

Since 1997

# EAST WEST

California Mediterranean

707.546-6142



## Sandwiches

Served with a choice of green salad, soup, or French fries.

Sweet potato fries add \$1.00

- Chicken Fajita Wrap** 18.50  
Fajita style marinated chicken sautéed with fresh garlic, cilantro, mushrooms, onion, bell pepper and salsa; wrapped in whole wheat tortilla with hummus and brown rice.
- Salmon Wrap** 18.95  
Marinated salmon, brown rice, hummus, tabbouleh wrapped in whole wheat tortilla.
- Turkey Pastrami Melt** 17.50  
Turkey pastrami on rye with melted Jack cheese and mustard.
- B.L.T.** 18.50  
Crispy low-fat turkey bacon, lettuce, tomato and mayonnaise, on organic 9-grain whole wheat or sourdough.
- Pineapple Chicken Croissant** 18.50  
A fluffy croissant filled with crisp lettuce, tomato, Jack cheese, marinated breast of chicken, mayonnaise and grilled pineapple slices.
- Patty Melt** 18.50  
A seasoned patty of natural ground beef (or ground turkey) on rye with thousand island, choice of cheese and caramelized onion.
- Tuna Melt** 18.50  
Albacore white tuna, mayonnaise, and red onion on rye with your choice of cheese.
- Santa Fe Chicken Burger** 17.95  
Grilled marinated chicken breast with lettuce, tomato, mayonnaise, BBQ sauce and green chile pepper.
- East West Turkey Burger** 17.95  
Low-fat, seasoned lean ground turkey patty with lettuce, tomato, red onion, mayonnaise and mustard. With cheese add \$1.50
- East West Beef Burger** 17.95  
A 1/2 pounder of seasoned, natural ground beef, with lettuce, tomato, onion, mayonnaise and mustard. With cheese add \$1.50

## Vegetarian Selection

- Garden Wrap ♦** 16.95  
Brown rice, hummus, avocado, tomato, steamed vegetables and Tahini sauce wrapped in whole wheat tortilla.
- Falafel Wrap ♦** 16.95  
Falafel patties, hummus, tomato, lettuce, pickles, avocado and Sumac spice with Tahini sauce wrapped in whole wheat tortilla.
- Beyond Burger ★** 17.95  
Cholesterol and gluten-free, 100% plant based meat alternative patty on a whole wheat bun with sun-dried tomato aioli spread, lettuce and tomato. With cheese add 1.50
- Garden Burger ★** 17.95  
A patty of mixed veggies served on a whole wheat bun with sun-dried tomato aioli spread, lettuce, tomato and red onion. With cheese add 1.50
- Grilled Cheese Sandwich ★** 15.95  
Grilled organic whole wheat or organic sourdough bread filled with Jack or Cheddar Cheese.

## Specialty Entrees

- Mediterranean Platter ★** 17.95  
A medley of Mediterranean delicacies: Hummus, baba ganouj, beet delite, three stuffed grape-leaves, tabbouleh, three falafel patties and pita bread.
- Steamed Vegetable Plate ★** 16.95  
Fresh vegetables, steamed and served over brown rice, topped with shredded Jack cheese, lite Tahini sauce, and toasted almonds. With chicken or tofu \$18.95
- Falafel Plate ★** 17.95  
Five falafel patties served hot with tahini sauce, tabbouleh, hummus, beet delite and pita bread.
- Tostada Delight ♦ ★** 17.95  
Crisp whole wheat tortilla topped with hummus, brown rice, vegetarian oil-free black beans, shredded carrots, shredded beets, lettuce, avocado, and citrus dressing. With chicken or tofu \$19.95
- Gourmet Veggie Burrito ★** 16.50  
Vegetarian oil-free black beans, brown rice, hummus, steamed vegetables, cheese and salsa wrapped in whole wheat tortilla. With chicken \$18.50.
- Taco Plate ★** 18.95  
Blue corn tortilla filled with hummus, vegetarian oil-free black bean chili, steamed vegetables and cheese. Served with brown rice and salad. With chicken or tofu \$20.50.
- Mediterranean Spinach Quesadilla ★** 17.95  
Jack cheese, feta cheese, zaater spice, spinach, toasted pinenuts and basil-walnut sauce. With chicken \$19.95
- Macro Plate ★ ♦** 17.95  
Steamed vegetables served with braised tofu or garden burger patty, hummus, brown rice and vegetarian oil-free black beans with blue corn tortillas.
- Chicken Shawarma** 18.95  
Sliced marinated breast of chicken, seasoned in exotic Middle Eastern spices, grilled with tomato, onion and topped with tahini sauce. Served in hummus-spread pita bread with choice of salad or fries.
- Chicken Teriyaki** 18.95  
Sliced marinated chicken (or tofu) grilled and smothered with our aromatic teriyaki sauce, sautéed with green and red peppers, onion and water chestnuts. Topped with sesame seeds. Served with brown rice and steamed vegetables.
- Salmon Dinner (served after 5pm)** 25.50  
Pan seared marinated fillet of salmon served with brown rice, hummus, tabbouleh and steamed vegetables.

