

# Fresh and Wholesome Food

Ask About the Low Carb Menu

Call or Fax for Pickup or \*Delivery!

2262 Rutherford Road Suite 102

Carlsbad, CA 92008

Phone: (760) 431-1918 Fax: (760) 607-1579

\* Between Hours of 8:00 AM to 2:00 PM

(Priorities given to larger orders)

\* Minimum Order \$10.00

+ Delivery Charges

## SCRUMPTIOUS Catering

We cater breakfast meetings, lunches, and special events of all sizes. Delivered to your location, also available for private parties

### BREAD, ANYONE?

Fresh Bread Delivered Daily: Cibatta, French Roll, Whole Grain, Wheat, Rye, Squaw, Marble Rye, Wheat Roll, Cheese Jalapeño & Gluten Free Bread



PLEASE VISIT US AT

[www.johnnysrutherfordcafe.com](http://www.johnnysrutherfordcafe.com)

## SANDWICHES

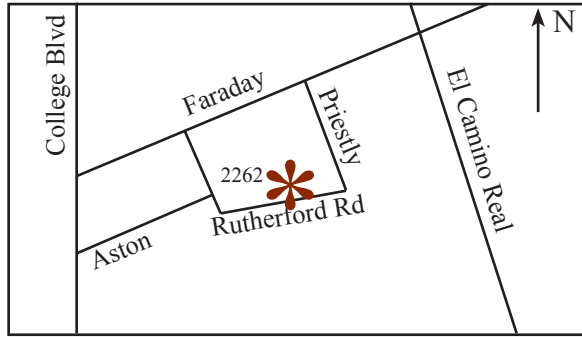
Prices are for Whole Sandwiches. 1/2 Sandwiches (Cold Only) \$4.29

