$5.50**

SIDES

Kettle Chips (bbq, sea salt, cracked pepper)...\$1.95 Side Earth, Greek or Caesar Salad...\$4.99 Side Veggie Pasta Salad...\$3.99 Fresh Fruit Bowl...\$3.99

GARDEN SALADS

House made salad dressings (all gluten free): buttermilk ranch, dijon vinaigrette, balsamic vinaigrette, red wine vinaigrette, lemon dill, caesar, house baked bread.

- Add grilled chicken, roasted turkey, albacore herb tuna salad, chicken tarragon salad, smoked applewood bacon...\$2.99

- Add smoked beef tri-tip to any salad for...\$3.99

- Add fresh avocado to any salad or sandwich for...\$1.50

V Garden Kale, parmesan cheese, house made croutons & bread crumbs, lemon vinaigrette...\$8.99

V Earth Salad, baby garden greens, cucumbers, tomatoes, carrots, mozzarella cheese, sunflower seeds...\$8.99

Classic Caesar, romaine, shaved parmesan cheese, house made caesar dressing, house made croutons...\$8.99

V Greek Salad, romaine, Greek feta, kalamata olives, tomatoes, cucumbers, oregano, red onions...\$9.99

V Spring Salad, baby spring mix greens, strawberries, blueberries, goat cheese, candied walnuts, balsamic glaze...\$9.99

V Caprese Salad, fresh buffalo mozzarella cheese, vine ripe tomatoes, basil, arugula, balsamic glaze & olive oil...\$9.99

Albacore Herb Tuna Salad, fresh herbs, garden greens, tomatoes, cucumbers, carrots...\$9.99

Tarragon Chicken Salad, garden greens, tomatoes, cucumbers, carrots...\$9.99

Crave Cobb, grilled chicken, avocado, smoked applewood bacon, garden greens, tomatoes, carrots, cucumbers, hard boiled egg...\$10.99

GARDEN/COLD SANDWICHES

Served on house baked sourdough bread. Choice of kettle chips (bbq, sea salt, cracked pepper), fresh fruit or veggie pasta salad.

Roasted Turkey, cheddar cheese, arugula, vine ripe tomatoes, herb aioli, sourdough bread...\$9.75

V Caprese, buffalo mozzarella cheese, vine ripe tomato, basil, arugula, herb aioli, balsamic & olive oil, baguette...\$9.99

BLTA, applewood smoked bacon, avocado, vine ripe tomatoes, provolone cheese, herb aioli, sourdough bread...\$9.99

V Veggie, avocado, fire roasted red peppers, provolone cheese, vine ripe tomatoes, arugula, herb aioli, balsamic & olive oil, sourdough bread...\$9.75

V Vegan, avocado, vine ripe tomato, olive tapenade, fire roasted red peppers, arugula, balsamic & olive oil, sourdough bread...\$9.99

Tarragon Chicken Salad, cheddar cheese, arugula, vine ripe tomatoes, herb aioli, vine ripe tomatoes, sourdough bread...\$9.99

Marinated Chicken Breast, cheddar cheese, arugula, vine ripe tomatoes, herb aioli, sourdough bread...\$9.99

Albacore Herb Tuna, cheddar cheese, arugula, vine ripe tomatoes, herb aioli, sourdough bread...\$9.99

Smoked Beef Tri-Tip, provolone cheese, caramelized onions, arugula, herb aioli, vine ripe tomatoes, sourdough bread...\$10.99

GRILLED/HOT SANDWICHES

Served on house baked sourdough bread. Choice of kettle chips (bbq, sea salt, cracked pepper), fresh fruit or veggie pasta salad.