★ Vegetarian ♦ Vegan (Vegetarian with NO dairy products)

● Gluten Free menu is available – Please ask your server

## Soup

**Home Made Soup Du-Jour** †      **Cup 7.50**      **Bowl 9.50**  
Vegetarian and oil-free. Served with whole wheat roll upon request.

**Soup and Salad**      **17.95**  
Soup du-jour with green salad and choice of dressing.  
Served with whole wheat roll upon request.

## Salads

Dressing Choices: Oil-free citrus, Lemon tahini, Blue cheese,  
Ranch, Basil walnut vinaigrette and Caesar.

**Thai Chicken Salad (or Tofu)** ★      **17.95**  
Marinated chicken served over a bed of fresh spinach, lettuce and red cabbage, topped with mandarin orange slices, avocado, shredded carrots, shredded beets, red onion, toasted almonds and our house citrus dressing.

**California Spinach Salad**      **17.50**  
Baby spinach, caramelized walnuts, seedless red grapes, apples, red onion, avocado, feta cheese, dates, toasted pinenuts and strawberries.

**Garden Salad**      **13.95**  
Green leaf lettuce, organic mix, cucumber, shredded carrots, shredded beets, red onions, topped with sunflower seeds, corn and green peas, with your choice of dressing. With chicken, tofu, garden burger patty, ground turkey patty, beef patty, or tuna salad add \$5.95

**Greek Salad**      **17.50**  
Green leaf lettuce, feta cheese, cucumber, red onion, artichoke hearts, shredded beets, shredded carrots, Greek olives, topped with toasted sesame seeds, pinenuts. Served with your choice of dressing.

**East West Chicken (or Tofu) Salad**      **19.50**  
Fresh vegetables over a bed of green salad mix and fresh spinach, topped with shredded carrots, shredded beets, green peas, corn, toasted almonds, served with brown rice, hummus dip and marinated chicken breast with your choice of dressing.

## Side Orders

**Hummus with Pita 9.50**      **Brown Rice**      **5.00**  
Garbanzo bean puree with Tahini, garlic and lemon juice.

**Baba Ganouj with Pita 9.50**      **French Fries**      **6.50**  
Baked eggplant puree with garlic, lemon juice, parsley, Tahini and Greek yogurt.

**Tabbouleh 9.00**      **Sweet Potato Fries**      **7.50**  
Fine parsley salad with bulgar, tomato, cucumber, green and red onions, lemon juice and olive oil.

**Beet Delite with Pita 9.50**      **Falafel Patties, each**      **2.00**  
Beet puree with garlic, Tahini, Greek yogurt, walnuts and lemon juice.

**Dolmas 7.**  
Six grape-leaf rolls stuffed with rice, herbs and spices.

## Beverages

### Gourmet Coffees

#### Regular & Decaf

**Espresso**      **4.50**  
**Cappuccino** ★      **6.50**  
**Café Latte** ★      **6.50**  
**Café Mocha** ★      **6.95**  
**Gourmet Coffee**      **3.95**  
**Hot Chocolate** ★      **5.95**

★ Can be prepared with soy, almond, or oat milk add \$1.

#### Teas

**Organic Tea**      **4.95**  
Aged Earl Grey, Lemon Ginger, Gunpowder Green, Jasmine Green, Regular or Decaf English Breakfast, Moroccan Mint, Chamomile Lemon  
**Chai** served hot with steamed milk (Decaf or regular)      **5.95**  
**Sport Ice Tea**      **4.95**  
**Ice Tea**      **4.95**

#### Cold Drinks

**Soda**      **4.95**  
Pepsi • Diet Pepsi • Sierra Mist • Root Beer  
**Ginger Beer**      **4.95**  
**Cream Soda**      **4.95**  
**Poppi Prebiotic Soda**      **4.95**  
Wild Berry • Raspberry Rose

#### Fresh Juices

**Homemade Lemonade**      **5.95**  
**Fresh Squeezed Carrot Juice**      **11.00**  
**East West Fruit Smoothie**      **11.00**