<b>1. BBQ BEEF</b> \$7.49 Tender Roast Beef, BBQ Sauce. Served on a toasted French Roll.	<b>22. POLLO AZUL</b> \$7.99 Chicken Breast, Melted Swiss, Red Roasted Bell Peppers, Blue Cheese, Lettuce, Tomato, and Jalapenos.	<b>40. PORTABELLA MUSHROOM</b> \$6.99 Portabella Mushroom, Provolone, Lite Mayo, Lettuce, Red Roasted Bell Peppers & Tomato on Toasted Sourdough.
<b>2. FRENCH DIP</b> \$7.99 Tender Roast Beef, Swiss, Cooked to Perfection. Served on a French Roll with Dip.	<b>23. EGG SALAD</b> \$5.99 Lettuce and Tomato.	<b>41. MY SWEET CHICK-A DEE</b> \$7.49 Marinated Breast of Chicken, Honey Mustard Sauce, Lettuce, Tomato, Cucumber, Provolone Cheese on a Hot roll.
<b>3. PASTRAMI</b> \$7.49 Fresh Provolone Cheese, Mayo, Mustard on a French Roll.	<b>24. THE ITALIAN</b> \$7.99 Ham, Salami with Melted Provolone, Muffuletta, Lettuce, Tomato, Lite Mayo & Mustard.	<b>42. CHICKEN LITTLE</b> \$7.99 Breast of Chicken, Bacon, Swiss, Lettuce, Tomato and Honey Mustard Sauce served Hot on a Toasted Roll
<b>4. ROAST BEEF</b> \$7.49 Swiss Cheese, Mayo, Mustard on a fresh French Roll. (Hot or Cold)	<b>25. DRAG QUEEN</b> \$7.99 Peppered turkey, pineapple-habanero sauce, pepperjack cheese, lettuce and tomato, served on a hot roll.	<b>43. KOBE'S SHOT</b> \$6.99 Pepper Turkey, Melted Jalapeno Jack Cheese, Lettuce, Tomato, Honey mustard sauce, Served Hot on toasted Sourdough Bread.
<b>5. ROAST BEEF SPECIAL</b> \$7.49 Roast Beef, Cream Cheese, Avocado, Red Roast Bell Peppers, Sprouts, Lettuce, Tomato on a roll.	<b>26. GUIDO'S LAST DANCES</b> \$7.99 Cappicola ham, salami, muffuletta, provolone cheese,	<b>44. THE HYBRID</b> \$7.99 Turkey, Artichoke Hummus, Lettuce, Tomato, Avocado, Sprouts. Served on Sourdough Bread.
<b>6. HAM &amp; SWISS</b> \$6.99 On Toasted Sourdough, Mustard, and Mayo.	<b>27. SANTA FE TURKEY</b> \$6.99 lettuce, tomato, mustard, served hot on a roll. Melted Cheddar, Black Bean Salsa, Tomato, Lettuce.	<b>45. LUCA'S TURN</b> \$7.99 Hot Breast of Chicken, melted Sharp Cheddar Cheese, a splash of homemade Salsa, Lettuce, Tomato, Mayo, and Avocado on Toasted Sourdough.
<b>7. BBQ CHICKEN</b> \$6.99 Chicken Breast, BBQ Sauce, Lettuce, Tomato on a French Roll.	<b>28. CHICKEN OR EGGPLANT MARINARA</b> \$6.99 Hot French Roll, Marinated breast of Chicken or Eggplant, Provolone & Marinara Sauce.	<b>46. TUNA SPECIAL</b> \$7.99 Tuna, Cheddar Cheese, Muffuletta, Lettuce, Tomato, Jalapenos, served Hot on Cheese-Jalapeno Bread.
<b>8. ITALIAN CHICKEN</b> \$7.49 Chicken Breast Filet, Italian Spices, Romano Cheese Marinade, Provolone, Lettuce, Tomato, Red Roasted Bell Pepper on a French Roll.	<b>29. SALMON SANDWICH</b> \$7.99	<b>47. KNUCKLEHEAD</b> \$7.99 Spicy sliced Chicken, Pepperjack Cheese, Muffuletta, Lettuce, Tomato & Avocado on Sourdough. (heated)
<b>9. REUBEN</b> \$7.99 Corned Beef, Swiss, Sauerkraut, 1000 Island, Rye Bread	<b>30. LEMONHEAD</b> \$7.99 Lemon Marinated Chicken Breast, Artichoke Hummus, Lettuce & Tomato. Served Hot & Toasted.	<b>48. SWEET &amp; SASSY</b> \$7.49 Peppered Turkey, Pepperjack Cheese, Raspberry Chipotle Sauce, Jalapenos, Lettuce & Tomato. Served Hot on Cheese Jalapeno Bread.
<b>10. TURKEY</b> \$6.99 Provolone, Lettuce, Tomato, Mayo and Mustard.	<b>31. HOT SMOKIN' TOM</b> \$7.49 Hickory Smoked and Cracked Pepper Turkey Breast, Jack, Lettuce, Tomato, Jalapenos, Lite Mayo on Sourdough.	<b>49. CAN U DIG IT</b> \$7.99 Cracked Peppered Turkey, Butternut Squash, Pepper Jack Cheese, Lettuce, Tomato, Avocado. Served Hot on 8 Grain.
<b>WITH AVOCADO</b> \$7.99	<b>32. TURKEY ROMA</b> \$7.49 Sundried Tomato Turkey Breast, Provolone, Red Bell Peppers, Lettuce, Tomato, Mayo on French Roll.	<b>50. ITALLION STALLION</b> \$7.99 Cracked Peppered Turkey, Pesto, Basil, Feta Mix, Lettuce, and Tomato. Served hot on Sourdough.
<b>11. TUNA</b> \$6.99 Lettuce and Tomato.	<b>33. CAJUN TURKEY OR CHICKEN</b> \$7.49 Cajun Turkey or Chicken, Provolone, Roasted Red Bell Peppers, Lettuce, Tomato, Lite Mayo on an Italian Sesame Roll.	<b>51. ARTS A CHICKEN</b> \$7.99 Chicken Breast, Artichoke Hearts, Cheddar and Swiss Cheese, Lettuce, Tomato, Garlic Ranch Dressing. Served Hot on a French Roll.
<b>12. TURKEY CLUB</b> \$7.99 Turkey, Swiss, Provolone, Bacon, Lettuce, Tomato, Mayo & Mustard.	<b>34. IT'S A LEMON</b> \$7.49 Peppered Turkey marinated in Lemon Juice, Melted Swiss, Mushrooms, Lettuce, Tomato, Lite Mayo.	<b>52. FIREFLY - (SPICY)</b> \$6.99 Spicy Sliced Chicken Breast, 3 peppered Feta Mix, Lettuce, Tomato. Served hot and toasty.
<b>13. VEGETARIAN</b> \$6.99 Lettuce, Tomato, Avocado, Swiss & Cheddar, Cucumber, Alfalfa Sprouts, Lite Mayo & Mustard.	<b>35. WHO'S CHICKEN</b> \$7.99 Breast of Chicken, Melted Swiss, Mushrooms, Ranch Dressing, Lettuce, Tomato on a hot roll.	<b>53. SUNSHINE</b> \$7.99 Premium Roast Beef, Sharp Horseradish Cheddar Cheese, Sun Dried Tomatos, Lettuce, and Tomato. Served hot and toasty on a Roll.
<b>14. SUB</b> \$7.99 Turkey, Ham, Salami, Cheddar, Lettuce, Tomato, Mayo & Mustard.	<b>36. ITALIAN EGGPLANT</b> \$6.99 Melted Provolone, Eggplant, Muffuletta, Red Bell Pepper, Pepperoncini, Onion, Lettuce, Tomato, Lite Mayo. Served Hot!	<b>54. SUN DEVIL</b> \$7.49 Cracked Peppered Turkey, Cream Cheese, Sundried Tomatos, lettuce, Tomato. Served Hot on Sourdough.
<b>15. TURKEY SICILIAN</b> \$7.99 Smoked Turkey, Muffuletta, Provolone, Lettuce, Tomato, Roasted Bell Peppers, Sprouts, Mayo on a roll.	<b>37. CHICKEN BREAST SIERRA</b> \$7.99 Chicken Breast, Jack Cheese, Tomato, Jalapeno, Avocado, Lettuce, Mayo on a Hot roll.	<b>55. LET'S DANCE</b> \$7.99 BBQ beef, bacon, pepperjack, lettuce, tomato, hot on a roll.
<b>16. SMARTY ARTI</b> \$7.49 Artichoke Hearts, Sharp Garlic Cheddar Cheese, Lettuce, Tomato, Pepperoncinis, Red Onion, Garlic Ranch Dressing. Served Hot on Rye.	<b>38. SANTINO'S</b> \$7.99 Hot Meatballs, Provolone, Marinara Sauce.	
<b>17. B.L.T.</b> \$6.99 Bacon, Lettuce, Tomato & Lite Mayo.	<b>39. FIRE &amp; ICE</b> \$6.99 Spicy Sliced Chicken, Lettuce, Tomato, Cucumber, Provolone, Mayo on Sourdough.	
<b>18. VEGGIE BURRITO</b> \$6.99 Lettuce, Tomato, Avocado, Refried Beans and Cheese.		
<b>*Plus Potatoes or Rice \$7.49</b>		
<b>19. GARDEN BURGER</b> \$6.99		
<b>20. CHICKEN SALAD</b> \$6.99 Lettuce and Tomato.		
<b>21. TUNA MELT</b> \$6.99 Provolone, Lettuce, Tomato.		

