

A LA CARTE AND EXTRAS

Check our display case for a selection of freshly made items

CORNBREAD MUFFIN.....	\$1.25
BACON BY THE SLICE.....	\$.95
✓ HALF AVOCADO	\$2.50
CHEESE BY THE SLICE or TOMATO SLICES.....	\$.60
CHICKEN BREAST, CHICKEN/EGG/TUNA SALAD.....	\$3
CHIPS	
Organic, whole-grain, or gluten-free	
Small.....	\$1.35
Specialty.....	\$1.95
Large.....	\$2.95
SALAD DRESSING.....	\$.50

DESSERTS

✓ Fresh seasonal fruit cup	\$3.75
Cake	\$3.95
A variety of flavors	
Ice cream by the scoop	\$1.75
Ice cream sundae	\$4.75
Banana split	\$6.95
Vanilla, chocolate, and strawberry ice cream with nuts, and whipped cream	
Fresh-baked cookie	\$1.25

BEVERAGES

Gourmet coffee or hot chocolate

Small.....	\$1.75
Large.....	\$2.25
Espresso double shot	\$2.45
Latte or cappuccino	\$3.50 / \$4.25
Chai.....	\$4.25
With almond or soymilk.....	\$4.75 / \$5.50
With add-ins.....	\$.75 each
(Caramel, chocolate, hazelnut, vanilla, white chocolate, seasonal flavor)	

Hot or herbal tea.....\$1.25

Specialty iced tea or iced coffee.....\$1.75

Bottled water.....\$1.95

Fountain drinks.....\$2.25

Milk.....\$1.25

Naked® smoothie/coconut water.....\$4.25

Fruit smoothie.....\$4.95
 With almond or soymilk.....\$6.30
 With add-ins.....\$.75 each
 (Banana, peanut butter)

Superfood smoothie.....\$5.25
 With almond or soymilk.....\$6.50
 With add-ins.....\$.75 each
 (Blueberry, mango, peach, raspberry, strawberry)

Hand-made milkshakes (chocolate, strawberry, vanilla) and orange flips.....\$5.25
 With almond or soymilk.....\$6.50
 Espresso shake.....\$7.50
 With add-ins.....\$.75 each
 (Banana, malt, peanut butter)



Blue Zones Project is a community-wide well-being improvement initiative designed to make the healthy choice the easy choice. Enjoy a delicious plant-based option from this menu.

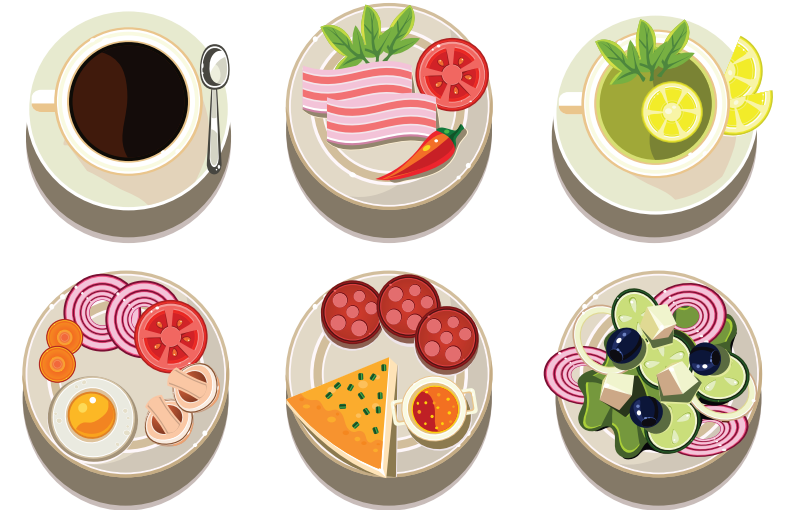
To learn more visit montereycounty.bluezonesproject.com

YOUR TAKE-AWAY
MENU
FOUNTAIN COURT CAFÉ

HOURS: 6:30 a.m.–8 p.m.

BREAKFAST 8–10 a.m. | **LUNCH** 11 a.m.–2 p.m. | **DINNER** 4–8 p.m.

ORDER AHEAD: (831) 625-4863



ABOUT THE CAFÉ

The Fountain Court Café is staffed by Nutrition Services for the benefit of the hospital, its patients, and visitors. Auxiliary donations collected support programs and services of Community Hospital and Montage Health.

Montage Health is committed to honoring Monterey County’s rich agriculture by using locally sourced ingredients.



