

# Welcome to Alta

Breakfast is served **Saturday** and **Sunday** 7:00 am to 2:00 pm • **Monday** through **Friday** 7:00 am to 12:00 pm

## BREAKFAST SPECIALTIES

<b>Huevos Con Frijoles</b>	whole wheat flour tortilla, black beans, cheddar cheese, salsa, avocado & sour cream, topped with 2 poached eggs	<b>7.95</b>
<b>Poached or Scrambled Eggs</b>	served with fresh fruit, toast & strawberry jam • hominy or potatoes add <b>1.85</b>	one egg <b>4.75</b> add ham <b>6.50</b> two eggs <b>6.25</b> add ham <b>7.95</b>
<b>Sunrise Sandwich</b>	scrambled eggs, ham and cheese on our toasted homemade bread with tomato & avocado, served with fresh fruit	<b>7.50</b>
<b>Bueno Bowl</b>	a bowl layered with tortilla chips, black beans, potatoes, bacon (or veggie sausage), cheddar cheese and two scrambled eggs, topped with salsa, avocado & sour cream.	<b>7.50</b>
<b>Eggs Benedict</b>	2 poached eggs, sliced ham with hollandaise sauce on a split english muffin, served with fresh fruit • tomato & avocado add <b>1.85</b>	<b>7.00</b>
<b>French Toast</b>	thick-cut homemade bread, sprinkled with powdered sugar, served with fresh fruit	half order <b>4.00</b> <b>7.00</b>
<b>Breakfast Burrito</b>	flour tortilla, eggs, black beans, rice, cheese, salsa, avocado & sour cream, choice of vegetarian sausage, ham, or turkey topped with our red sauce and melted chesse add <b>1.75</b>	<b>7.75</b>
<b>Surfer's Burrito</b>	scrambled eggs, cheese, potatoes, bacon & homemade enchilada sauce, all inside a large flour tortilla	<b>5.85</b>
<b>Bagel Salmon Sandwich</b>	toasted bagel, cream cheese & caper spread, sliced smoked salmon, red onion, tomato & daikon sprouts	<b>8.50</b>

**Hominy** is a traditional southern dish made of puffed corn, sautéed onions, bell peppers and topped with cheese

## Omelettes

**Omelettes** are made with three large eggs, served with homemade toast & strawberry jam, choice of fresh fruit, cottage cheese, potatoes or hominy substitute egg whites **1.50** • split charge **1.00** • alá carte **5.95**

**No.1 Ham or Turkey** ham or turkey, hominy, jack & cheddar cheese, garnished with sour cream

**No.2 Spinach** spinach, hominy, jack & cheddar cheese, garnished with sour cream

**No.3 South of the Border** Ortega chilies, hominy, jack & cheddar cheese, garnished with salsa, sour cream & avocado

**No.4 Garden** broccoli, tomato, red onions, mushrooms, jack & cheddar cheese, garnished with sour cream

**No.5 Greek** spinach, tomato, grilled red onions & feta cheese, garnished with chopped kalamata olives

**No.6 Salmon** smoked salmon, grilled red onions & cream cheese, garnished with tomato

## HOT CAKES

Served Saturday and Sunday Only!

<b>Buckwheat Pancakes</b>	four pancakes, served with maple syrup & fresh fruit on the side	half order <b>4.25</b>	<b>6.95</b>
<b>Alta's Crepe Cakes</b>	four fluffy crepe cakes topped with chunky apple pear sauce, vanilla yogurt and sprinkled with powdered sugar – not your traditional crepes!	half order <b>4.75</b>	<b>7.75</b>

## From Our Bakery

<b>Plain Croissant</b>	perfect for breakfast, lunch or dinner	<b>2.00</b>
<b>Filled Croissant</b>	ham & swiss • spinach-feta • chocolate	<b>3.00</b>
<b>Assorted Muffins</b>	morning glory • blueberry • pear-spice coffee cake • cranberry • lowfat bran • lowfat banana blueberry	<b>2.50</b>
<b>Quichettes</b>	spinach-feta • potato-cheddar	<b>1.60</b>
<b>Scones</b>	traditional english • mixed berry	<b>2.85</b>
<b>Mini Scone</b>	english • mixed berry	<b>.95</b>
<b>Alta's Coffee Cake</b>	loaded with lots of walnuts and cinnamon	<b>1.80</b>
<b>Cinnamon Roll or Twist</b>	light & buttery	<b>2.85</b>
<b>Blueberry Cinnamon Roll</b>		<b>3.75</b>
<b>Assorted Bagels</b>	plain • everything • onion • sesame seed poppy seed • blueberry • cinnamon raisin • whole wheat	<b>2.00</b>
<b>Bagel with Cream Cheese</b>		<b>2.50</b>

