

## MID-AFTERNOON BREAKS

\*Denotes Vegan Items

### Snacks and Munchies



#### 1. AN ARRAY OF DIPS

##### Guacamole and Chips\*

Fresh avocados, tomatoes, onion and other great flavors served with yellow and blue corn chips.  
**\$4.90** per person

##### Hummus\*

Traditional, roasted garlic, sundried tomato or cilantro flavored. A twist on the Middle Eastern dip. Served with fresh pita, yellow and blue corn chips.  
*(Pumpkin in season only - nonvegan).*  
**\$3.90** per person

##### Tapenades\*

A blend of olives, capers, garlic, oregano, and olive oil. Choose from Original, Artichoke, Black Bean and Roasted Red Peppers, OR have a duo or trio. With slices of our fresh from the bakery baguettes, crackers and chips.  
**\$3.90** per person

##### Mushroom Pate\*

Mix of mushrooms and roasted nuts blended together to make a savory "pate." Baked enroute with flaky phyllo with a light brushing of extra virgin olive oil. Includes slices of our fresh from the bakery baguettes and crackers.  
**\$4.90** per person

##### Roasted Eggplant Caviar\*

Roasted eggplant, yellow and red bell peppers combined with fresh sweet onions and a splash of red wine vinegar to make a sweet and tangy dip. Served with slices of our fresh from the bakery baguettes and crackers.  
**\$3.90** per person

##### Sweet to Heat Salsa

Chef Daniel's famous salsa! A blend of roasted tomatoes, onions, and chilies, seasoned perfectly. Served with yellow and blue corn chips.  
**\$3.90** per person

##### Hot Artichoke Dip

Greek feta and Californian cream cheese makes this a creamy, yet zesty dip. Sundried tomatoes, spinach, and artichokes, combined and served hot. Also served with slices

of our fresh from the bakery baguettes, crackers and chips.  
**\$4.90** per person

##### Mango Salsa\*

Sweet and spicy! Forget the tomatoes, we have fresh mangoes, chopped with onions, cilantro, and jalapenos. Comes with yellow and blue corn chips.  
**\$3.90** per person

*All above can come with crudite style vegetables for \$1.90 per person*



#### 2. COLD STYLE APPETIZERS, STARTERS and SNACKS

##### Pinwheels

We take sundried tomato/basil tortillas to start. Add your favorite spread (vegan or vegetarian, hummus, ranch, cream cheese, gorgonzola or guacamole for example), then we add cheese of your choice (or not), greens, tomatoes, onions, and roll it and slice it sushi style!  
**\$4.50** per person

##### Domestic and International Cheeses

Garnished with kalamata olives, roasted garlic, sundried tomatoes, and fresh seasonal fruits. Comes with fresh sliced baguettes and crackers.  
**\$4.50** per person

##### Antipasta\*

Garnished with kalamata olives, roasted garlic, sundried tomatoes, and fresh seasonal fruits. Comes with fresh sliced baguettes and crackers.  
**\$5.50** per person

##### Fresh Spring Rolls\*

Rice paper wrapped veggies and tofu, served with Chef Daniel's Peanut Thai sauce.  
**\$4.50** per person

##### Fruit Kabobs\*

Skewers of fresh fruit with honey yogurt dipping sauce.  
**\$4.50** per person

#### 3. HOT/WARM STYLE

##### Buffalo Tofu Bites

Baked tofu, drenched in SPICY buffalo sauce! Served with carrot and celery sticks for this one!  
**\$4.50** per person

##### Chickpea Falafel Bites

Middle Eastern style falafel bites, served with pita and roasted garlic aioli.  
**\$4.50** per person

##### Soyrizo Stuffed Mushrooms

Great tasting alternative packed into mushroom caps, then lightly braised.  
**\$4.50** per person



#### 4. GRAB and GO'S

##### Quick Pick Up

With Granola bars, popcorn, trail-mixes, fruit, and other fun goodies.  
**\$2.50** per person

##### Not Just For Tea Anymore

Mini and finger sandwiches, filled with roasted or marinated vegetables, cheeses, and salads (*mock chicken*), pesto and aioli spreads.  
**\$5.25** per person

##### Asian Style

Nigiri and hand rolled vegetable sushi with edamame. Wasabi and soy included with serving.  
**\$5.75** per person

## VEGETARIAN OPTIONS

##### Cheesy Polenta Lasagna

Layers of Italian polenta, made-from-scratch marinara, mozzarella, fresh grated parmesan and baked to goodness!

