

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

www.jrcafe.com

SANDWICHES

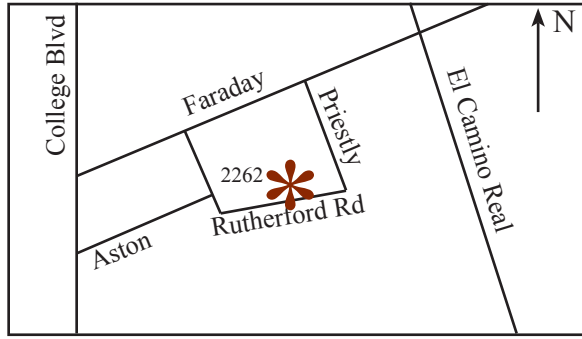
Prices are for Whole Sandwiches. 1/2 Sandwiches (Cold Only) \$4.29

1. BBQ BEEF \$7.49 Tender Roast Beef, BBQ Sauce. Served on a toasted French Roll.	22. POLLO AZUL \$7.99 Chicken Breast, Melted Swiss, Red Roasted Bell Peppers, Blue Cheese, Lettuce, Tomato, and Jalapenos.	40. PORTABELLA MUSHROOM \$6.99 Portabella Mushroom, Provolone, Lite Mayo, Lettuce, Red Roasted Bell Peppers & Tomato on Toasted Sourdough.
2. FRENCH DIP \$7.99 Tender Roast Beef, Swiss, Cooked to Perfection. Served on a French Roll with Dip.	23. EGG SALAD \$5.99 Lettuce and Tomato.	41. MY SWEET CHICK-A DEE \$7.49 Marinated Breast of Chicken, Honey Mustard Sauce, Lettuce, Tomato, Cucumber, Provolone Cheese on a Hot roll.
3. PASTRAMI \$6.99 Fresh Provolone Cheese, Mayo, Mustard on a French Roll.	24. THE ITALIAN \$7.99 Ham, Salami with Melted Provolone, Muffuletta, Lettuce, Tomato, Lite Mayo & Mustard.	42. CHICKEN LITTLE \$7.99 Breast of Chicken, Bacon, Swiss, Lettuce, Tomato and Honey Mustard Sauce served Hot on a Toasted Roll
4. ROAST BEEF \$7.99 Swiss Cheese, Mayo, Mustard on a fresh French Roll. (Hot or Cold)	25. DRAG QUEEN \$7.99 Peppered turkey, pineapple-habanero sauce, pepperjack cheese, lettuce and tomato, served on a hot roll.	43. KOBE'S SHOT \$7.49 Pepper Turkey, Melted Jalapeno Jack Cheese, Lettuce, Tomato, Honey mustard sauce, Served Hot on toasted Sourdough Bread.
5. ROAST BEEF SPECIAL \$7.99 Roast Beef, Cream Cheese, Avocado, Red Roast Bell Peppers, Sprouts, Lettuce, Tomato on a roll.	26. GUIDO'S LAST DANCES \$7.99 Cappicola ham, salami, muffuletta, provolone cheese, lettuce, tomato, mustard on a roll.	44. THE HYBRID \$7.99 Turkey, Artichoke Hummus, Lettuce, Tomato, Avocado, Sprouts. Served on Sourdough Bread.
6. HAM & SWISS \$6.99 On Toasted Sourdough, Mustard, and Mayo.	27. DON'T BE A PESTO \$7.99 Chicken breast, parmesan cheese, pesto, spinach, tomato on toasted sourdough.	45. LUCA'S TURN \$7.99 Hot Breast of Chicken, melted Sharp Cheddar Cheese, a splash of homemade Salsa, Lettuce, Tomato, Mayo, and Avocado on Toasted Sourdough.
7. BBQ CHICKEN \$7.49 Chicken Breast, BBQ Sauce, Lettuce, Tomato on a French Roll.	28. CHICKEN OR EGGPLANT MARINARA \$7.49 Hot French Roll, Marinated breast of Chicken or Eggplant, Provolone & Marinara Sauce.	46. TUNA SPECIAL \$7.99 Tuna, Cheddar Cheese, Muffuletta, Lettuce, Tomato, Jalapenos, served Hot on Cheese-Jalapeno Bread.
8. ITALIAN CHICKEN \$7.49 Chicken Breast Filet, Italian Spices, Romano Cheese Marinade, Provolone, Lettuce, Tomato, Red Roasted Bell Pepper on a French Roll.	29. SALMON SANDWICH \$7.99 Lemon Marinated Chicken Breast, Artichoke Hummus, Lettuce & Tomato. Served Hot & Toasted.	47. KNUCKLEHEAD \$7.99 Spicy sliced Chicken, Pepperjack Cheese, Muffuletta, Lettuce, Tomato & Avocado on Sourdough. (heated)
9. REUBEN \$7.99 Corned Beef, Swiss, Sauerkraut, 1000 Island, Rye Bread	30. LEMONHEAD \$7.99 Lemon Marinated Chicken Breast, Artichoke Hummus, Lettuce & Tomato. Served Hot & Toasted.	48. SWEET & SASSY \$7.99 Peppered Turkey, Pepperjack Cheese, Raspberry Chipotle Sauce, Jalapenos, Lettuce & Tomato. Served Hot on Cheese Jalapeno Bread.
10. TURKEY WITH AVOCADO \$6.99 Provolone, Lettuce, Tomato, Mayo and Mustard.	31. HOT SMOKIN' TOM \$7.49 Hickory Smoked and Cracked Pepper Turkey Breast, Jack, Lettuce, Tomato, Jalapenos, Lite Mayo on Sourdough.	49. CAN U DIG IT \$7.99 Cracked Peppered Turkey, Butternut Squash, Pepper Jack Cheese, Lettuce, Tomato, Avocado. Served Hot on 8 Grain.
