

Fresh and Wholesome Food

Ask About the Low Carb Menu

Call, Fax, Order Online 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 * Minimum Order \$10.00
(Priorities given to larger orders) + 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,
Sour Dough, Marble Rye, Wheat Roll, Cheese Jalapeño & Gluten Free Bread

SANDWICHES

Prices are for Whole Sandwiches. 1/2 Sandwiches (Cold Only) \$5.49

1. BBQ BEEF \$9.49 Tender Roast Beef, BBQ Sauce. Served on a toasted French Roll.	22. POLLO AZUL \$9.99 Chicken Breast, Melted Swiss, Red Roasted Bell Peppers, Blue Cheese, Lettuce, Tomato, and Jalapenos.	*40. PORTABELLA MUSHROOM \$9.99 Portabella Mushroom, Provolone, Lite Mayo, Lettuce, Red Roasted Bell Peppers & Tomato on Toasted Sourdough.
2. FRENCH DIP \$9.99 Tender Roast Beef, Swiss, Cooked to Perfection. Served on a French Roll with Dip.	*23. EGG SALAD \$8.99 Lettuce and Tomato.	41. LET'S TANGO \$9.99 Hot Chicken breast, bacon, havarti cheese, avo, lettuce, tomato, sourdough toast
3. PASTRAMI \$9.99 Fresh Provolone Cheese, Mayo, Mustard on a French Roll.	24. THE ITALIAN \$9.99 Ham, Salami with Melted Provolone, Muffuletta, Lettuce, Tomato, Lite Mayo & Mustard.	42. CHICKEN LITTLE \$9.99 Breast of Chicken, Bacon, Swiss, Lettuce, Tomato and Honey Mustard Sauce served Hot on a Toasted Roll
4. ROAST BEEF \$9.99 Swiss Cheese, Mayo, Mustard on a fresh French Roll. (Hot or Cold)	25. DRAG QUEEN \$9.99 Peppered turkey, pineapple-habanero sauce, pepperjack cheese, lettuce and tomato, served on a hot roll.	43. KOBE'S SHOT \$9.99 Pepper Turkey, Melted Jalapeno Jack Cheese, Lettuce, Tomato, Honey mustard sauce, Served Hot on toasted Sourdough Bread.
5. ROAST BEEF SPECIAL \$9.99 Roast Beef, Cream Cheese, Avocado, Red Roast Bell Peppers, Sprouts, Lettuce, Tomato on a roll.	26. GUIDO'S LAST DANCE \$9.99 Cappicola ham, salami, muffuletta, provolone cheese, lettuce, tomato, mustard on a roll.	44. THE HYBRID \$9.99 Turkey, Artichoke Hummus, Lettuce, Tomato, Avocado, Sprouts. Served on Sourdough Bread.
6. HAM & SWISS \$9.99 On Toasted Sourdough, Mustard, and Mayo.	27. DON'T BE A PESTO \$9.99 Chicken breast, parmesan cheese, pesto, spinach, tomato on toasted sourdough.	45. LUCA'S TURN \$9.99 Hot Breast of Chicken, melted Sharp Cheddar Cheese, a splash of homemade Salsa, Lettuce, Tomato, Mayo, and Avocado on Toasted Sourdough.
7. BBQ CHICKEN \$9.49 Chicken Breast, BBQ Sauce, Lettuce, Tomato on a French Roll.	28. CHICKEN/EGGPLANT MARINARA \$9.49 Hot French Roll, Marinated breast of Chicken or Eggplant, Provolone & Marinara Sauce.	46. TUNA SPECIAL \$9.99 Tuna, Cheddar Cheese, Muffuletta, Lettuce, Tomato, Jalapenos, served Hot on Cheese-Jalapeno Bread.
8. ITALIAN CHICKEN \$9.99 Chicken Breast Filet, Italian Spices, Romano Cheese Marinade, Provolone, Lettuce, Tomato, Red Roasted Bell Pepper on a French Roll.	29. SALMON SANDWICH \$10.99	47. KNUCKLEHEAD \$9.99 Spicy sliced Chicken, Pepperjack Cheese, Muffuletta, Lettuce, Tomato & Avocado on Sourdough. (heated)