#### Desserts

**Fresh Cakes 10.00**  
A la mode add **5.95**  
**Ice Cream**      **6.95**  
Vanilla

# Saturday and Sunday Breakfast

## 10am - 2:30pm

(Cheese Choices: Jack, Pepper Jack, Cheddar, or Feta)

<p><b>Western Style</b> <span style="float: right;"><b>18.95</b></span> Two eggs (any style), country-style potatoes, turkey bacon, salsa, toast and jam. Without bacon 17.95</p>	<p><b>Mediterranean Omelette</b> <span style="float: right;"><b>20.95</b></span> Three-egg omelette with tomato, onion, basil, mushrooms, feta cheese, kalamata olives. Served with country potatoes and toast.</p>
<p><b>East West Special</b> <span style="float: right;"><b>20.95</b></span> Two eggs or tofu scrambled with fresh spinach, tomato, kalamata olives, feta cheese and a pinch of zaater spice. Served with turkey bacon, country potatoes and toast. Without bacon 18.95</p>	<p><b>Denver Omelette</b> <span style="float: right;"><b>21.95</b></span> Three-egg omelette filled with turkey bacon, avocado, choice of cheese, sauteed onions and mushrooms. Served with country potatoes and toast. Without bacon 19.95</p>
<p><b>Huevos Rancheros</b> <span style="float: right;"><b>19.95</b></span> Organic blue corn tortillas with black beans, Jack cheese, salsa and two sunnyside-up eggs. Served with country potatoes.</p>	<p><b>Breakfast Burrito</b> <span style="float: right;"><b>17.50</b></span> Two scrambled eggs or tofu with Jack cheese, potatoes, black beans and salsa. Wrapped in organic whole wheat tortilla.</p>
<p><b>East West Combo</b> <span style="float: right;"><b>20.95</b></span> Two eggs (any style), two blue corn or nine grain pancakes and turkey bacon.</p>	<p><b>French Toast Combo</b> <span style="float: right;"><b>20.95</b></span> Choice of wheat or sourdough bread, served with real maple syrup, real butter, two eggs and turkey bacon.</p>
<p><b>Pancakes</b> <span style="float: right;"><b>16.95</b></span> Two pancakes of your choice of blue corn or nine grain buttermilk, served with real maple syrup and real butter (with banana, blueberry or raspberry add \$2).</p>	<p><b>One Pancake</b> <span style="float: right;"><b>8.95</b></span> <b>Two Eggs (any style)</b> <span style="float: right;"><b>7.95</b></span> <b>Toast</b> <span style="float: right;"><b>2.95</b></span> <b>Side Turkey Bacon (four slices)</b> <span style="float: right;"><b>7.95</b></span> <b>Side Breakfast Potatoes</b> <span style="float: right;"><b>6.95</b></span></p>

## Bottled

Lagunitas Little Sumpin Pale Ale  
Guinness (Draught) Stout  
Corona  
Sierra Nevada Pale Ale  
Booch Craft Grapefruit Hibiscus Hard Kombucha (gluten free)  
Amstel Light  
Clausthaler Non-Alcoholic  
Ace Pear Cider  
Otherwise Brewery Rice Lager (gluten free)  
Golden State Apple Cider (Mighty Dry)

**\$7.00**

## Beer on Tap

*North Coast Brewery*  
Scrimshaw Pilsner (4.5% ABV)

*HenHouse*  
Incredible Pale Ale (7% ABV)

*Revision Brewing Company*  
Disco Ninja Hazy IPA (7% ABV)

*Moonlight Brewing Company*  
Calcutta by Clipper Pale Ale (4% ABV)

**\$10.00**

## Pre-Mixed Cocktails

(gluten free, vegan/all-natural)

Margarita  
Moscow Mule

**\$11.00**

## Wine List

	glass	bottle
Grandial Brut <b>Sparkling</b> , France	—	10.00
Benvolio <b>Pinot Grigio</b> , Italy, 2023	11.00	34.00
Angeline <b>Sauvignon Blanc</b> , Sonoma County, 2023	11.00	34.00
Murphy-Goode <b>Fume Blanc</b> , California, 2023	11.00	34.00
La Crema <b>Chardonnay</b> , Monterey, 2023	11.00	34.00
Kunde <b>Zinfandel</b> , Sonoma County, 2023	13.00	39.00
Circumference, <b>Cabernet Sauvignon</b> , Dry Creek Valley, 2023	14.00	40.00
De Loach, <b>Pinot Noir</b> , California, 2023	14.00	40.00