

Fresh Fruit Smoothies

Blended with apple juice, milk or soy milk and ice
Add protein powder (chocolate or vanilla) ~ \$1.00

	Small	Medium	Large
Strawberry & Banana	\$3.75	\$4.75	\$5.75
Strawberry, Banana & Pineapple	\$3.75	\$4.75	\$5.75
Strawberry & Mango	\$3.75	\$4.75	\$5.75
Strawberry & Pineapple	\$3.75	\$4.75	\$5.75
Blonde (Banana, Pineapple & Mango)	\$3.75	\$4.75	\$5.75
Tropical (Peach, Banana & Pineapple)	\$3.75	\$4.75	\$5.75
Mixed Berry & Banana	\$3.75	\$4.75	\$5.75
Peach & Banana	\$3.75	\$4.75	\$5.75
Marcel's Protein Shake <small>Mixed berries, banana, soy and protein powder</small>	\$4.75	\$5.75	\$6.75
Emma's Protein Shake <small>Peanut butter, banana, soy and protein powder</small>	\$4.75	\$5.75	\$6.75
Diva's Protein Shake <small>Banana, soy, honey and chocolate protein powder</small>	\$4.75	\$5.75	\$6.75

Freshly Squeezed Juices

	Small	Medium	Large
Orange	\$3.75	\$4.75	\$5.75
Carrot	\$3.75	\$4.75	\$5.75
Carrot & Apple	\$3.75	\$4.75	\$5.75
Carrot, Celery & Beet	\$3.75	\$4.75	\$5.75
Carrot, Celery, Beet & Ginger	\$3.75	\$4.75	\$5.75
Carrot, Apple & Ginger	\$3.75	\$4.75	\$5.75
Carrot, Apple & Beet	\$3.75	\$4.75	\$5.75
Orange & Carrot	\$3.75	\$4.75	\$5.75
Carrot & Ginger	\$3.75	\$4.75	\$5.75
Fresh Lemonade	\$2.50	\$3.00	\$3.50

Catering

minimum 5 people ~ (310) 395-6252

- Assorted Sandwich Platter
A variety of our delicious assorted sandwiches cut into 2 or 3 pieces.
- Assorted Wraps & Quesadillas
Cut into 3 or 4 pieces
- Seasonal Fresh Fruit Platter
- Fresh Salad Bowl
- Fresh Pasta Bowl
- Fresh Assorted Dessert & Cookie Platter
- Baked Cornchips with Fresh Pico de Gallo Salsa and/or Guacamole
- Special Request
- Steamed and Raw Veggie Platter

(Same day catering available)

For Your Thirst

Made with organic coffees and teas
With nonfat, low-fat or soy milk
Flavored syrup, powder or extra shot espresso ~ 50¢

Specialty Hot or Iced

	Single	Double	
House Coffee	\$2.00	\$2.50	
Hot Tea		\$2.50	
Ginger Honey Lemon Tea <small>w/ chamomille tea</small>	\$2.75	\$3.50	
Espresso	\$2.25	\$2.75	
Hot Chocolate	\$2.75	\$3.50	
Americano	\$2.25	\$2.75	
Café Latte	\$2.75	\$3.50	
Caramel Macchiato	\$3.00	\$3.50	
Macchiato	\$2.50	\$3.00	
Cappuccino	\$2.75	\$3.50	
Caramel Latte	\$3.25	\$3.75	
Vanilla Latte	\$3.25	\$3.75	
Caramel Cappuccino	\$3.25	\$3.75	
Vanilla Chai Latte	\$3.25	\$3.75	
Green Chai Latte	\$3.25	\$3.75	
Café Mocha	\$3.25	\$3.75	
Café Con Leche	\$2.25	\$2.75	
	Small	Medium	Large
Iced Coffee	\$2.25	\$2.75	\$3.25
Tropical Iced Tea	\$2.00	\$2.50	\$3.00

Blended Special Drinks

	Small	Medium	Large
Mocha Freeze	\$3.25	\$3.75	\$4.75
Vanilla Chai Freeze	\$3.25	\$3.75	\$4.75
Green Chai Freeze	\$3.25	\$3.75	\$4.75

Elixirs

	Small	Medium	Large
Energy			
Power Plant	\$3.75	\$4.75	\$5.75
Mind Over Muddle	\$3.75	\$4.75	\$5.75
Balance			
Liquid Yoga	\$3.75	\$4.75	\$5.75
Tame the Elements	\$3.75	\$4.75	\$5.75
Vitality			
Depth Recharger	\$3.75	\$4.75	\$5.75
Virtual Buddha	\$3.75	\$4.75	\$5.75

Comfort Cafe

food for your life...

at

Fred Segal

Call for Take-out & Catering

tel: (310) 395-6252

(310) 395-0383

fax: (310) 395-8219

420 Broadway
Santa Monica • CA 90401

Mon ~ Sat: 10am to 7pm

Sun: 12pm to 6pm

www.fredsegalcomfortcafe.com

Those Sandwiches...

