

California Crisp

Y.M.C.A. 401 S.Hope St., Los Angeles CA 90071

Tel: (213) 622 - 6749 Fax: (213) 627 - 0731

EXPRESS MENU

or Qty.

BREAKFAST

_____	🕒 Breakfast Wrap ~ Scrambled eggs, bacon, cheese and tomatoes on Lavash	3.50
_____	🕒 Healthy Dining Breakfast Wrap ~ Scrambled egg whites, fresh spinach, tomatoes, black beans, avocado, red onion on flax Lavash	3.99
_____	🕒 Breakfast Bagel ~ Scrambled eggs, bacon, cheese, tomatoes on a toasted bagel	3.25
_____	🕒 Breakfast Bagel with Honey Ham ~ same as above add Honey Ham	5.99
_____	🕒 Toasted Bagel & Cream Cheese	1.75
_____	🕒 Oatmeal with Brown Sugar & Raisins	3.25

* Above Breakfast service until 10:00 am

SMOOTHIES & SNACKS

_____	Superfood Smoothie - Non-fat yogurt, fresh orange juice, vanilla soy milk, dates, flax seed & wheat germ, banana, blueberries	4.99	_____	add protein50			
_____	Classic Smoothie	4.50	_____	Original Smoothie	4.25	_____	Blue Moon Smoothie	4.50
_____	Non-Dairy Juice Squeeze Smoothie	4.25	_____	add protein50			
_____	Healthy Snacks: <input type="checkbox"/> Apple .75 <input type="checkbox"/> Banana .75 <input type="checkbox"/> Carrot sticks w/hummus 1.99 <input type="checkbox"/> Suncakes	2.25						

SALADS

_____	Cæsar Salad ~ with Cæsar Dressing	6.29
_____	Chopped Salad ~ *choice of dressing below	6.29
_____	Greek Salad ~ with Yogurt Dressing	6.49
_____	Chicken Cobb Salad ~ *choice of dressing below	7.39
_____	Chopped Chicken Salad ~ *choice of dressing below	7.39
_____	Chicken Cæsar Salad ~ with Cæsar Dressing	7.39
_____	Tostada Salad ~ w/1000 Island Dressing <input type="checkbox"/> Grilled Chicken <input type="checkbox"/> Seasoned Chicken (choose one) ...	7.39
_____	Chinese Chicken Salad ~ Chinese Dressing	7.39
_____	Spicy Grilled Chicken Salad ~ with spicy Ranch Dressing	7.39
_____	BBQ Chicken Chopped Salad ~ with Ranch Dressing	7.39
_____	Chicken Curry Salad ~ with Curry Dressing	7.39
_____	Greek Salad & Chicken ~ with Yogurt Dressing	7.99
_____	High Protein Salad ~ Chopped Lettuce, 6 oz. of Chicken, Kidney & Black Beans, Tomatoes, Green Peppers, Almonds, Golden Raisins, Cheese	8.99

*Salad Dressings: choose one by filling in the bubble

- | | | | |
|--|--|--|---|
| <input type="checkbox"/> Ranch | <input type="checkbox"/> Chinese | <input type="checkbox"/> 1000 Island | <input type="checkbox"/> Italian Balsamic Vinaigrette |
| <input type="checkbox"/> Low-fat Ranch | <input type="checkbox"/> Low-fat Chinese | <input type="checkbox"/> Low-fat 1000 Island | <input type="checkbox"/> Non-fat Italian Vinaigrette |

** Salad Includes: Corn Bread or Wheat Roll No Bread

Special Instructions:

SEE OTHER SIDE FOR MORE TASTY ITEMS!

Name: _____

Direct Line: _____ Pick-up time: _____ (allow 30-40 min. for Pick-up)

* Call Us for any daily specials or sides *

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WRAPS & LAVASH

- _____ Healthy Lifestyle Turkey Wrap on Flax Lavash ~ Fresh spinach, tomato, dried cranberry, red onion, red-pepper hummus, low-fat yogurt dressing and a dash of cinnamon 7.99
- _____ Healthy Lifestyle Turkey Wrap on Flax Lavash ~ Fresh spinach, shredded cabbage & carrot, mint, tomato, low-fat peanut sauce 7.99
- _____ California Turkey Wrap 7.39
- _____ Spicy Grilled Chicken Wrap 7.39
- _____ Vegetarian Wrap 7.39
- _____ Chicken Cæsar Wrap 7.39
- _____ BBQ Chicken Wrap 7.39
- _____ Turkey, Bacon, Lettuce, Tomato & Avocado Wrap 7.99
- _____ Honey Ham & Cheese Wrap 7.99
- *All Wraps & Lavash include: Chips Pasta Fruit Veggi's (choose one)

SANDWICHES, PANINI & TORTA

- _____ Sandwiches ~ Turkey Tuna Chicken Salad Vegetarian BLT & Avocado .. 6.99
- _____ Half Sandwich Combination ~ select from above sandwich choices
served with: Bowl of Soup Bowl of Chili (choose one) 7.39
- _____ Healthy Dining Half Sandwich ~ Turkey, Tuna, Chicken Salad or Vegetarian on wheat bread
served with: *Green Salad Pasta Salad Fruit Cup Soup Chili (choose one) 6.99
- _____ Honey Ham, Cheese & Sliced Apple Sandwich ~ on Raisin bread Cheddar Swiss (choose one) 7.99
- _____ Club Sandwich 7.99
- Choose from these breads: Wheat Sourdough Rye Raisin
Whole sandwiches served with: Pasta Fruit Chips (choose one)
- _____ Chicken Cæsar Panini 7.99
- _____ BBQ Chicken Panini 7.99
- _____ Honey Ham Panini 7.99
- _____ Roasted Turkey Breast Panini 7.99
- Panini served with: Pasta Fruit Chips (choose one)
- _____ Grilled Eggplant Torta 7.49
- _____ Grilled Portobello Mushroom Torta 7.49
- _____ Baked Asian Tofu Torta 7.49
- _____ Fresh Mozzarella Torta 7.49
- _____ Honey Ham Torta 7.49
- _____ Genoa Salami Torta 7.49
- _____ Turkey Cobb Torta 7.49
- _____ Coconut Chicken Torta 7.49
- Torta served with: Pasta Fruit Chips (choose one)

*Green Salad Dressing choices: Non-fat Italian Low-fat Ranch

Special Instructions:

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