## Fancy Fruits & Fibers

<b>Homemade Granola and Milk</b>		<b>4.75</b>
<b>Alta's Breakfast Bowl</b>	granola, lowfat vanilla yogurt & fresh fruit.	<b>5.50</b>
<b>Hot Six-Grain Cereal</b>	with brown sugar, sunflower seeds, our homemade toast & strawberry jam • currants add <b>.75</b>	<b>5.75</b>
<b>Fresh Fruit</b>	side <b>1.75</b> cup <b>2.75</b> bowl <b>5.00</b>	

## BREAKFAST SIDES

<b>Eggs</b>	scrambled or poached	each <b>1.50</b>
<b>Hominy or Potatoes</b>		<b>1.85</b>
<b>Vegetarian Sausage</b>		<b>1.85</b>
<b>Bacon or Ham or Turkey or Chicken</b>		each <b>1.85</b>
<b>Smoked Salmon</b>		<b>3.25</b>
<b>Cottage Cheese or Vanilla Yogurt</b>		each <b>1.75</b>
<b>Salsa</b>	small <b>.75</b> large <b>1.75</b>	
<b>Black Beans or Mexican Rice or Tomato slices or Avocado</b>		each <b>1.75</b>
<b>Toast</b>	from homemade bread of the day	<b>1.75</b>

We accept American Express, Discover, MasterCard & Visa • Please, no more than 2 credit cards per check and 2 checks per table • Prices subject to change

# LUNCH & DINNER

Lunch is served after 11:00am everyday.

## Sandwiches

Served on our homemade bread of the day with pepperoncini and chips • **half sandwiches 4.75**

<b>Albacore</b> albacore tuna blended with a little mayo, diced apples, scallions and celery, with cucumber, tomato and daikon sprouts	<b>7.25</b>
<b>Roast Turkey</b> roasted turkey slices, provolone cheese, tomato, cucumber, daikon sprouts with mayo and dijon mustard	<b>7.25</b>
<b>Smoked Ham</b> sliced ham, provolone cheese, tomato, cucumber, daikon sprouts with mayo and dijon mustard	<b>7.25</b>
<b>Tuna Melt</b> albacore tuna blended with a little mayo, diced apples, scallions and celery, with cheese and tomato, grilled on our homemade bread	<b>7.25</b>
<b>BLTA</b> bacon, lettuce, tomato and avocado with mayo on our homemade toasted bread	<b>7.25</b>
<b>BLTA &amp; Turkey</b> bacon, lettuce, tomato and avocado with turkey and mayo, on our homemade toasted bread	<b>7.95</b>
<b>Alta Veggie</b> jack & cheddar cheese, avocado, cucumber, tomato, daikon sprouts with mayo and dijon mustard	<b>7.25</b>
<b>Greek</b> feta cheese, cucumbers, tomatoes, sliced red onions, greek dressing with kalamata olives on the side	<b>7.25</b>
<b>Grilled Cheese</b> jack & cheddar cheese, grilled on our homemade bread	half <b>2.95</b> <b>4.75</b>

**COMBINE ANY SOUP, SALAD, SANDWICH, WRAP OR SPECIALTY ITEM ON THE MENU AND TAKE .75 OFF THE COMBINATION TOTAL!**

## WRAPS

Served in a whole wheat wrap with pepperoncini and chips • half wrap not available

<b>Turkey, Bacon &amp; Avocado</b> oven-roasted turkey, bacon and avocado with lettuce, tomato, and mayo	<b>7.95</b>
<b>Turkey &amp; Cranberry</b> oven-roasted turkey, cream cheese, cranberry relish, with lettuce and sliced red onions	<b>7.95</b>
<b>Veggie</b> avocado, lettuce, tomato, cucumber, cheese, sliced red onion, vegetarian bacon bits, daikon sprouts, with mayo and mustard	<b>7.95</b>