##### Vegetable Lasagna

We use polenta instead of pasta, layer it with our fresh marinara, and grilled vegetables.

##### Mushroom Risotto

Creamy risotto, with a blend of mushrooms, pinch of saffron, and all the love of a traditional risotto.

##### Grilled Tofu Steaks

Marinated and Grilled. Choose from asian, southwest, curried, mexican mole or citrus styles. Served on a bed of rice.

##### Eggplant Parmesean

We make our own breadcrumbs from focaccia baked locally, coat local eggplant slices with it, sauteed until crispy and covered in our made-from-scratch marinara, served on a bed of penne pasta.

## SALAD OPTIONS

##### Cafe Merlot House Salad

Mixed greens, sweet red onions, tomatoes, and a sprinkling of fresh grated parmesan. Dressings can include Merlot, Basil Balsamic, Ranch, or Honey Mustard-all house made.

##### Pasta Salad

Penne pasta, with Greek feta, sundried tomatoes, sweet red onions, balsamic vinegar, and fine herbs.

##### Potato Salad

Diced baby red potatoes in a creamy tarragon dressing.

##### Caprese

Layers of fresh tomatoes, mozzarella, and basil leaves. With a balsamic reduction.

##### Grilled Asparagus

Grilled then chilled, tender asparagus, garnished with caramelized onions, and drizzled with a balsamic reduction.

##### Couscous Salad

Tiny couscous, Greek feta, sweet onions, diced cucumbers, fresh tomatoes all give this salad a refreshing taste.

Balanced • Focused • You



On the Road to Wellness



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# ON THE ROAD TO WELLNESS

## BREAKFAST

### The Morning Maker's



#### BASIC HEALTHY CONTINENTAL

*Basket or Tray of:*

Assorted Bran, Oat and Whole Grain Muffins; Multi-Grain and Plain Petite Bagels, Seasonal Fruit Bowl with Fig Balsamic Vinaigrette, Organic Honey, Flavored Cream Cheese and Butter Included.

\*Beverages: Fresh Squeezed Orange Juice, Cranberry Juice, Coffee (*regular/decaffeinated*) and Hot Teas **\$7.95** per person (pp)

\*Assortment of The Republic of Teas bottled iced teas (*16-oz.*) **\$2.75** pp



#### HEARTY HOT BREAKFAST

*Farm Fresh Scrambled Eggs with Choice of Toppings:*

Green Peppers, Tomatoes, Black Olives and Artichokes, Wine Country Breakfast Potatoes served with Red Bliss and Sweet Potatoes, Onions and Peppers, Seasonal Fruit Bowl with a Honey Yogurt Cream Sauce, Turkey Sausage and/or Applewood Farms Bacon (*Smoked Organic Salmon Optional - Add \$4.25*). \*Beverages: Fresh Squeezed Orange Juice, Cranberry Juice, Coffee (*regular/decaffeinated*) and Hot Teas

**\$11.95** per person

\*Assortment of The Republic of Teas bottled iced teas (*16-oz.*) **\$2.75** pp



#### ALL NATURAL

Mediterranean Platter with Hard Boiled Eggs, Olives and Tomatoes, Smoked Organic Salmon, Kashi® Natural Granola Served with Low Fat Soy Milk or Steel Cut Oatmeal with Brown Sugar and Craisins Smoothies - Pre-blended and Toppings to Include: Honey, Fruit, Wheat Grass, Seasonal Berry Blend with Strawberry Balsamic Vinaigrette, Flaxseed,

Apple and Ginger, Chocolate and Pecan Tea Breads.

