

## 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
Blueberry & Banana	\$3.75	\$4.75	\$5.75
Mixed Berry & Banana	\$3.75	\$4.75	\$5.75
Carrot, Banana & Honey	\$3.75	\$4.75	\$5.75
Marcel's Protein Shake Mixed berries, banana, soy and vanilla protein powder	\$4.75	\$5.75	\$6.75
Emma's Protein Shake Peanut butter, banana, soy and vanilla protein powder	\$4.75	\$5.75	\$6.75
Diva's Protein Shake Banana, honey, soy and chocolate protein powder	\$4.75	\$5.75	\$6.75

## Freshly Squeezed Juices

	Small	Medium	Large
Orange	\$3.75	\$4.75	\$5.75
Orange & Carrot	\$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
Carrot & Ginger	\$3.75	\$4.75	\$5.75
Apple, Celery & Ginger	\$3.75	\$4.75	\$5.75

## For Your Thirst

Made with nonfat, low-fat or soy milk  
Flavored syrup, powder ~ 75¢  
Extra shot espresso ~ \$1.75

### Hot Drinks

	Small (single)	Tall (double)
House Coffee	\$2.50	\$3.00
Hot Tea		\$3.00
Ginger Honey Lemon Tea w/ chamomille tea	\$3.25	\$3.75
Hot Chocolate	\$3.25	\$3.75
Espresso	\$2.75	\$3.50
Americano	\$2.75	\$3.50
Caramel Macchiato	\$3.25	\$3.75
Macchiato (Creamy or Dry)	\$3.00	\$3.75
Cafe Latte	\$3.00	\$3.75
Caramel Latte	\$3.25	\$3.75
Vanilla Latte	\$3.25	\$3.75
Chai Latte	\$3.25	\$3.75
Cappuccino	\$3.00	\$3.75
Caramel Cappuccino	\$3.25	\$3.75
Cafe Mocha	\$3.25	\$3.75
Café Con Leche	\$2.75	\$3.50

### Ice Drinks

	Small	Tall	Large
Iced Coffee	\$2.75	\$3.25	\$3.75
Tropical Iced Tea	\$2.50	\$3.00	\$3.50
Special Lemonade	\$3.00	\$3.50	\$4.00
Iced Tea & Lemonade	\$2.75	\$3.25	\$3.75
Mocha Freeze	\$3.50	\$4.00	\$4.75

## 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

# 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.cafeatfredsegal.com](http://www.cafeatfredsegal.com)

Follow us on Twitter for daily specials & soups

[www.twitter.com/cafeatfredsegal](https://www.twitter.com/cafeatfredsegal)

## Those Sandwiches...

Sandwiches served on toasted sunflower whole wheat.  
Served with Garden or Caesar Salad ~ \$11.95

### Baked Turkey Breast Sandwich

Mayo, mustard, romaine lettuce, tomato & red onion

### Herb Chicken Sandwich

Mayo, mustard, romaine lettuce, tomato & red onion

### Albacore Tuna Salad Sandwich

Mayo, mustard, shredded carrots, romaine lettuce & tomato

### Avocado & Sprout Sandwich

Tomato pesto, mustard, shredded carrots, red onion, tomato & spinach

### Basil pesto grilled chicken or turkey sandwich

Red onion, tomato & romaine lettuce

### South west chicken or turkey sandwich

Chipotle mayo, red onion, tomato & romaine lettuce

### B.B.Q chicken sandwich

Mayo, mustard, red onion, tomato & romaine lettuce

### Goat cheese melt sandwich

Tomato pesto, mayo, shredded carrots, grilled red onion & grilled spinach

### Nonfat chicken salad sandwich

Mustard, romaine lettuce & tomato

### B.L.T.A.

Turkey bacon, mayo, avocado, tomato & romaine lettuce

### 1/2 sandwich & soup or garden salad or Caesar salad ~ \$9.95

### Fresh grilled tuna fillet sandwich ~ \$14.95

Wasabi mayo, red onion, tomato & spinach

### Fresh grilled salmon fillet sandwich ~ \$16.95

Wasabi mayo, red onion, tomato & spinach

## ...and Burgers

Burgers served on whole wheat bun.  
Served with garden or caesar salad ~ \$11.95

### Rosemary turkey burger

Mayo, mustard, pickle, grilled red onion, romaine lettuce & tomato

### Grilled chicken burger

Mayo, mustard, pickle, grilled red onion, romaine lettuce & tomato

### Sunflower & lentil veggie burger

Tomato pesto, mustard, pickles, sprout, red onion, tomato & romaine lettuce

### Awesome angus beef burger ~ \$13.95

Chipotle mayo, jack cheese, avocado, turkey bacon, pickle, grilled red onion, tomato & romaine lettuce

add jack or feta cheese ~ \$1.50  
add goat cheese, turkey bacon or avocado ~ \$2.00

## Lovely Salads

### Spinach & romaine Caesar salad

Avocado, crouton, pumpkin seeds, roasted potato, tomato, & parmesan cheese tossed in Caesar dressing  
**(add chicken, turkey or scoop of tuna ~ \$13.95)**

