

BREAKFAST

Breakfast plate \$5.25

Scrambled eggs, bacon, potatoes

555 calories | 26.6 gm fat | 721 mg sodium

Sunrise sandwich \$5.50

Egg, choice of bacon or ham, cheddar cheese, tomato slice, served on croissant, sourdough, or whole wheat bread

496 calories | 27.1 gm fat | 1191 mg sodium

(with egg, ham, cheddar cheese, tomato slice, whole wheat bread)

Breakfast burrito (ham or bacon) \$5.25

Served with salsa

858 calories | 43.9 gm fat | 1880 mg sodium

  **SWEET EARTH BIG SUR VEGAN**

Roasted red peppers, potatoes, sei tan bits, tofu

290 calories | 7 gm fat | 410 mg sodium

  **SWEET EARTH BAJA VEGETARIAN**

Cheese, cage-free eggs, organic beans, grains

360 calories | 13 gm fat | 490 mg sodium



Quiche \$5.25

■ **THREE CHEESE**

750 calories | 42 gm fat | 930 mg sodium



■ **MEDITERRANEAN**

480 calories | 27 gm fat | 900 mg sodium

  **Oatmeal** \$3.75

Brown sugar and raisins on request

71 calories | 1.2 gm fat | 4 mg sodium

  **Cereal** \$2.75

Assorted selection (includes milk)

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 \$1.75

ENGLISH MUFFIN \$1.60

MUFFINS \$2

PASTRIES or DOUGHNUTS \$1.75

SCONES \$2.25

BREAKFAST A LA CARTE AND EXTRAS

FRESH FRUIT COMPOTE \$3.50

WHOLE FRUIT (orange or apple) \$1.60

Banana \$1

COTTAGE CHEESE \$1.60

YOGURT \$2.75

YOGURT PARFAIT

Small \$2.60

Large \$4.95

16 oz. | 780 calories | 14.4 gm fat | 300 mg sodium

HARD-BOILED EGGS (2) \$2.50

BACON BY THE SLICE \$.85

PEANUT BUTTER \$.60

PRESERVES, BROWN SUGAR, or HONEY \$.30

CREAM CHEESE \$.60

Regular or fat-free

LUNCH AND DINNER

HOT FOODS

Panini \$8.50

 ■ **AVOCADO VEGGIE**

Avocado, mushrooms, kale, tomato, provolone cheese, garlic aioli on whole wheat

425 calories | 21.3 gm fat | 1012 mg sodium

■ **TUNA MELT**

Tuna salad, cheese, tomato on sourdough

512 calories | 24.8 gm fat | 980 mg sodium

■ **PESTO TURKEY**

Smoked turkey breast, roasted red peppers, tomato, provolone, and basil aioli on sourdough

715 calories | 28.2 gm fat | 980 mg sodium

■ **CHICKEN MONTEREY**

Chicken breast, bacon, tomato, avocado, chipotle spread, Jack cheese, on focaccia

694 calories | 38 gm fat | 1201 mg sodium

Hamburger \$8.50

Patty, bun, lettuce, tomato, pickles, served with all the trimmings, small bag of chips or fresh fruit

541 calories | 25.9 gm fat | 554 mg sodium

With cheese \$8.95

611 calories | 31.1 gm fat | 893 mg sodium

  **Chipotle black bean burger** \$8.50

Patty, bun, lettuce, tomato, pickles, served with all the trimmings (small bag of chips or fresh fruit)

408 calories | 8.2 gm fat | 582 mg sodium (burger only)

Pizza by the slice

CHEESE \$2.75

338 calories | 11.9 gm fat | 587 mg sodium

PEPPERONI \$3.25

360 calories | 14 gm fat | 640 mg sodium

COLD SANDWICHES

Served with side of fruit or small salad; choice of whole wheat, white, sourdough bread, or croissant