9. REUBEN \$9.99 Corned Beef, Swiss, Sauerkraut, 1000 Island, Rye Bread	30. LEMONHEAD \$9.99 Lemon Marinated Chicken Breast, A tichroke Hummus, Lettuce & Tomato. Served Hot & Toasted.	48. SWEET & SASSY \$9.99 Peppered Turkey, Pepperjack Cheese, Raspberry Chipotle Sauce, Jalapenos, Lettuce & Tomato. Served Hot on Cheese Jalapeno Bread.
10. TURKEY \$9.49 Provolone, Lettuce, Tomato, Mayo and Mustard.	31. HOT SMOKIN' TOM \$9.99 Hickory Smoked and Cracked Pepper Turkey Breast, Jack, Lettuce, Tomato, Jalapenos, Lite Mayo on Sourdough.	49. CAN U DIG IT \$9.99 Cracked Peppered Turkey, Butternut Squash, Pepper Jack Cheese, Lettuce, Tomato, Avocado. Served Hot on 8 Grain.
WITH AVOCADO \$9.99	32. TURKEY ROMA \$9.99 Sundried Tomato Turkey Breast, Provolone, Red Bell Peppers, Lettuce, Tomato, Mayo on French Roll.	50. ITALLION STALLION \$9.99 Cracked Peppered Turkey, Pesto, Basil, Feta Mix, Lettuce, and Tomato. Served hot on Sourdough.
11. TUNA \$9.49 Lettuce and Tomato.	33. CAJUN TURKEY OR CHICKEN \$9.99 Cajun Turkey or Chicken, Provolone, Roasted Red Bell Peppers, Lettuce, Tomato, Lite Mayo on an Italian Sesame Roll.	51. ARTS A CHICKEN \$9.99 Chicken Breast, Artichoke Hearts, Cheddar and Swiss Cheese, Lettuce, Tomato, Garlic Ranch Dressing. Served Hot on a French Roll.
12. TURKEY CLUB \$9.99 Turkey, Swiss, Provolone, Bacon, Lettuce, Tomato, Mayo & Mustard.	34. IT'S A LEMON \$9.99 Peppered Turkey marinated in Lemon Juice, Melted Swiss, Mushrooms, Lettuce, Tomato, Lite Mayo.	*52. NO MEATING \$9.99 Toasted sourdough, pesto, havarti cheese, avo, soinach, red roasted bell peppers, lettuce, tomato
*13. VEGETARIAN \$9.49 Lettuce, Tomato, Avocado, Swiss & Cheddar, Cucumber, Alfalfa Sprouts, Lite Mayo & Mustard.	35. WHO'S CHICKEN \$9.99 Breast of Chicken, Melted Swiss, Mushrooms, Ranch Dressing, Lettuce, Tomato on a hot roll.	53. SUNSHINE \$9.99 Premium Roast Beef, Sharp Horseradish Cheddar Cheese, Sun Dried Tomatos, Lettuce, and Tomato. Served hot and toasty on a Roll.
14. SUB \$9.99 Turkey, Ham, Salami, Cheddar, Lettuce, Tomato, Mayo & Mustard.	36. ITALIAN EGGPLANT \$9.49 Melted Provolone, Eggplant, Muffuletta, Red Bell Pepper, Pepperoncini, Onion, Lettuce, Tomato, Lite Mayo. Served Hot!	54. MAD GREEK \$9.99 Turkey, feta, red onion, tomato, peperoncini, cucumber, balsamic vinaigrette on toasted sourdough.
15. HOT FLASH \$9.99 Hot chicken breast, havarti cheese, avo, buffalo sauce, lettuce, tomato on sourdough toast	37. CHICKEN BREAST SIERRA \$9.99 Chicken Breast, Jack Cheese, Tomato, Jalapeno, Avocado, Lettuce, Mayo on a Hot roll.	55. LET'S DANCE \$9.99 BBQ beef, bacon, pepperjack, lettuce, tomato, hot on a roll.
*16. SMARTY ARTI \$9.99 Artichoke Hearts, Sharp Garlic Cheddar Cheese, Lettuce, Tomato, Pepperoncinis, Red Onion, Garlic Ranch Dressing. Served Hot on Rye.	38. SANTINO'S \$9.99 Hot Meatballs, Provolone, Marinara Sauce.	
17. B.L.T. \$9.99 Bacon, Lettuce, Tomato & Lite Mayo.	39. TOO HOT TO TROT \$9.99 Shredded chicken, onions, peppers, sauteed in a spicy sauce, cheddar cheese, avocado, lettuce and tomato on a hot roll.	
*18. VEGGIE BURRITO \$8.99 Lettuce, Tomato, Avocado, Refried Beans and Cheese. *Plus Potatoes or Rice \$9.99		
19. GARDEN BURGER \$9.99		
20. CHICKEN SALAD \$9.49 Lettuce and Tomato.		
21. TUNA MELT \$9.99 Provolone, Lettuce, Tomato.		