WRAPS ON BACK

**BEVERAGES**

- ◇ Fountain Drinks
- ◇ Juices
- ◇ Snapple
- ◇ Soft Drinks
- ◇ Energy Drinks
- ◇ Bottled Water
- ◇ Chai
- ◇ Kombucha



**SOUPS**

All of our soups are LOW FAT or NON FAT. Each soup is crafted from garden vegetables daily, using the freshest ingredients!  
VEGETARIAN soup made daily

(1/2 Sandwiches are Premade) Turkey, Tuna, Ham or Egg Salad

Small \$3.49  
Large \$5.49

- Small Soup & 1/2 Sandwich.....\$7.49
- Large Soup & 1/2 Sandwich.....\$8.99
- Small Soup & Small Garden Salad.....\$6.49
- Large Soup & Small Garden Salad.....\$7.99

**Smoothies**

\$5.99

The healthy choice, our made to order smoothies will give your day a lift. We use only the freshest ingredients.

1. The Main Squeeze  
Mixed Fruit, Orange Juice, Non-Fat Yogurt
2. Fruita Loca  
Mixed Fruit, Apple Juice, Non-Fat Yogurt
3. John's Favorite  
Strawberry, Banana, Apple Juice, Non-Fat Vanilla Yogurt
4. Tropical Breeze  
Banana, Pineapple, Coconut, Orange Juice, Pineapple Juice & Non-Fat Vanilla Yogurt
5. Banana Split  
Strawberry, Banana, Pineapple & Non-Fat Vanilla Yogurt
6. Tanner Cole's Delight  
Strawberry, Mango, Raspberry & Non-Fat Vanilla Yogurt
7. Three's Not A Crowd  
Strawberry, Peach, Blueberry & Non-Fat Yogurt
8. Tutti Fruity  
100% Fruit (No Yogurt)
9. Yogresso  
Espresso with Chocolate or Vanilla Non-Fat Yogurt
10. PB&J Banana, peanut butter, non-fat yogurt, apple juice, chocolate or vanilla
11. Green Lantern  
Organic spinach, swiss chard, kale, green cabbage, avocado, banana, pineapple, with or w/o non-fat vanilla yogurt.

