& C A F E

THE LOCAL EST 2022

MENU

OPENING HOURS

TUE -SAT 9AM - 5PM

BREAKFAST BITES

ASSORTED PASTRIES

\$3.25 and up

Lemon Croissants Chocolate Croissants Blueberry Muffins Banana Nut Muffin Double Chocolate Muffins Vegan Red Velvet Donut Blueberry Donuts

QUICHE \$6.00

Bacon and Swiss Cheese

Three Cheese with Spinach

Roasted Tomatoes, Cheese and Mushroom Veggie (Variety changes based on seasonal avaiability)



AVOCADO TOAST

\$ 6.25

on multigrain bread with tomatoes, everything seasoning and crispy onions

TEA & TOAST

\$ 4.00

specialty breads with jams and jelly spreads

GLUTEN FREE PASTIES

\$ 4.25

Cinnamon Rolls Brownies Lemon Blueberry

Chocolate Chip Muffin

BAGELS

\$ 2.65

Everything Bagel Plain Bagel French Toast Bagel Blueberry Bagel Whole Wheat Bagel Sesame Bagel

SPREADS

Assorted Cream Cheese Honey Cinnamon Spread Assorted Homemade Jams



\$ 7.90

lox salmon on an everything bagel with cream cheese, crispy onions, everything seasoning, dill and capers. Choice of tea or coffee.

*Lox salmon can be substituted with avocado.



SRINA SIDES

NON-GMO ROASTED CORN \$ 4.00 with parmesan cheese and seasoning

SPANAKOPITA \$ 4.00

Spinach and Feta Cheese

ORGANIC SAUTÉED KALE \$ 4.00

Sautéed in Garlic and Olive Oil

PASTA PARMESAN SALAD \$ 4.00
Tri-color shell pasta in creamy parmesan dressing with carrots, roasted peppers and sliced black olives

ORGANIC OLINOA \$ 4.00

ORGANIC QUINOA Sauteed and seasoned

WARM TOASTED PITA CHIPS \$ 3.00

OLIVE OIL CHIPS \$ 2.00







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PANINI (ITALIAN)

w/ Green Tea & Chips

THE

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SRINA CLUB \$15 arugula, roasted tomato, pesto sauce and cheese

GRILLED CHEESE CHEDDAR &MOZZARELLA

\$15 GRILLED CHICKEN with spicy ranch, arugula and mozarella

TUNA / CHICKEN SALAD \$15 with lettuce and cheddar cheese

GRILLED VEGGIE PANINI \$15

zucchini, red peppers, red onions, lettuce, pesto sauce

ITALIAN PANINI \$15 genoa salami,



SRINA BOWLS

w/ Green Tea & select pastry

SALMON RICE BOWL

\$16.75

Steamed salmon with house sauce served over steamed rice, topped with fresh veggies, cucumbers, avocado, and a drizzle of house sauce.

JERK CHICKEN RICE BOWL

marinated jerk-spiced chicken, over a bed of fluffy rice, veggies with a drizzle of

GRILLED CHICKEN RICE BOWL

grilled chicken, over a bed of fluffy rice, veggies and a drizzle of house sauce

VEGGIE BOWL

\$15

sautéed seasonal vegetables served over a bed of fluffy rice. Includes sweet bell peppers, tender carrots, and zucchini, with a drizzle of house

WRAP

\$12.79 GRILLED CHICKEN WRAPS lettuce, tomato, crispy onions and house

\$12.79 JERK CHICKEN WRAPS lettuce tomato, crispy onions and house

\$12.79 CHICKEN SALAD WRAPS

lettuce, tomato, crispy onions and house

\$12.79 TUNA SALAD WRAPS

lettuce,tomato, crispy onions and house sauce

FALAFEL WRAPS lettuce, tomato, crispy onions and house

sauce **TEA & TOAST**

lettuce,tomato, crispy onions and house sauce

SUMMER SPECIAL

FRANKS AND CHIPS

\$15

\$4.00

Grilled hot dog served in a fresh bun with your choice of classic toppings with chips.