## Specialty Sandwiches

<b>Chicken &amp; Pesto</b> lightly breaded chicken breast, with melted provolone, field greens and pesto, on a grilled french roll • half not available	<b>7.95</b>
<b>Chicken Curry Pita</b> diced chicken breast, shredded carrots, celery and red onions, blended with a mild curry-mayo, on fresh pita and a bed of lettuce, with mango chutney on top	<b>7.25</b> • half not available
<b>Roasted Eggplant</b> roasted red bell peppers & eggplant, melted provolone, sliced red onions and olivada spread on a grilled french roll	<b>7.25</b> • half <b>4.75</b>
<b>Garden Burger</b> vegetarian patty with hummus, tomato, cucumber, daikon sprouts, mayo & mustard, served on a grilled french roll	<b>7.25</b> • half not available
<b>Bagel Salmon Sandwich</b> smoked salmon, sliced red onions, tomato, daikon sprouts and cream cheese caper spread, on a toasted bagel	<b>8.50</b> • half <b>4.75</b>

## ON THE SIDE

<b>Chips &amp; Hummus</b> sm <b>2.75</b> lrg <b>4.00</b>	<b>Hummus</b> or <b>Salsa</b> or <b>Sour Cream</b> each sm <b>.75</b> lrg <b>1.75</b>
<b>Chips &amp; Salsa</b> sm <b>2.75</b> lrg <b>4.00</b>	<b>Smoked Salmon</b> <b>3.25</b>
<b>Tomato slices</b> or <b>Avocado</b> or <b>Cottage Cheese</b> each <b>1.75</b>	<b>Turkey</b> or <b>Ham</b> or <b>Chicken</b> or <b>Bacon</b> each <b>1.85</b>
<b>Black Beans</b> or <b>Mexican Rice</b> each <b>1.75</b>	

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## Fresh Salads

A slice of our homemade bread of the day accompanies most salads.

**Garden Salad** fresh greens, mushrooms, carrots, cucumbers, cabbage, tomatoes and garbanzo beans, choice of our homemade dressings: dijon vinaigrette, honey poppyseed, creamy dill or creamy italian **5.95** • half **3.50**

**Classic Caesar** fresh greens, homemade croutons, parmesan cheese and homemade caesar dressing **5.95** • half **3.50** • add chicken **1.85**

**Greek Salad** cucumbers, tomatoes, crumbled feta cheese, sliced red onions, kalamata olives, on a bed of fresh greens, with homemade greek dressing **7.95** • half **5.75** • add chicken **1.85**

**Albacore Salad** albacore tuna blended with apples, celery, scallions and a little mayo on top of our garden salad, tossed with poppyseed dressing, topped with carmelized walnuts **7.95** • half **5.75**

**Country Chicken** our garden salad tossed with homemade poppyseed dressing, topped with baked ginger chicken strips, carmelized walnuts and fresh oranges **7.95** • half **5.75**

**Chinese Chicken Salad** fresh greens, chicken breast, red bell peppers, carrots, cabbage, scallions and cilantro, topped with won-ton noodles, fried rice noodles, with homemade sesame dressing **7.95** • half **5.75**

**Chicken Taco Salad** chicken breast, fresh greens, tomato, cabbage, beans, tortilla strips, cheese, topped with avocado, pico de gallo and sour cream, served with chips **7.95** • half **5.75**

## Homemade Soups

A slice of our homemade bread of the day accompanies all soups.

**Zuni Stew** our legendary bean & vegetable stew, in a vegetarian stock, with southwestern chilies, topped with cheese and cilantro cup **3.75** • bowl **4.85**

**Soup of the day** ask your server about our fresh daily soup cup **3.75** • bowl **4.85**

**COMBINE ANY SOUP, SALAD, SANDWICH, WRAP OR SPECIALTY ITEM ON THE MENU AND TAKE .75 OFF THE COMBINATION TOTAL!**

## ALTA SPECIALTIES

**Daily Special** please ask your server

**Chicken Penne Pasta** penne pasta sautéed with mushrooms and onions in a creamy marinara sauce, served with a slice of homemade bread, and your choice of a Cup of Soup, Garden or Caesar salad **8.95** • alá cart **6.95**

**Chicken or Vegetable Soft Tacos** your choice of chicken or vegetables, in two whole wheat tortillas, with beans, cheese, lettuce, tomato & avocado, salsa & sour cream on the side **7.75** • one taco **4.50**

