

VOTED: BEST DELI SANDWICH BEST SMOOTHIE

BEST MEAL FOR YOUR MONEY

PH: 922-8889 FX: 922-8044



**DELI SANDWICHES** Whole - \$7.98 Half - \$3.99

Central Coast Roast

Meatball Supreme

Surf's Up

Roast Beef, Cheddar Cheese, Lettuce, Tomatoes, Pickles, Mayonnaise, Mustard, on Sliced Sourdough

Hot Italian Sausage Meatballs, Provolone Cheese, Marinara Sauce on Toasted French Roll

Tuna Fish Salad, Lettuce, Tomatoes, Mayo, Mustard, Toasted Sliced Multi-Grain

The Cutting Veg

Avocados, Cucumbers, Lettuce, Tomatoes, Provolone Cheese, Vinegraitte Dressing on Sliced Multi-Grain

Monterey French Dip

Heated Roast Beef, Au Jus, on Toasted French Roll

Thanksgiving  
Thin Sliced Turkey, Cranberry Sauce, Jack Cheese, Lettuce, Mayonnaise on Sliced Multi-Grain

Gold Rush Turkey

San Diego Chicken

Grilled Chicken Breast, Provolone Cheese, Marinara Sauce on Toasted French Roll

Yosemite's Ham

Ham, Swiss Cheese, Lettuce, Tomatoes, Pickles, Mayo, Mustard, on Sliced Sourdough

**GOURMET SALADS - \$6.99**

Add Chicken for \$1.99

California Cobb

Mixed Greens with Avocados, Bleu Cheese Crumbles, Bacon, Olives, & Tomatoes

Eureka

Romaine Lettuce, Salami, Onions, Pepperoncinis, Olives, & Parmesan Cheese

Garden Fresh

Mixed Greens with Carrots, Tomatoes, Cucumbers, & Celery

Hail, Caesar

Romaine Lettuce w/ Parmesan Cheese, Croutons, Olives & Tomatoes

Popeye

Spinach Salad covered in Caramelized Walnuts, Asian Pears, and Bleu Cheese Crumbles

Dressings: Ranch, Balsm Vinegrtte, Hny Mstrd, Bleu Cheese, Italian, Caesar

**PREMIUM SANDWICHES** Whole - \$8.98 Half - \$4.99

California BLT

Avocados, Bacon, Lettuce, Tomatoes, Mayonnaise, on Toasted Sliced Sourdough

Mammoth Triple Diamond

Turkey, Ham, Roast Beef, Provolone Cheese, Lettuce, Tomatoes, Pickles, Mayonnaise, Mustard, on French Roll

Rancho

Chickamonga

Grilled Chicken, Bacon, Ranch Dressing, Jack Cheese, Avocado, Tomato, Lettuce on Toasted French Roll

Club Cal

Turkey, Ham, Bacon, Swiss Cheese, Mayonnaise, Tomatoes, Lettuce, on Toasted Sliced Sourdough

Morro Bacon

Roast Beef, Bacon, Swiss Cheese, Honey Mustard, Avocado, Onion, Lettuce on a French Roll

Venice Beach

Salami, Turkey, Ham, Provolone Cheese, Mayo, Mustard, Lettuce, Tomatoes, Pepperoncinis, Onions, on French Roll

El Capitan

OC Masterpiece

Grilled Chicken, Melted Provolone Cheese, BBQ Sauce, Jalapenos, Onions, Lettuce on a toasted French Roll

Heated Spicy Turkey, Melted Jack Cheese, Avocados, Jalapenos, Lettuce, Honey Mustard, on Toasted French Roll

**SMOOTHIES** 12 oz:\$2.99 24 oz: \$4.49

California Dream

Bananas, Orange Juice, Non Fat Frozen Yogurt

Mang Ten

Mangos, Pineapple Juice, Peach Juice, Non Fat Frozen Yogurt

Orange Obsession

Orange Juice, Non Fat Milk, Non Fat Frozen Yogurt, Orange Sherbet

The Feel Good

Apple Juice, Strawberries, Blueberries, Non Fat Frozen Yogurt

Mango West

Mangos, Strawberries, Pineapple Juice, Peach Juice, Non Fat Frozen Yogurt

Pina Colada Palms

Pineapples, Coconut, Pineapple Juice, Pineapple Sherbet, Non Fat Milk

High Tide

Strawberries, Bananas, Orange Juice, Non Fat Frozen Yogurt

Mega Mocha

Coffee, Chocolate, Non Fat Milk, Non Fat Frozen Yogurt

Strawberry Fields

Strawberries, Apple Juice, Non Fat Frozen Yogurt

