

Espresso Bar

	Sm	Med	Iced
Espresso	\$3.50		
Cappuccino	\$3.75	\$4.25	\$4.75
Latte	\$3.75	\$4.25	\$4.75
Mocha	\$4.00	\$4.75	\$5.25
White Mocha	\$4.25	\$5.00	\$5.25
Cafe Au Lait	\$3.25	\$3.75	\$4.00
Americana	\$3.25	\$3.75	\$4.00
Steamers	\$2.75	\$3.25	
Eye Opener	\$3.75	\$4.00	\$4.25
Caramel Macchiato	\$4.25	\$5.00	\$5.25
French Kiss	\$4.25	\$5.00	\$5.25

Beverages

	Sm	Med	Iced
Coffee	\$2.50	\$3.00	\$3.25
Tea	\$2.25	\$2.50	\$2.50
Chai	\$3.75	\$4.25	\$4.50
Hot Chocolate	\$3.25	\$3.75	
Italian Soda			\$3.50
Juices	\$2.50		
Sodas	\$1.50		
Bottled Water	\$1.25		
Energy Drinks	\$3.50		
5-Hour Energy	\$4.50		

Extras

Espresso Shot	\$1.50
Flavored Syrups	\$1.00
Half & Half	\$1.00
Soy or Almond Milk	\$1.00
Cup of Ice	\$0.75

Freezers Drinks

One shot of espresso / blended w/ mocha / white mocha / Carmelo / or coconut mocha.	\$6.00
Add: 1 shot espresso	\$1.50

Breakfast

Served All Day

Breakfast Sandwiches

Egg and Cheese	\$5.00
Egg, Cheese w/ Ham	\$5.75
Egg, Cheese w/ Sausage or Bacon	\$6.00
Egg White, Spinach, Avocado and Cheese	\$6.25

Breakfast Burrito

Two Eggs, American cheese & Hash Browns, with choice of Ham, Bacon or Sausage, topped w/hot sauce or ketchup

Chorizo Burrito

Two Eggs, Refried Beans, American Cheese, Hash Browns and Chorizo Topped With Hot Sauce or Ketchup

All Meat Burrito

Breakfast Omelets

Three eggs, Shredded Cheese, Spinach, Mushrooms, Tomato, Onions & Jalapeños, topped W/Avocado, hot sauce & your choice of bread.
- Add Ham, Bacon, or Sausage

Peanut Butter & Jelly

Oatmeal

With Raisin, Sugar, or Honey and Cinnamon 12 Oz

Fresh Baked Goods

Bagel Witch Cream Cheese	\$3.50
Bagel Or Toast With Butter	\$3.00
Muffins / Croissants / Pastries	\$3.00

Smoothies and Protein Shakes

Classico Smoothie	\$5.50
Starburst Smoothie	\$5.75
Protein Shake	\$6.25
Protein Scoop	\$2.00

* Our prices are tax included



IN-JOY CAFÉ

Serving Food You
En-Joy Everyday

2999 Douglas Boulevard
For Delivery - Phone (916) 772-1812

E-mail InjoyCafe@comcast.net
www.injoycafe.net



Delivery from
8:00am to 2:00pm
\$1 Deliver Fee charge will apply.

CATERING

- ASSORTED SANDWICH PLATTERS
- ASSORTED WRAPS PLATTERS
- GOURMET SALAD PLATTERS
- BREAKFAST & LUNCH BOXES
- HOT BOWLS
- FRESH COFFEE, TEA & JUICES
- BAGEL, PASTRIES AND MUFFIN PLATTERS
- SODAS, CHIPS AND COOKIES



Daily Sandwich Specials

Turkey, Ham, Italian Salami, Egg Salads, Chicken Salad, and Tuna Salad

Sandwich	\$7.25
½ Daily Sandwich	\$4.00
½ Specialty Sandwich	\$4.50
½ Signature Sandwich	\$4.75

All Sandwiches come with mayonnaise, honey Dijon, spicy Brown, regular mustard, or Hummus, lettuce, tomatoes and pickles.