**Cheese Quesadilla** flour tortilla, jack & cheddar cheese, topped with avocado, salsa & sour cream on the side **5.95**

**Vegetable Quesadilla** flour tortilla, with a medley of vegetables, jack & cheddar cheese, mild green chilies, topped with avocado, salsa & sour cream on the side **7.75**

**Chicken Quesadilla** flour tortilla with chicken, jack & cheddar cheese, mild green chilies, topped with avocado, salsa & sour cream on the side **7.75**

**Chicken or Vegetable Burrito** flour tortilla with chicken or fresh vegetables, beans, mexican rice and cheese, topped with avocado, salsa & sour cream on the side **6.95** • topped with our red sauce and melted cheese add **1.75**

**Twice Baked Potato** a russet potato stuffed with a blend of sour cream, butter, scallions and cheese, twice baked and topped with jack & cheddar, served with a slice of homemade bread **5.25** • with chicken **7.00**

**Nathan ♥'s Nachos** a generous portion of chicken, melted jack & cheddar cheese, bean medley, jalepenos, topped with salsa, sour cream and guacamolé **8.95** • half order **5.95**

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# COFFEE DRINKS & MUCH MORE

Our organic coffee is fresh roasted everyday!

	small 12 oz.	medium 16 oz.	large 20 oz.
<b>Coffee of the Day</b> regular or decaffeinated – changes daily	1.60	1.85	2.10
<b>Café Au Lait</b> coffee with steamed milk	1.95	2.20	2.45
<b>Red Eye</b> coffee with a shot of espresso	2.20	2.45	2.70
<b>Cappuccino</b>	2.80	3.05	3.30
<b>Café Latté</b>	2.80	3.05	3.30
<b>Café Mocha</b> espresso, steamed milk, homemade chocolate sauce, topped with whipped cream	3.10	3.35	3.60
<b>Toffee Latté</b> topped with whipped cream, chocolate & toffee bits	3.45	3.70	3.95
<b>Hot Cocoa</b> homemade chocolate sauce & steamed milk, topped with whipped cream!	2.60	2.85	3.10
<b>Espumoso</b> steamed milk with any Monin flavor listed below	1.95	2.20	2.45



<b>Espresso</b>	sgl 1.80	dbl 2.30
<b>Highland Cream</b> sip the hot espresso through cool, sweet cream	sgl 2.05	dbl 2.55
<b>Machiato</b> espresso with a dollop of steamed milk froth	sgl 1.80	dbl 2.30

<b>Chai Tea</b> 16 oz. vanilla or spiced, 'Chai it, you'll like it!' • 20 oz. add .25	water 3.40	milk 3.60	soy, almond or rice 3.90
<b>Organic Hot Tea</b> Earl Grey • Assam • Darjeeling • Mango • Oolong • Jasmine Green • Yerba Mate • White Tea	1.60		
<b>Organic Decaf &amp; Herbal Tea</b> Mango • Peppermint • Mother's Cinnamon • Chamomile • Rooibos Red	1.60		

## Extras

Homemade whipped cream .50 • Soy, Almond or Rice milk in any drink .50 • Extra shot of espresso .50

**Add one of these Monin flavors to any drink or italian soda .50**

Almond • Vanilla • Coconut • Raspberry • Hazelnut • Frosted Mint • Caramel • Irish Creme • Lime • Sugar-free Vanilla

## COOL & REFRESHING

<b>Iced Coffee of the Day</b>	1.80
<b>Iced Latté</b>	sgl 2.90 dbl 3.40
<b>Iced Mocha</b> blended or poured over ice	sgl 3.40 dbl 3.80
<b>Iced Toffee Latté</b> blended or poured over ice, topped with whipped cream, chocolate & toffee bits	sgl 3.70 dbl 4.20
<b>Iced Chai Latté</b> vanilla or spiced, blended or poured over ice	3.60
<b>Iced Tea</b> regular or decaffeinated	1.80
<b>Fresh Squeezed Lemonade</b>	2.80
<b>Arnold Palmer</b> tea & lemonade over ice, par for the right thirst!	2.80
<b>Lemonade Slush</b>	2.95
<b>Strawberry/Lemonade Slush</b>	3.20
<b>Java-Chocolate Banana Shake</b> vanilla ice cream, banana, espresso, cinnamon & chocolate sauce	5.95
<b>Australian Coffee Shake</b> iced espresso blended with vanilla ice cream and milk	4.95
<b>Fruit Smoothie</b> whole banana, strawberries, orange pineapple/coconut juice, lowfat yogurt	4.95
<b>Alta's Italian Sodas</b> sparkling water with choice of Monin flavor listed above • try it with a splash of half-n-half and fresh whipped cream!	2.70