V Gourmet Grilled Cheese, cheddar and provolone cheese on grilled sourdough...\$6.99

Smoked BBQ Pulled Pork, cooked low and slow, BBQ sauce, coleslaw on side, on french baguette...\$11.49

Smoked BBQ Pork Melt, provolone cheese, BBQ sauce, caramelized onions, on grilled sourdough...\$11.49

Grilled Beef Tri-Tip Dip, provolone cheese, caramelized onions, beef au jus, horseradish sauce (on the side) on grilled sourdough...\$12.50

V Grilled Veggie, marinated portobello, baby spinach, provolone cheese, fire roasted red peppers, basil aioli, balsamic onions, on grilled sourdough...\$10.75

V Grilled Caprese, fresh buffalo mozzarella cheese, vine ripe tomatoes, basil pesto, balsamic, on grilled sourdough...\$10.75

Spicy Red Curry Pork, cabbage salad (on the side), cilantro, pickled red onions on french baguette...\$11.49

Tuna Melt, Albacore herb tuna, cheddar cheese, vine ripe tomatoes, on grilled sourdough...\$10.49

Chicken Melt, grilled marinated chicken breast, cheddar cheese, vine ripe tomatoes, on grilled sourdough...\$10.49

Turkey Melt, roasted turkey breast, cheddar cheese, vine ripe tomatoes, on grilled sourdough...\$10.49

COMBOS: 1/2 GOURMET SANDWICH AND SOUP OR SALAD

Choice of: cup of soup OR garden salad (earth, spring, kale, greek or caesar) Upgrade to a bowl of soup for an additional \$1.50

Soup and Garden Salad Combo: cup of soup, earth, spring, kale, greek, or caesar salad and house baked bread...\$8.99

1/2 Garden Cold Sandwich Combo: roasted turkey, blta, caprese, smoked beef tri-tip, veggie, vegan, tarragon chicken salad, albacore herb tuna, marinated chicken breast...\$9.99

1/2 Hot Sandwich Combo: grilled caprese, grilled veggie, tuna melt, pork melt, chicken melt, turkey melt...\$10.99

1/2 Gourmet Sandwich Combo: grilled beef tri-tip dip, bbq pulled pork, spicy red curry pork...\$11.49

1/2 Hot Sandwich Combo: grilled cheese...\$8.49

V = vegetarian

For dine-in parties of 8 or more, an 18% gratuity will be added.

BEVERAGE MENU

	Regular	Large
Hot drinks	16oz	20oz
Cold drinks	20oz	24oz

COFFEE BREWED & ICED

Medium / Dark Roast	\$2.00	2.30
Café Au Lait	\$2.15	2.45
Iced Coffee (Cold Brew)	\$2.55	2.85

ESPRESSO HOT & ICED

Regular = 2 shots espresso Large = 3 shots espresso

Espresso (Single \$1.65)	\$1.85	2.05
Decaf Espresso (Single \$1.65)	\$1.85	2.05
Café Macchiato (traditional) Single \$1.65	\$1.95	2.15
Con Panna (w/ whipped cream) Single \$1.75	\$1.95	2.15
Red Eye (espresso with coffee)	\$2.65	2.95
Café Americano	\$2.55	2.85
Cappuccino	\$3.55	4.05
Café Latte	\$3.55	4.05
Café Mocha	\$4.05	4.55
Mayan Mocha	\$4.25	4.75
White Mocha	\$4.25	4.75
Hot Chocolate	\$3.15	3.35
Hot White Chocolate	\$3.35	3.55
Steamer	\$3.65	3.85

Add a shot of espresso to any drink \$.80

Add soy or almond milk \$.55

Add flavor to any drink \$.50

**Vanilla, *Caramel, *Hazelnut, (*Available in Sugar Free)*

Toffee Nut, Salted Caramel, Salted Toffee Nut

ESPRESSO BLENDED

Espresso blended with ice and choice of milk

	Regular= 2 shots espresso	Large =3 shots espresso
Espresso	\$3.85	4.35
Vanilla	\$4.50	4.80
Caramel	\$4.55	4.85
Hazelnut	\$4.50	4.80
Mocha	\$4.55	4.85
White Mocha	\$4.75	5.05
Mayan Mocha	\$4.75	5.05
Salted Caramel	\$4.75	5.05

RISHI ORGANIC TEA

Jade Cloud, Earl Grey, Yunnan Breakfast

Peppermint Rooibos (caffeine free), Chamomile

(caffeine free) Tropical Hibiscus (caffeine free)

Hot Tea	\$2.35	2.55
London Fog	\$3.90	4.20
Chai Tea Latte	\$3.85	4.15

ICED TEA \$2.50 2.75

Green Tea with Pomegranate, Black Tea with Passion Fruit

SMOOTHIES (ALL FRUIT) \$4.45 4.95

Strawberry/Banana, Mixed Berry and Pina Colada.