Add Acai \$1.25

Add Protein \$1.25

**Gourmet Beverages**

- Gourmet Coffee \$1.99
- Café Hot Chocolate \$1.99
- Yogresso \$5.99
- Cappuccino, Cafe Mocha, Iced Mocha
- Large Single \$3.00 Large Double \$3.75
- Iced Cafe Mocha \$3.75

**Dessert**

- Fresh Baked Low Fat Brownies \$1.35  
(Made with Apple Sauce & Juice)
- Fresh Baked Assorted Cookies \$1.25

**Side Orders**

- Pepperoncini \$0.50
- Avocado \$1.40
- Potato Salad \$1.99
- Macaroni Salad \$1.99
- Chips \$1.25

**SALADS**

We pride ourselves on serving the freshest salads around. All ingredients are some of the best you'll find anywhere!

- |                         |        |   |        |
|-------------------------|--------|---|--------|
| Small Chef Salad        | \$5.49 | Grilled Chicken Salad   | \$7.49 |
| Large Chef Salad        | \$7.49 | Taragon & Tuna Pasta  | \$7.49 |
| Small Garden Salad      | \$3.49 | Crisp Greens, Tender Pasta with Tuna seasoned with Tarragon, Avocado. |        |
| Large Garden Salad      | \$5.99 | Chicken or Tuna Salad   |        |
| Acai Bowl               | \$7.49 | Small   | \$5.49 |
| Fruit Salad (In Season) | \$5.50 | Large   | \$6.99 |
|                         |        | Salmon Salad  | \$7.99 |

**Baked Potato With Butter** \$3.49  
With Sour Cream, Bacon, Cheese, Broccoli or Salsa \$0.99 each

**WRAPS or BOWLS \$7.49**

\* All Sandwiches can be made into Wraps - Hot or Cold.

- Shrimp Wrap-** Shrimp, Black Beans, Rice, Red Bell Peppers, Onion, Avocado, Tomato, Salsa & your choice of tortilla. \$7.99
- T-Wrap-** Teryiaki Chicken, Rice, Avocado, Pineapple, your choice of tortilla.
- A-Wrap-** Spinach Tortilla, shredded Breast of Chicken, Rice, Black Bean Salsa, and Cheddar Cheese.
- B-Wrap-** Jalapeno Tortilla, Potato, Onion, Tomato, Jack Cheese, Lite Jalapeno, Salsa.
- C-Wrap-** Roma Tomato Tortilla, Avocado, Provolone, Romaine Lettuce, Black Beans, Onions, and Rice.
- Chicken Caesar Wrap-** Hot Breast of Chicken, Melted Swiss Cheese, Brown Rice, Lettuce, Tomato & Cucumber. Tossed with Caesar Dressing on your choice of tortilla.
- Sweet & Sassy Wrap-** Peppered Turkey, Pepper Jack Cheese, Raspberry Chipotle Sauce, Jalapenos, Tomato, Brown Rice, choice of tortilla.
- Chicken Fajita Wrap-** Sauted shredded chicken breast & vegetables, brown rice, lettuce, tomato, cheddar cheese and avocado, choice of tortilla.
- Salmon Wrap-** Salmon with Black Beans, Brown Rice, Provolone Cheese, Avocado, and Tomatos in a Wheat Tortilla. Served Hot. \$8.49
- Tofu Surprise-** Tofu, brown rice, vegetables, sauted in your choice of sauces: pineapple habanero, raspberry chipotle, butternut squash, peanut, terryaki, marinara.

**BREAKFAST SPECIALTIES**

BAGELS OR BREAD \$1.00

1. 2 Scrambled Eggs \$2.99  
With Cheddar Cheese on a Toasted English Muffin
2. Sausage & 2 Scrambled Eggs \$3.99  
With Cheddar Cheese on a Toasted English Muffin
3. Ham & 2 Scrambled Eggs \$3.99  
With Cheddar Cheese on a Toasted English Muffin
4. Bacon & 2 Scrambled Eggs \$3.99  
With Cheddar Cheese on a Toasted English Muffin
5. Pastrami \$5.99  
With Cream Cheese & Tomato on a Toasted Bagel
6. Toasted English Muffin or Bagel (with butter) \$1.99
7. Toasted Plain Bagel with Cream Cheese \$2.49  
Cinnamon/Raisin, Everything
8. Breakfast Burrito \$5.49  
With Scrambled Eggs, Cheese, Bacon, or Sausage and Salsa  
\*plus potatoes \$5.99
9. Quesadilla \$3.49  
Jack Cheese, Jalapeño Peppers, and Fresh Salsa  
\*plus chicken \$5.99