11. TUNA \$6.99 Lettuce and Tomato.	32. TURKEY ROMA \$7.49 Sundried Tomato Turkey Breast, Provolone, Red Bell Peppers, Lettuce, Tomato, Mayo on French Roll.	50. ITALLION STALLION \$7.99 Cracked Peppered Turkey, Pesto, Basil, Feta Mix, Lettuce, and Tomato. Served hot on Sourdough.
12. TURKEY CLUB \$7.99 Turkey, Swiss, Provolone, Bacon, Lettuce, Tomato, Mayo & Mustard.	33. CAJUN TURKEY OR CHICKEN \$7.49 Cajun Turkey or Chicken, Provolone, Roasted Red Bell Peppers, Lettuce, Tomato, Lite Mayo on an Italian Sesame Roll.	51. ART'S A CHICKEN \$7.99 Chicken Breast, Artichoke Hearts, Cheddar and Swiss Cheese, Lettuce, Tomato, Garlic Ranch Dressing. Served Hot on a French Roll.
13. VEGETARIAN \$6.99 Lettuce, Tomato, Avocado, Swiss & Cheddar, Cucumber, Alfalfa Sprouts, Lite Mayo & Mustard.	34. IT'S A LEMON \$7.99 Peppered Turkey marinated in Lemon Juice, Melted Swiss, Mushrooms, Lettuce, Tomato, Lite Mayo.	52. FIREBALL \$7.99 Meatballs, raspberry chipotle sauce, pepperjack cheese, jalapenos, lettuce and tomato, served hot on a roll.
14. SUB \$7.99 Turkey, Ham, Salami, Cheddar, Lettuce, Tomato, Mayo & Mustard.	35. WHO'S CHICKEN \$7.99 Breast of Chicken, Melted Swiss, Mushrooms, Ranch Dressing, Lettuce, Tomato on a hot roll.	53. SUNSHINE \$7.99 Premium Roast Beef, Sharp Horseradish Cheddar Cheese, Sun Dried Tomatoes, Lettuce, and Tomato. Served hot and toasty on a Roll.
15. TURKEY SICILIAN \$7.99 Smoked Turkey, Muffuletta, Provolone, Lettuce, Tomato, Roasted Bell Peppers, Sprouts, Mayo on a roll.	36. ITALIAN EGGPLANT \$6.99 Melted Provolone, Eggplant, Muffuletta, Red Bell Pepper, Pepperoncini, Onion, Lettuce, Tomato, Lite Mayo. Served Hot!	54. MY PLACE OR YOURS \$7.99 Chicken breast, havarti cheese, jalapenos, hoisen sauce, red bell, lettuce, tomato on toasted sourdough.
16. SMARTY ARTI \$7.99 Artichoke Hearts, Sharp Garlic Cheddar Cheese, Lettuce, Tomato, Pepperoncinis, Red Onion, Garlic Ranch Dressing. Served Hot on Rye.	37. CHICKEN BREAST SIERRA \$7.99 Chicken Breast, Jack Cheese, Tomato, Jalapeno, Avocado, Lettuce, Mayo on a Hot roll.	55. LET'S DANCE \$7.99 BBQ beef, bacon, pepperjack, lettuce, tomato, hot on a roll.
17. B.L.T. \$6.99 Bacon, Lettuce, Tomato & Lite Mayo.	38. SANTINO'S \$7.99 Hot Meatballs, Provolone, Marinara Sauce.	
18. VEGGIE BURRITO \$6.99 Lettuce, Tomato, Avocado, Refried Beans and Cheese. *Plus Potatoes or Rice \$7.49	39. TOO HOT TO TROT \$6.99 Shredded chicken, onions, peppers, sauteed in a spicy sauce, cheddar cheese, avocado, lettuce and tomato on a hot roll.	
19. GARDEN BURGER \$6.99		
20. CHICKEN SALAD \$6.99		
21. TUNA MELT \$7.99 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 \$3.79
Large \$5.49

Small Soup & 1/2 Sandwich.....\$7.49
Large Soup & 1/2 Sandwich.....\$8.99
Small Soup & Small Garden Salad.....\$6.99
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. Tuti 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 \$6.99
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 (Made with Apple Sauce & Juice)	\$1.35
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	\$5.99	Grilled Chicken Salad	\$7.49
Large Chef Salad	\$7.99	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	\$7.99	Small	\$5.99
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. \$8.49
- 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 \$6.49
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 \$2.79
Cinnamon/Raisin, Everything
8. Breakfast Burrito \$5.99
With Scrambled Eggs, Cheese, Bacon, or Sausage and Salsa
*plus potatoes \$6.49
9. Quesadilla \$3.49
Jack Cheese, Jalapeño Peppers, and Fresh Salsa
*plus chicken \$5.99