MEXICAN CORN

Sweet corn served off the cob and mixed with creamy mayo, cotija cheese, chili powder, and a splash of lime juice. A bold, flavorful twist on a classic favorite!

\$12.95 SUMMER RAMEN

Chilled noodles served in a light, savory broth with crisp seasonal vegetables, soft-boiled egg, and a hint of citrus. Refreshing, flavorful, and perfect for warm days!

SOUP OF THE WEEK

FRESHLY MADE SOUPS



SALAD



SRINA SALAD

arugula, red onion, roasted tomato, garbanzo, cucumber, house vinaigrette

POKE SALAD

lettuce, cucumber, tomatoes, red onion, green onion, seaweed salmon, avocado, balsamic vinaigrette, roasted sesame seeds, and lemon.

VEGGIE SALAD

\$15

A letter is a message written for a variety of purposes, from friendly to formal.

JERK CHICKEN SALAD

\$15

Spicy jerk chicken over mixed greens, cucumber, red onions, pepper and avocado





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SRINA GREEN TEAS

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\$ 2.95

A refreshingly vibrant Young Hyson Green Tea that is smooth, crisp, earthy. Srina Green Tea makes a delicious brew for the savy green tea drinkers. It's the green tea choice to boost your energy naturally with low caffeine.

SIGNATURE BLEND

\$ 2.95

A refreshingly vibrant Young Hyson Green Tea, smooth earty with a delicate blend of lemon grass spice.

SWEET BLEND

\$ 2.95

A delicate blend of Srina Green Tea and 100% Ceylon Cinnamon sticks. Srina tea is a popular tea of choice for supporting healty blood sugar levels .

GINGER SPICE BLEND

\$ 2.95

A deliciius green tea with ginger, tumeric and lemongrass spice,, Srina ginger spice blend is the perfect tea of choice to aid in reducing inflammation.

GREEN TEA CALMING

\$ 2.95

Relax with a smooth cup of lemon verbena and ginger blend Srina green tea.

PEPPERMINT GREEN TEA

\$ 2.95

A calming blend of Srina green tea with peppermint, chamomile and ginger.

GREEN TEA HIBISCUA

\$ 2.95

\$ 2.95

A fragrant blend of Srina Green Tea with Hibiscus flower.

SRINA THROAT & SINUS

An intense blend of Srina Green Tea and herbs (Eucalyptus, anise, lemongrass, hibiscus and Srina spice) to support throat care and offer natural remedy to aid in clearing sinuses.

SRINA HERBAL TEA

GINGER CINNAMON BLEND \$

\$ 2.95

The perfect blend of Ginger and Ceylon Cinnamon pieces. A perfect tea for soothing upset stomach.

MANGO BLEND

\$ 2.95

A naturally sweet blend of Mango, Hibiscus, Lemongrass and Orange peel.

CALMING HERBAL BLEND

\$ 2.95

A calming yet refreshing blend of Peppermint, Chamomile and Ginger, supporting stress relief with calming Lemon Verbena.

SRINA ELDERBERRY BLEND

Dried organic elderberry, lemongrass, cinnamon spice, lemon peels and hibiscus that supports a healthy immune system. Srina Elderberry blend offers a warm drink with a fruity aroma and a sweet fruit flavor that is good to you and good for you.

SRINA BLACK TEA

SRINA BLACK TEA

\$ 2.95

A rich aromatic 100% Ceylon tea, Enjoy the smooth unique taste of pure Ceylon.

CHAI BLACK TEA

\$ 2.95

A spicy blend of 100% full flavored Ceylon Tea and cinnamon, cloves, cardamon, black pepper and ginger spice.

GINGER BLEND

\$ 2.95

An aromatic blend of dried ginger and Ceylon Black tea leaves.

BLACK TEA VANILLA BLEND \$ 2.95

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A fragrant blend of Ceylon Black tea blended with vanilla and cinnamon.

BLACK TEA BANANA BLEND

\$ 2.95

A fruity blend of Ceylon Black tea blended with Sri Lankan Organic Bananas.