\*Beverages: Fresh Squeezed Orange Juice, Cranberry Juice, Coffee (*regular/decaffeinated*) and Hot Teas **\$15.95** per person

\*Assortment of The Republic of Teas bottled iced teas (*16-oz.*) **\$2.75** pp



#### SEASON'S BEST

Fresh Fruit with Fig Balsamic Vinaigrette Drizzle, Flaxseed Waffles with Berries and Honey Cream, and Kashi® Natural Granola Served with Low Fat Soy Milk or Steel Cut Oatmeal with Brown Sugar and Craisins, Smoothies - Pre-blended and Toppings to Include: Honey, Fruit, Wheat Grass and Juice Seasonal Berry Blend with Strawberry Balsamic Vinaigrette, Flaxseed, Apple and Ginger, Baskets of Homemade Tea Breads, Muffins and Scones with Cranberry Relish. \*Beverages: Fresh Squeezed Orange Juice, Cranberry Juice, Coffee (*regular/decaffeinated*) and Hot Teas

**\$15.95** per person

\*Assortment of The Republic of Teas bottled iced teas (*16-oz.*) **\$2.75** pp



#### SAN DIEGAN CLASSIC

Grilled Vegetable Strata Served with Low Fat Mozzarella and Farmer's Market Roma Tomatoes Sweet to Heat Organic Salsa with Blue Corn Chips Refried Black Beans, Onions and Green Chiles Turkey Chirizo - Jicama and Fresh Fruit Served with Lime and Chile Sauce. \*Beverages: Fresh Squeezed Orange Juice, Cranberry Juice, Coffee (*regular/decaffeinated*) and Hot Teas

**\$17.95** per person

\*Assortment of The Republic of Teas bottled iced teas (*16-oz.*) **\$2.75** pp

All Breakfast and Mid-Morning Break Orders Served with Bio-degradable, Post Consumable Disposables. Minimum Order of 10 with 24 Hours Notice (unless arranged otherwise) Additional Charge \$10.00 for most deliveries

## MID-MORNING BREAKS

### Options: Choose One (1)



- Kashi® Granola with Dried Organic Fruit
- Fresh Fruit Kabobs with Honey Yogurt Dipping Sauce
- Orange and Lavender Scones Served with Cranberry Relish
- Energy Housemade Trail Mix - a blend of Almonds, Walnuts, Craisins and Wheat Germ
- Assortment of Petite Muffins, Croissants and Danish

**\$3.90** per person

Beverages: Soft Drinks and Coffee (*regular/decaffeinated*) **\$3.50** per person

\*Assortment of The Republic of Teas bottled iced teas (*16-oz.*) **\$2.75** per person

## WORKING LUNCHES

### Choose One (1) Salad Option:



#### MERLOT MIXED GREENS SALAD

Tomatoes, Parmesan Cheese and Sweet Onions with Merlot Dressing on the Side

#### MEDITERRANEAN COUSCOUS SALAD

with Fresh Garden Vegetables

#### ENDIVE

with Granny Smith Apples, Mushrooms, Feta Cheese and Served with Tomato Basil Vinaigrette

#### GRILLED VEGETABLE SALAD

Chilled Portabella Mushrooms, Eggplant, Zucchini, Yellow Squash, Red Bell Peppers, Roasted Garlic, Sundried Tomatoes and Feta Cheese with a Splash of Tomato Basil Dressing on Greens

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Chilled Portabella Mushrooms, Eggplant, Zucchini, Yellow Squash, Red Bell Peppers, Roasted Garlic, Sundried Tomatoes and Feta Cheese with a Splash of Tomato Basil Dressing on Greens

#### USA BROWN RICE SALAD

with Sweet Peas, Caramelized Onions and Carrots

#### SEASONAL HEIRLOOM TOMATO SALAD

Capressi Style with Aged Balsamic Vinaigrette

### Choose One (1) Sandwich Option:



#### PITA'S

Whole Wheat Pita Pockets Filled with Turkey Breast, Albacore Tuna Salad, Chicken Breast, and Seasonal Vegetables - Served with Sides of Honey Mustard and Lemon Dill Mayonnaise

**\$11.95**

#### WARM and HEARTY

Chicken Breast with Mushrooms, Spinach and Feta Cheese, Rye with Lean Chicago Style Corned Beef, Chicago Style Lean Pastrami, Focaccia with Grilled Seasonal Vegetables, Tri-Tip on Sourdough Kaiser roll with Peanut Thai Sauce

**\$14.95**

#### SUBS

Petite 4-in. Submarine Baguette Sandwiches Filled with Lettuce, Tomato and Assorted Fresh Deli Meats: Turkey, Corned Beef, Pastrami and Topped with Black Olives, Tomatoes and Balsamic Vinaigrette.