*VEGGIE/WRAPSON
BACK

ORDER AND PAY ONLINE:
www.johnnysrutherfordcafe.com

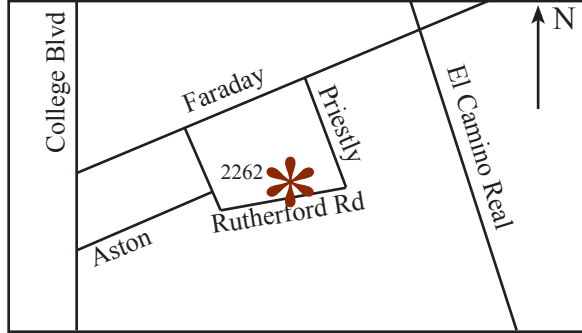
johnny@jrcafe.com

Rutherford Cafe

Johnny's

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 \$3.99
Large \$5.99

- Small Soup & 1/2 Sandwich.....\$8.99
- Large Soup & 1/2 Sandwich.....\$10.99
- Small Soup & Small Garden Salad.....\$7.99
- Large Soup & Small Garden Salad.....\$9.49

Smoothies

\$6.99

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 \$7.99
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 \$2.99
- Café Hot Chocolate \$2.99
- Yogresso \$6.99
- Cappuccino, Cafe Mocha, Iced Mocha
- Large Single \$4.00 Large Double \$4.75
- Iced Cafe Mocha \$4.75

Dessert

- Fresh Baked Low Fat Brownies \$1.50
(Made with Apple Sauce & Juice)
- Fresh Baked Assorted Cookies \$1.50

Side Orders

- Pepperoncini \$0.50
- Avocado \$1.50
- Potato Salad \$2.25
- Macaroni Salad \$2.25
- Chips \$1.50

SALADS

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

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|-------------------------|--------|---|---------|
| Small Chef Salad | \$6.99 | Grilled Chicken Salad | \$9.99 |
| Large Chef Salad | \$9.99 | Taragon & Tuna Pasta | \$9.99 |
| Small Garden Salad | \$3.99 | Crisp Greens, Tender Pasta with Tuna seasoned with Tarragon, Avocado. | |
| Large Garden Salad | \$5.99 | Chicken or Tuna Salad | |
| Acai Bowl | \$7.99 | Small | \$6.49 |
| Fruit Salad (In Season) | \$5.50 | Large | \$9.99 |
| | | Salmon Salad | \$10.99 |

Baked Potato With Butter \$3.99
With Sour Cream, Bacon, Cheese, Broccoli or Salsa \$0.99 each

WRAPS or BOWLS 9.99

* 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. \$10.99

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** - Spinach Tortilla, Potato, Onion, Tomato, Pepper Jack Cheese, Lite Jalapeños, and 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. \$10.99

***Tofu Surprise** - Tofu, brown rice, vegetables, sauted in your choice of sauces: pineapple habanero, raspbery chipotle, butternut squash, peanut, terryaki, marinara.

BREAKFAST SPECIALTIES

BAGELS OR BREAD \$1.00

1. 2 Scrambled Eggs \$3.49
With Cheddar Cheese on a Toasted English Muffi
2. Sausage & 2 Scrambled Eggs \$4.49
With Cheddar Cheese on a Toasted English Muffi
3. Ham & 2 Scrambled Eggs \$4.49
With Cheddar Cheese on a Toasted English Muffi
4. Bacon & 2 Scrambled Eggs \$4.49
With Cheddar Cheese on a Toasted English Muffi
5. Pastrami \$7.99
With Cream Cheese & Tomato on a Toasted Bagel
6. Toasted English Muffin or Ba el (with butter) \$2.49
7. Toasted Plain Bagel with Cream Cheese \$3.49
Cinnamon/Raisin, Everything
8. Breakfast Burrito \$5.99
With Scrambled Eggs, Cheese, Bacon, or Sausage and Salsa *plus potatoes \$6.49
9. * Quesadilla \$3.99
Jack Cheese, Jalapeño Peppers, and Fresh Salsa *plus chicken \$6.49