Breads

Dutch Crunch Roll, Whole Wheat, Sourdough, White Bread

Extras

Artichoke Hearts	\$1.50
Avocado	\$1.50
Bacon	\$2.50
Chicken Breast	\$3.50
Extra Cheese	\$1.00
Pepperocinis	\$1.00
Jalapeños	\$1.00

Specialty Sandwiches

Hot Smoked Turkey	\$8.00
With melted Provolone Cheese on a Dutch crunch roll with garlic mayo, honey Dijon mustard, lettuce, tomatoes, and pickles.	
Hot Turkey Pastrami	\$8.00
With melted provolone cheese on Dutch crunch roll with Mayo, honey Dijon mustard, lettuce, tomatoes & pickles.	
Hot Roast Beef	\$8.00
With melted Jack Cheese on a Dutch crunch roll with mayo, honey Dijon mustard, lettuce, tomatoes and pickles.	
Pesto Chicken	\$8.00
Chicken Breast, melted provolone cheese on a dutch crunch roll with pesto, honey Dijon mustard, lettuce, tomatoes and pickles.	
Veggie Sandwich	\$8.00
Mayonnaise, honey Dijon mustard, lettuce, tomatoes, cucumbers, avocado, artichoke hearts, and your choice of cheese.	
Submarine Sandwich	\$8.50
Ham, Turkey, and Salami with melted provolone cheese on a Dutch crunch roll with mayo, honey Dijon mustard, lettuce, tomatoes and pickles.	

* Our prices are tax included

Fresh Mozzarella & Sun Dried Tomato \$8.00
With pesto, cucumbers, tomatoes, avocado and sun-dried tomatoes on a Dutch crunch roll

BLT \$8.50
Crispy bacon, mayo, lettuce and tomatoes on your choice of bread.

Club Sandwich \$8.50
Turkey, bacon & avocado on a Dutch roll with mayo, honey Dijon mustard, lettuce, tomatoes and pickles.

Turkey Delight \$8.00
Mounds of Turkey, cream cheese, and cranberry sauce on a Dutch crunch roll with mayo, lettuce, and tomatoes.

Spicy Chicken \$8.00
With melted provolone cheese on Dutch crunch roll with Mayo, honey Dijon mustard, lettuce, tomatoes & pickles.



Signature Sandwiches

Fred's Special \$8.50
Turkey, Ham, American cheese, Avocado, Jalapeños on a Dutch crunch roll, mayo, regular mustard, lettuce, tomatoes and pickles.

Country Club Chicken \$8.50
Chicken Breast and bacon on a Dutch crunch roll, melted Provolone cheese, mayo, honey Dijon mustard, lettuce, tomatoes and pickles.

Beef & Lamb Gyros \$9.00
With tomatoes, lettuce, cucumbers, onions, and Tzatziki sauce in a flour tortilla.

Chicken Quesadilla \$9.00
Chicken breast, tomatoes, avocado, shredded cheese, jalapeño, sour cream.

Salads

Green Or Spinach \$6.25 SM \$8.50 LG
Tomatoes, cucumbers, & broccoli topped with chicken breast, chicken salad or tuna salad.

Cobb \$7.25 \$9.25
Romaine lettuce, tomatoes, and cucumbers topped with chicken breast, crumbled bacon, avocado and Parmesan cheese.

Mediterranean \$7.00 \$9.00
Spinach, tomatoes, and cucumbers topped with chicken breast, avocado and Feta cheese.

Chef Salad \$7.25 \$9.25
Romaine lettuce, tomatoes, and cucumbers, topped with Turkey, Ham, egg, and shredded jack and cheddar cheese

Caesar Salad \$6.25 \$8.50
Romain Lettuce, chicken breast, Croutons, Parmesan Cheese

Hearty Protein Salad \$9.50
Romain Lettuce, chicken breast, cucumber, tomato, avocado & roasted sunflower seeds.

Chicken Taco Salad \$9.50
Romain Lettuce, chicken breast, cucumber, tomato, black olives, black beans, avocado, shredded cheese, sour cream / topped w / hot sauce.

Chinese Chicken Salad \$10.25
Romaine lettuce, cabbage, almonds, chicken breast, mandarin orange, cucumber, carrots, sesame seeds & crispy chow mein noodles, ginger sesame dressing.

SALAD DRESSING: Balsamic Vinaigrette, Ranch, Blue Cheese, Cesar, and Thousand Island.

Soup of the day

12oz Cup of Soup \$5.25
Served w / crackers



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