Sandwich \$8.50

 ■ **CURRY CHICKEN SALAD**

Mango chutney and fresh herbs with a curry honey mayo and mixed greens

500 calories | 19.5 gm fat | 576 mg sodium



Heart-healthy items are under 500 calories and 600 mg sodium



Vegetarian choice

■ **HAM**

Fig preserves, mixed greens, brie, and Dijon mustard spread

252 calories | 8.4 gm fat | 797 mg sodium

■ **FOUNTAIN COURT CLUB**

Our triple-decker with turkey, bacon, and tomatoes

608 calories | 33 gm fat | 1774 mg sodium

BLT \$6.50

Bacon, lettuce, and tomato

547 calories | 37.4 gm fat | 1258 mg sodium

Egg salad

Half \$4.25

Whole \$6.50


381 calories | 20.3 gm fat | 754 mg sodium

Dolphin-safe tuna salad

Half \$4.25

Whole \$6.50

322 calories | 12.9 gm fat | 684 mg sodium

 **Vegan wrap** \$7.95

Whole grains, roasted red pepper hummus, mixed greens, tomato, cucumber, and avocado, wrapped in a tortilla Served with fresh fruit.

547 calories | 20 gm fat | 745 mg sodium

Chicken wrap \$8.50

Chicken breast, avocado, tomatoes, onion, lettuce, and basil pesto on a tortilla. Served with fresh fruit.

738 calories | 29.3 gm fat | 1021 mg sodium

SOUP

Ask about our house-made gourmet soups

Cup \$3.25

Bowl \$4.50

SALADS

Ask about our seasonal salad \$7.75

Mixed greens \$5.25

87 calories | 3.4 gm fat | 660 mg sodium

(with low-cal Italian salad dressing)

Caesar \$5.25

Choice of mixed greens, baby kale, or romaine

433 calories | 22.7 gm fat | 1257 mg sodium

(with Greek yogurt Caesar salad dressing)

With chicken or hard boiled egg \$6.95

837 calories | 37.3 gm fat | 1384 mg sodium

(with salad dressing and chicken)

Classic cobb \$8.25

Mixed greens, chicken, avocado, tomatoes, blue cheese, egg, and bacon

412 calories | 29.2 gm fat | 808 mg sodium

(with Greek yogurt blue cheese dressing)

Salads continued on the back ...

Salads continued ...

Harvest..... \$7.75
Mixed greens, seasonal fresh fruit, bacon, goat cheese, candied nuts, chicken breast, and balsamic vinaigrette
574 calories | 34.3 gm fat | 909 mg sodium
(with balsamic vinaigrette dressing)

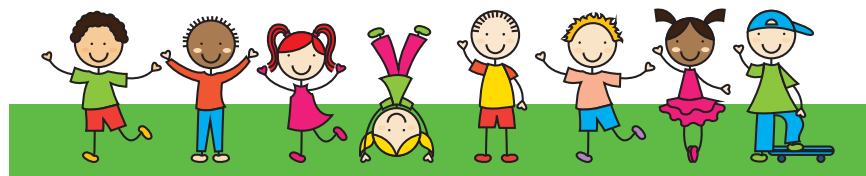
Salad and soup or chili combo.....\$7.95
Tossed green salad with choice of dressing, plus soup of the day or chili.
Served with cornbread muffin.
Nutritional content varies

Mini lunch.....\$8.75
Soup, chili, or salad and half-sandwich (ham, turkey, tuna salad, or egg salad)
Nutritional content varies

A LA CARTE AND EXTRAS

Check our display case for a selection of freshly made items

CHILI.....\$3.75
With cornbread muffin.....\$5
BACON BY THE SLICE.....\$.85
AVOCADO SLICES.....\$1.25
CHEESE BY THE SLICE or TOMATO SLICES.....\$.60
CHIPS
Organic, whole-grain, or gluten-free
Small.....\$1.35
Specialty.....\$1.95
Large.....\$2.95



KID FRIENDLY

Served with fresh fruit

Grilled cheese sandwich.....\$4.50
Choice of cheese
492 calories | 35.3 gm fat | 1063 mg sodium