OR choose your own up to 3 fruits: *strawberry, pineapple, blueberry, banana, coconut and mango.*

Add greek yogurt to any smoothie \$1

BEVERAGES

House Made Fresh Lemonade	\$2.15	2.45
Fresh Squeezed Orange Juice	\$2.25	3.25
Milk (whole, nonfat, soy, almond)	\$2.15	2.45
Soy or almond milk add additional	\$.55	

SODAS \$2.50 2.75

Coke, Diet Coke, Coke Zero, Fanta Orange, Barq's Root Beer, Mello Yello, Sprite, Dr. Pepper

BOTTLED WATER / SODA

17oz Bottle Water	\$1.50
Mexican Coke Bottle	\$2.99



Crave

BREAKFAST

V Made from scratch baked goods, muffins, pastries, cookies, brownies, bars and more...\$2.50

FRESH BAKED BAGELS

V Bagel, plain or toasted... \$1.99 butter, peanut butter, cream cheese, nutella, banana add each...\$1.00

V Garden Bagel, toasted with cream cheese, avocado, vine ripe tomatoes, chives, cucumber...\$4.99

Smoked Salmon Bagel, chive cream cheese, vine ripe tomatoes, cucumber, red onion, capers, dill...\$9.99

ENERGY BOWLS

V Fresh Fruit Bowl, seasonal fruit (strawberries, melon, pineapple, grapes)...\$3.99

V Homemade Granola Parfait, non-fat greek yogurt, house made granola, fresh berries, bananas, honey...\$7.99

V Crave Acai Bowl, Acai berries blended with coconut milk, pineapple, bananas, strawberries, mango Topped with homemade granola, bananas, strawberries, blueberries, shredded coconut and honey...\$9.99 (Amazon super food bursting with powerful antioxidants and healthy omegas)

GARDEN FRITTATAS

(fresh baked to order please allow 20 minutes)

Three eggs, substitute eggs for egg whites. Served with house baked sourdough toast.

V Garden Frittata, fresh herbs, cheese, spinach, mushrooms, onions, bell peppers, tomato...\$9.99

V Garden & Potato Frittata, fresh herbs, cheese, potatoes, spinach, mushrooms, onions, bell peppers, tomato...\$9.99

V Greek Frittata, spinach, fresh herbs, feta, tomatoes, onions, kalamata olives, basil ...\$9.99

The Works Frittata, fresh herbs, cheese, potato, spinach, mushrooms, onions, bell peppers, tomatoes choice of smoked ham, applewood bacon, grilled chicken or roasted turkey...\$10.99

SIMPLY EGGS

Served with sourdough toast, house potatoes or fresh fruit.

V Two eggs, cooked any style, grilled tomatoes...\$7.99

Two eggs and meat, choice of smoked applewood bacon or country ham, grilled tomatoes...\$9.99

OMELETTE OR EGG SCRAMBLES

Three eggs. (Substitute eggs for egg whites). Served with sourdough toast, house potatoes or fresh fruit.

V Design your own omelette or scramble with up to four items...\$10.99

Smoked bacon, smoked ham, grilled chicken breast, roasted turkey, spinach, tomatoes, bell peppers, mushrooms, onions, mozzarella, cheddar, provolone, feta, cilantro, chives, basil.

EGG SANDWICH

Two scrambled eggs. (Substitute eggs for egg whites). Served on house baked sourdough toast, bagel, or croissant. Choice of house potatoes or fresh fruit.

V Egg and Cheese, cheddar, tomatoes...\$7.99

V Veggie, egg, cheddar cheese, spinach, mushrooms, onions, roasted bell peppers, tomatoes...\$9.99

Choice of Meat, smoked Ham, applewood bacon or roasted turkey, egg, cheddar cheese, tomatoes...\$9.99

The Works, Choice of smoked ham, roasted turkey, or bacon, egg, cheddar cheese, spinach, mushrooms, onions, roasted peppers, tomatoes...\$10.99