## Juices & More

<b>Martinelli's Apple Juice</b>	2.00	<b>Orange Juice</b>	12 oz. 2.40 16 oz. 3.25
<b>Sparkling Mineral Water</b> or <b>Evian Bottled Water</b>	1.50	<b>Chocolate Milk</b>	12 oz. 2.25 16 oz. 2.50
<b>Blue Sky Natural Cola</b> caffeine-free	2.00	<b>Milk</b> nonfat or whole	12 oz. 1.75 16 oz. 2.00

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**NEW**

## Alta's Thin Crust Pizza

Available after 4pm  
One size - 12' x 12"



Extra Cheese add **1.50**  
Chicken or Italian Sausage add **1.75**

**Three Cheese** marinara, mozzarella, ricotta & parmesan **6.95**

**Roasted Vegetable** marinara, mozzarella, roasted red bell pepper, spinach, mushrooms and caramelized onion, lightly topped with ricotta and drizzled with basil pesto **8.95**

**Mushroom & Sausage** marinara, mozzarella, caramelized onions, italian sausage and mushroom ragu (a mixture of shitake, button and cremini mushrooms) **8.95**

In 1985, an old bookstore was dismantled and turned into a wholesale coffee roasting warehouse. People in the area soon got wind of something new 'abrewing in the neighborhood. Fresh hot coffee was available for the locals and served out the side door. Next thing you know, people gathered and got the munchies while drinking their cappuccino.

So that's how it started. A quaint, local gathering place that offered great fresh coffee, good eats and good times. As for the sign hanging out front, Cafe Fula Bula, appropriately named for the general veracity and credibility of some of the conversations that take place here daily. **Welcome to Alta and Enjoy!**



## Altaholic t-shirts

Womens/Jr. Ladies' sizes are available in two colors – Heathered Red and Charcoal. The Mens' sizes are available in charcoal only. Ask your server for more details. **Makes a great gift!**



## DELECTABLE DESSERTS

All desserts are homemade!

**Cheesecake** new york style **5.25**

**Carrot Cake** made from our 30 year-old recipe, simply the best! **5.25**

**Chocolate Cake** moist & decadent double chocolate delight! **5.25**

**Bread Pudding** made daily from our bread and cinnamon rolls, served warm with fresh whipped cream **5.25**

**Mini Pumpkin Pie** served with fresh whipped cream **3.50**

**Fruit Cobbler** apple • blueberry • peach served with fresh whipped cream **5.25**

**Pumpkin Bar** with nuts & currants **2.75**

**Lemon Bar** tangy & luscious **2.75**

**Double Chocolate Brownie** loaded with walnuts **2.75**

**Fresh Baked Cookies** ask your server **1.75**

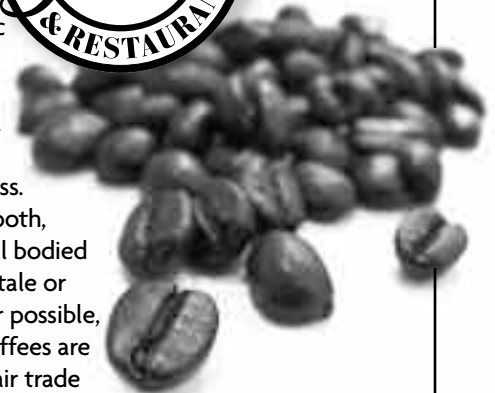
**Vanilla Ice Cream** add to any dessert or by the scoop **1.75**



We roast organic certified coffee beans every morning in small batches, thus ensuring freshness.

The result is smooth, flavorful, and full bodied coffee – never stale or bitter. Whenever possible, these organic coffees are bought on the fair trade market – that means money goes back to the farmer!

The wide variety of coffees we offer reflect our unwavering support of **ALL farmers** who practice sustainable land use. Take a pound or two home, ground or whole bean.



## Join the Alta Coffee Club!

It's **FREE** - just ask your server for a card.



*It's simple... after you've purchased 10 pounds of our fresh organic coffee, simply show your card to your server to receive 1 lb. of coffee FREE!*