Sandwiches on whole wheat toast with sunflower seeds.
Served with Garden or Caesar Salad ~ \$10.95

Baked Turkey Breast Sandwich

Sliced turkey, romaine lettuce, tomato, red onion, dijon mustard and basil mayonnaise

Baked Herb Chicken Sandwich

Chicken breast, romaine lettuce, tomato, red onion, dijon mustard and basil mayonnaise

Basil Pesto Grilled Chicken or Turkey Sandwich

Grilled chicken or turkey breast, romaine lettuce, red onion, tomato and basil pesto

Southwest Chicken or Turkey Sandwich

Chicken or turkey breast, romaine lettuce, tomato, red onion, Southwest chipotle mayo

Garden Vegetable Sandwich

Avocado, sprouts, carrots, red onion, tomato, grilled eggplant, spinach, sun-dried tomato pesto and dijon mustard

Avocado & Sprout Sandwich

Avocado, sprouts, carrots, red onion, tomato, spinach, dijon mustard, and basil mayonnaise

Albacore Tuna Salad Sandwich

Tuna salad, shredded carrots, romaine lettuce, tomato, dijon mustard, and basil mayonnaise

B.B.Q. Chicken Sandwich

Chicken breast, romaine lettuce, tomato, red onion, dijon mustard and basil mayonnaise

Grilled Eggplant Sandwich

Grilled eggplant, grilled spinach, grilled red onion, shredded carrots, sun-dried tomato pesto, and basil mayonnaise

Goat Cheese Melt Sandwich

Warm goat cheese, grilled spinach, grilled red onion, shredded carrots, sun-dried tomato Pesto, basil mayonnaise

B.L.T. (with turkey bacon)

Turkey bacon, avocado, romaine lettuce, tomato, and basil mayonnaise

Any 1/2 sandwich with salad (garden or caesar) or cup of soup ~ \$8.95

With pear chicken salad ~ \$9.95

A la carte Sandwiches ~ \$7.95

Fresh Grilled Tuna Fillet Sandwich with Salad

Spinach, tomato, red onion and wasabi mayonnaise

\$ 13.95

...and Burgers

Burgers on whole wheat toast with sunflower seeds.
Served with garden or caesar salad ~ \$10.95

Rosemary Turkey Burger

Grilled onion, romaine lettuce, pickles, tomato, dijon mustard and basil mayonnaise

Grilled Chicken Burger

Grilled onion, romaine lettuce, pickles, tomato, dijon mustard and basil mayonnaise

Sunflower & Lentil Veggie Burger

Pickles, romaine lettuce, tomato, sprouts, red onion, sun-dried tomato pesto, and dijon mustard

A la carte Burgers ~ \$7.95

add jack or feta cheese ~ \$1.00

add goat cheese, turkey bacon or avocado ~ \$1.50

substitute goat cheese for jack cheese ~ \$1.00

Lovely Salads

Spinach & Romaine Caesar Salad (add chicken, turkey or scoop of tuna ~ \$11.95) **\$8.95**

Spinach, romaine lettuce, avocado, garlic herb croutons, pumpkin seeds, garlic herb roasted potato, roma tomato, and parmesan cheese tossed in caesar dressing

Leafy Herb Salad (add chicken, turkey or scoop of tuna ~ \$11.95) **\$8.95**

Baby mixed greens, steamed, grilled and raw vegetables, pumpkin seeds and garlic herb roasted potato and avocado tossed in balsamic vinaigrette dressing

Baby Lettuce with Warm Marinated Goat Cheese on Croutons **\$9.95**

(add chicken, turkey or scoop of tuna ~ \$12.95)

Baby mixed greens, steamed and raw vegetables, pumpkin seeds and garlic herb roasted potato, tossed in balsamic vinaigrette dressing

Scoop of Tuna Salad over Bed of Greens **\$10.95**

Baby mixed greens, steamed and raw vegetables, pumpkin seeds and garlic herb roasted potato tossed in balsamic vinaigrette dressing

Pear Chicken Salad (add goat cheese and walnuts ~ \$11.95) **\$9.95**

Baby mixed greens, red onion, basil, garlic herb croutons, chicken breast, raisins, and granny smith apples tossed in pear and mango dressing

Garden Green Salad (add chicken, turkey or scoop of tuna ~ \$9.95) **\$6.95**

Baby mixed greens, steamed, grilled and raw vegetables, pumpkin seeds, garlic herb roasted potatoes and avocado tossed in balsamic vinaigrette dressing

Rosemary Turkey Burger over Bed of Greens **\$10.95**

Baby mixed greens, steamed and raw vegetables, grilled onions, pumpkin seeds and garlic herb roasted potato tossed in balsamic vinaigrette dressing

Grilled Chicken Burger over Bed of Greens **\$10.95**

Baby mixed greens, steamed and raw vegetables, grilled onions, pumpkin seeds and garlic herb roasted potato in balsamic vinaigrette dressing

Sunflower & Lentil Veggie Burger over Bed of Greens **\$10.95**

Baby mixed greens, steamed and raw vegetables, pumpkin seeds and garlic herb roasted potato tossed in balsamic vinaigrette dressing