Peanut butter and jelly sandwich.....\$4.50
510 calories | 21.9 gm fat | 499 mg sodium

Baked chicken tenders.....\$6.95
419 calories | 23.7 gm fat | 919 mg sodium

Macaroni and cheese.....\$4.50
509 calories | 27.5 gm fat | 667 mg sodium

Half a sandwich.....\$4.25
Ham, turkey, tuna salad, or egg salad
Nutritional content varies

DESSERTS

Fresh fruit compote.....\$3.50

Cake.....\$3.95
A variety of flavors

Ice cream by the scoop.....\$1.75

Ice cream sundae.....\$4.75
With bananas.....\$5.25

Banana split.....\$6.95
Vanilla, chocolate, and strawberry ice cream with nuts, and whipped cream

Fresh-baked cookie.....\$1.10

BEVERAGES

Gourmet coffee or hot chocolate

Small.....\$1.75
Large.....\$2.25

Espresso double shot.....\$2.25

Latte or cappuccino.....\$3.50 / \$4.25
Ask about other hot beverages and flavors

Frios blenderized iced coffee shake.....\$4.25

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

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

Bottled water.....\$1.95

Fountain drinks.....\$1.20
Ask about specialty flavors to add

Milk.....\$1.60

Odwalla® smoothie.....\$4.25

Fruit smoothie.....\$4.50
With add-ins.....\$4.95

Superfood smoothie.....\$4.95
16 oz. | 337 calories | 11.4 gm fat | 33 mg sodium

Old-fashioned floats

Coke®, Diet Coke®, or root beer with vanilla ice cream
One scoop.....\$3.25
Double scoop.....\$4.25

Hand-made milkshakes and orange flips.....\$4.25
With malt.....\$4.75

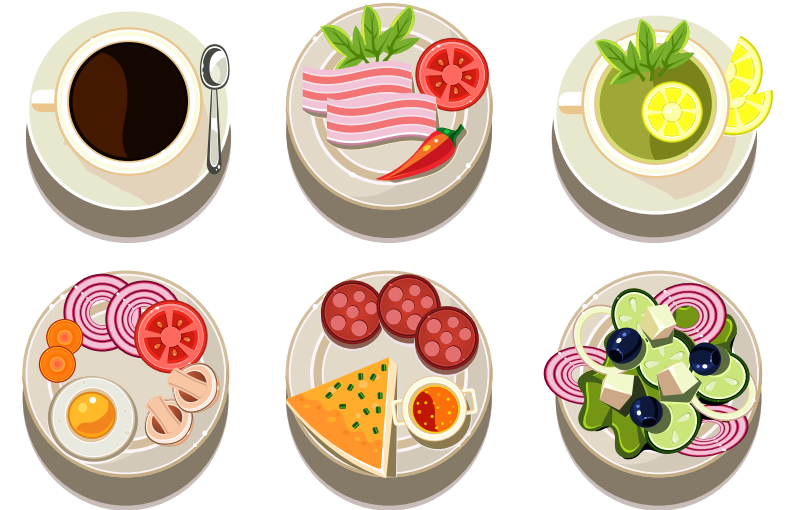


YOUR TAKE-AWAY
MENU
FOUNTAIN COURT CAFÉ

HOURS: 8 a.m.–8:30 p.m.

BREAKFAST 8–10 a.m. | LUNCH 11 a.m. –2 p.m. | DINNER 4:30–8:30 p.m.

ORDER AHEAD: (831) 625-4863



ABOUT THE CAFÉ

The Fountain Court Café is staffed by Auxiliary volunteers, who donate their time for the benefit of the hospital, its patients, and visitors. Proceeds support programs and services of Community Hospital and Montage Health.

Auxiliary members serve throughout the hospital and at some of our other locations, in a variety of roles.

FOR INFORMATION ABOUT JOINING: chomp.org/volunteer | (831) 625-4555