Community Hospital
 of the Monterey Peninsula
 Montage Health

BREAKFAST

- ✓ **Almond butter toast** \$5.95
with bananas and honey served on whole-grain toast
- ✓ **Avocado toast** \$6.50
topped with everything bagel spice and chipotle cashew cream served on whole-grain toast
- Breakfast burrito** (bacon or vegetarian sausage) \$7.25
- Breakfast plate** \$6.95
Scrambled eggs, potatoes, toast and choice of bacon, vegetarian sausage, or sliced tomatoes
- ✓ **Oatmeal** \$4.95
with fresh berries
- Sunrise sandwich** \$6.25
Egg, cheddar cheese, tomato and choice of bacon or vegetarian sausage served on sourdough or whole wheat bread
- Breads and pastries**
- TOAST \$1.50
Whole wheat, sourdough, white, or gluten-free
- BAGEL \$1.60
With regular or fat-free cream cheese \$2.10
- CROISSANT \$1.85
- MUFFINS \$2
- PASTRIES \$1.85
- SCONES \$2.25
- BREAKFAST A LA CARTE AND EXTRAS**
- ✓ **WHOLE FRUIT** (orange or apple) \$1.60
- ✓ **Banana** \$1
- COTTAGE CHEESE \$1.60
- YOGURT \$2.75
- HARD-BOILED EGGS (2) \$2.50
- BACON BY THE SLICE \$0.95
- PEANUT BUTTER \$0.60
- PRESERVES, BROWN SUGAR, or HONEY \$0.50
- CREAM CHEESE \$0.60
Regular or fat-free

LUNCH AND DINNER

HOT SANDWICHES

- Chicken Monterey** \$9.25
Chicken breast, bacon, tomato, avocado, chipotle cashew cream, jack cheese, on sourdough
- Chicken salad melt** \$7.95
- Tuna Melt** \$7.95
Tuna salad, cheese, tomato on sourdough
- Turkey burger** \$6.95
- Turkey melt** \$7.95

COLD SANDWICHES AND WRAPS

- Served on choice of whole wheat, sourdough, or as a wrap
- BLT** \$7.25
Bacon, lettuce, and tomato
- Chicken salad** \$7.95
Grapes, walnuts, cheddar cheese
- Club** \$8.50
Turkey, bacon, tomato, lettuce
- Egg salad** \$7.25
- Tuna** \$7.25
- Turkey** \$7.25
Turkey, chicken salad, and tuna are available toasted upon request
- ✓ **Veggie hummus** \$8.95
Avocado, cucumber, tomato, shredded carrots, hummus, and greens
Served on choice of whole wheat, sourdough, or whole-wheat wrap

SOUP

- Ask about our house-made gourmet soups
- Cup \$3.25
- Bowl \$4.50
- Chili** \$3.25

SALADS

- Caesar** \$8.95
with a choice of chicken, hard boiled egg or avocado
- Classic cobb** \$10.95
Mixed greens, chicken, avocado, tomatoes, blue cheese, egg, and bacon
- ✓ **Cowboy caviar** \$8.25
Romaine lettuce, quinoa, black eyed peas, black beans, tomato, corn, onion, cilantro, jalapenos, and avocado topped with chipotle cashew cream
- ✓ **Green salad** \$5.25
Mixed greens, cucumbers, tomatoes, shredded carrots, croutons
- ✓ **Harvest salad** \$7.50
mixed greens, grapes, nuts, quinoa, and balsamic vinaigrette
- Add chicken to the cowboy caviar, green salad, or harvest salad...\$2.50

SNACKS

- ✓ **Hummus platter** \$4.95
cucumbers, cherry tomatoes, carrot sticks, and whole-wheat pita bread
- ✓ **Avocado toast** \$6.50
topped with everything bagel spice and chipotle cashew cream served on choice of whole-grain toast
- ✓ **Almond butter toast** \$5.95
with bananas and honey served on whole-grain toast



KIDS MENU

- ✓ **Kid's breakfast plate** \$4.50
One scrambled egg, fresh fruit, and a slice of whole-grain toast
- Kid's salad** \$4.50
Romaine, carrots, cherry tomato, egg, chicken
- Half sandwich with fruit** \$5.50
Choice of chicken salad, egg salad, turkey, or tuna
- ✓ **Peanut butter and jelly sandwich on whole wheat** \$5
Served with fruit
- Turkeyburger** \$5.95