**\$7.95** per person

Beverages: Soft Drinks and Coffee (*regular/decaffeinated*) **\$3.50** per person

\*Assortment of The Republic of Teas bottled iced teas (*16-oz.*) **\$2.75** per person

All Working Lunch Sandwiches come with an assortment of Cookies, Brownies or Bread Pudding. All Orders Served with Bio-degradable, Post Consumable Disposables. Minimum Order of 10 with 24 Hours Notice (*unless arranged otherwise*) Additional Charge \$10.00 for most deliveries

...OR...

### Choose Two (2) Salad Bar Options:



#### NORTHWEST ATLANTIC SALMON SALAD

Fresh Salmon Filet Thinly Sliced Served over Greens with Fresh Vegetables, Tomatoes, Sweet Onions and Capers with Lemon Vinaigrette.

**\$15.75**

#### ASIAN CHICKEN SALAD

with Napa Cabbage, Fancy Greens, Toasted Almonds, Mandarin Oranges, Black & White Sesame Seeds, Teriyaki Citrus Chicken with Peanut Thai Dressing.

**\$12.95**

#### COBB SALAD

with Grilled Chicken, Gorgonzola Cheese Crumbles, Bacon, Fresh Tomatoes, Kalamata Olives and Purple Onions on Chilled Greens with Thousand Island Dressing.

**\$13.75** per person

#### MEDITERRANEAN SALAD

with Penne Pasta, Red Onion, Feta Cheese, Sundried Tomatoes, Artichoke Hearts, Sliced Black Olives, Olive Oil and Balsamic Vinegar.

**\$14.95** per person

#### \*CEVICHE

with Dover Sole, Shrimp, Crab and Lobster in Citrus and Cilantro Vinaigrette (*\*need 48 hrs. notice*)

**\$15.25** per person

#### TRI-TIP STOCKYARD SALAD

Marinated Grilled Tri-Tip, Gorgonzola Cheese, Almonds and Tomatoes with Focaccia Croutons, and Peanut Thai Dressing.

**\$16.25** per person

#### GRILLED VEGETABLE SALAD

Chilled Salad Of Portabella Mushrooms, Eggplant, Zucchini, Yellow Squash, Red Bell Peppers, Roasted Garlic, Sundried Tomatoes and Feta Cheese with a Splash of Tomato Basil Dressing on Chilled Greens.

**\$11.95** per person

### Choose One (1) Soup Option:



#### LOBSTER BISQUE

(*add \$1.95 per person extra*)

#### SOUTHWESTERN PUMPKIN

#### CHICKEN VEGETABLE

#### VEGAN VEGETABLE

#### CREAM OF POTATO

with Leeks

### Choose One (1) Dessert Option:



#### CAFE MERLOT APPLE STRUDEL

Granny Smith Apples, Cinnamon, Brown Sugar, Orange Juice, Orange Zest, Brandy and Phyllo Dough with Caramel Sauce.

**\$7.95**

#### HOT CHOCOLATE CHIP FUDGE BROWNIE

Double Fudge with Chocolate Syrup.

**\$7.25**

#### ASSORTED BREAD PUDDING

with Brandy Caramel Citrus Sauce

(*ask for seasonal favorite*)

**\$6.95** per person

#### GOURMET KOSHER RUGALACH

(*ask for flavors*)

**2 for \$3.00**

All Working Lunch Orders Include: 1-Sandwich, 2-Salads (or Soup) and 1-Dessert Option Served with Bio-degradable, Post Consumable Disposables. Minimum Order of 10 with 24 Hours Notice (*unless arranged otherwise*) Additional Charge \$10.00 for most deliveries