\$10.95

### Leafy herb salad

Mixed baby greens, steamed, grilled and raw veggies, pumpkin seeds, roasted potato & avocado tossed in balsamic vinaigrette dressing  
**(add chicken, turkey or scoop of tuna ~ \$13.95)**

\$10.95

### Baby lettuce with warm marinated goat cheese croutons

Mixed baby greens, steamed, grilled and raw veggies, pumpkin seeds & roasted potato tossed in balsamic vinaigrette dressing  
**(add chicken, turkey or scoop of tuna ~ \$14.95)**

\$11.95

### Pear chicken salad

Mixed baby greens, red onion, crouton, raisins & apple slices tossed in pear mango dressing  
**(add goat cheese and walnuts ~ \$13.95)**

\$10.95

### Scoop of tuna over bed of greens

Mixed baby greens, steamed & raw veggies, pumpkin seeds & roasted potato tossed in balsamic vinaigrette dressing

\$11.95

### Rosemary turkey burger over bed of greens

Mixed baby greens, steamed & raw veggies, grilled red onion, pumpkin seeds & roasted potato tossed in balsamic vinaigrette dressing

\$11.95

### Grilled chicken burger over bed of greens

Mixed baby greens, steamed & raw veggies, grilled red onion, pumpkin seeds & roasted potato tossed in balsamic vinaigrette dressing

\$11.95

### Sunflower & lentil veggie burger over bed of greens

Mixed baby greens, steamed & raw veggies, salsa, pumpkin seeds & roasted potato tossed in balsamic vinaigrette dressing

\$11.95

### Fresh grilled albacore tuna fillet over bed of greens

Mixed baby greens, steamed & raw veggies, salsa, pumpkin seeds & roasted potato tossed in balsamic vinaigrette dressing

\$14.95

### Fresh grilled salmon fillet over bed of greens

Mixed baby greens, steamed & raw veggies, salsa, pumpkin seed & roasted potato tossed in balsamic vinaigrette dressing

\$16.95

### Grilled chicken tostada salad

Black beans, baked tostada shell, romaine lettuce, cabbage, corn & salsa tossed in non-fat yogurt dressing  
**(with tuna fillet ~ \$14.95)**

\$12.95

### B.B.Q. Chicken salad

Romaine lettuce, cabbage, corn & salsa tossed in herb ranch dressing

\$12.95

### Mediterranean veggie salad

Mixed baby greens, red onion, olives, cucumber, artichoke, tomato, crouton & feta cheese tossed in balsamic vinaigrette dressing  
**(add chicken, turkey or scoop tuna ~ \$13.95)**

\$10.95

### Cobb chicken salad

Mixed baby greens, turkey bacon, tomato, cucumber, red onion, hard-boiled egg crouton, avocado & feta cheese tossed in balsamic vinaigrette dressing

\$13.95

### Chef protein salad

Mixed baby greens, scoop tuna, chicken breast, tomato, cucumber & hard-boiled egg tossed in balsamic vinaigrette dressing

\$12.95

### Mexican chicken salad

Romaine lettuce, red onion, tomato, cucumber, brown rice & avocado tossed in Caesar dressing

\$12.95

Credit Card Minimum ~ \$4.00 Split Charge ~ \$3.00

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 ~ \$11.95

### Southwest veggie wrap

Chipotle mayo, avocado, sprouts, carrots, tomato, jack cheese & spinach

### Southwest chicken or turkey or tuna wrap

Chipotle mayo, avocado, sprouts, carrots, tomato & spinach

### Chicken Caesar wrap

Caesar dressing, parmesan cheese, avocado, romaine lettuce, tomato, cucumber

### Black bean quesadilla

Jack cheese, tomato pesto, spinach & salsa

### Herb chicken or turkey quesadilla

Jack cheese, tomato pesto, spinach & salsa

### B.B.Q. Chicken or turkey quesadilla

Jack cheese & spinach

### Tuna-melt quesadilla

Tuna salad, Jack cheese & avocado

### Veggie quesadilla

Mixed grilled veggies, Jack cheese, tomato pesto, spinach & salsa

### Goat cheese & spinach quesadilla

Tomato pesto & salsa

### Artichoke & spinach quesadilla

Tomato pesto, Jack cheese & salsa

## Specialties

### Basil pesto chicken penne pasta

Chicken, breast, broccoli & feta cheese with basil pesto cream sauce

\$12.95

### Mexican chicken bowl

Marinated chicken breast, black bean, brown rice, salsa & guacamole

\$11.95

### Marcel's tuna protein bowl

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

\$10.95

### Power non-fat chicken bowl

2 scoops of chicken salad, black beans, brown rice, scrambled eggs, cucumber, salsa & avocado

\$12.95

### Chicken burrito with garden or Caesar salad

Marinated chicken breast, Jack cheese, brown rice, salsa & guacamole

\$12.95

### Chicken tacos with brown rice & black beans

Marinated chicken breast, Jack cheese, romaine lettuce, salsa, guacamole & non-fat Yogurt dressing.

\$12.95

### Grilled Chicken Linguini Pasta

Grilled onion, red & green bell peppers, tomato, cilantro, creamy tomato sauce & parmesan cheese

\$13.95