Fresh Grilled Albacore Tuna Fillet over Bed of Greens **\$13.95**

Baby mixed greens, steamed and raw vegetables, pumpkin seeds and garlic herb roasted potato in balsamic vinaigrette dressing

Café Tostada Salad - with chicken (with grilled tuna fillet ~ \$13.95) **\$11.95**

Black beans, baked tostada shell, chopped romaine lettuce, cabbage, corn and salsa tossed in non-fat yogurt dressing

Cobb Chicken Salad **\$12.95**

Baby mixed greens, chicken breast, turkey bacon, feta cheese, tomato, cucumber, red onion, hard boiled egg, avocado and crutons tossed in balsamic vinaigrette dressing

Chef Protein Salad **\$12.95**

Baby mixed greens, chicken or turkey breast, scoop of tuna, tomato, cucumber and hard boiled egg tossed in balsamic vinaigrette dressing

Chopped B.B.Q. Chicken Salad **\$11.95**

Chopped romaine lettuce, chopped cabbage, sweet corn, garbanzo beans, basil, and pico de gallo salsa tossed in herb ranch dressing topped with grilled B.B.Q. chicken breast

Mediterranean Veggie Salad (add chicken, turkey or scoop of tuna ~ \$12.95) **\$9.95**

Baby mixed greens, red onion, olives, cucumber, artichoke, tomato, crutons and feta cheese tossed in balsamic vinaigrette dressing

Spring & Winter Veggie Salad (add chicken, turkey or scoop of tuna ~ \$12.95) **\$9.95**

Baby mixed greens, red onion, avocado, mix grilled veggies, crutons and feta cheese tossed in balsamic vinaigrette dressing

Credit Card Minimum ~ \$4.00

We also have daily specials...please ask server

To maintain freshness, we might not have everything on the menu

Prices and ingredients may change without notice

**"Consuming raw or undercooked meats, poultry, seafood, shellfish, or egg may increase your risk of food borne illness, especially if you have medical conditions."

Wraps & Quesadillas

Served with Garden or Caesar Salad ~ \$10.95
Add chicken, turkey or tuna ~ \$12.95

Southwest Veggie Roll-up with Salad

Southwest chipotle mayo, avocado, sprouts, carrots, tomato, grilled eggplant and spinach

Southwest Chicken, Turkey or Tuna Roll-up with Salad

Southwest chipotle mayo, avocado, sprouts, carrots, tomato, chicken, turkey or tuna salad and spinach

Chicken Caesar Roll-up with Salad

Caesar dressing, Parmesan cheese, avocado, romaine lettuce, tomato, cucumber and chicken breast

Black Bean Quesadilla with Salad

Black beans, jack cheese, sun-dried tomato pesto, spinach and salsa

Herb Chicken or Baked Turkey Quesadilla with Salad

Chicken breast, or turkey breast, jack cheese, sun-dried tomato pesto, spinach and salsa

BBQ Chicken or BBQ Turkey Quesadilla with Salad

BBQ chicken or turkey, spinach and jack cheese

Veggie Quesadilla with Salad

Mixed grilled veggies, jack cheese, sun-dried tomato pesto, spinach and salsa

Tuna-Melt Quesadilla with Salad

Tuna salad, jack cheese, avocado

Goat Cheese and Spinach Quesadilla with Salad

Goat cheese, spinach, sun-dried tomato pesto and salsa

Artichoke & Spinach Quesadilla with Salad

Artichoke, spinach, sun-dried tomato pesto, jack cheese and salsa

Southwest Veggie Quesadilla with Salad

Southwest chipotle mayo, mixed grilled veggies, jack cheese, spinach and salsa

Mediterranean Veggie Quesadilla with Salad

Olive, spinach, red onion, artichoke and feta cheese

A la carte Quesadillas ~ \$7.95

Specialties

Basil Pesto Chicken Penne Pasta

Chicken breast, broccoli, squash, zucchini, carrots, celery, bell pepper and feta cheese with basil pesto sauce

\$11.95

Grilled Turkey Burger or Chicken Burger Plate

Grilled chicken or turkey burger patty, grilled and steamed assorted vegetables, rice and salsa

\$11.95

Grilled Chicken or Turkey Breast Plate

Grilled chicken or turkey breast, grilled and steamed assorted vegetables, rice and salsa

\$11.95

B.B.Q. Chicken or Turkey Mexican Pizza

10" flour tortilla, chicken or turkey breast, basil and spinach and jack cheese

\$10.95

Mexican Veggie, Chicken or Turkey Pizza

10" flour tortilla, sun-dried tomato pesto, spinach, jack cheese, basil and veggies or poultry

\$10.95

Marcel's Protein Bowl

2 scoops of tuna salad, black beans, cucumber, salsa and avocado

\$9.95

Grilled Turkey Penne Pasta with Tomato Sauce

Ground turkey, broccoli, squash, zucchini, carrots, celery, bell pepper and feta cheese

\$11.95

Homemade Soups (please ask server)

cup ~ \$4.50

bowl ~ \$5.50

Corn Chips & Salsa

cup ~ \$2.50

bowl ~ \$3.50