

CATERING

ASSORTED SANDWICHES

Sandwiches 400-700 cal; Salad 140-250 cal per serving

A Tray of Assorted Sandwiches 7.25 per person

A Tray of Assorted Wrap Sandwiches 7.25 per person

MEAT & CHEESE TRAYS

Meat & Cheese Tray (Includes Fresh Baked Bread) 7.25 per person

Cheese Tray with Homemade Crackers 4.50 per person

FINGER SANDWICHES \$2.95

An assortment of Meats & Cheeses, Tuna, Egg Salad & Chicken Salad

THREE-FOOT SANDWICH

Turkey, Roast Beef, Ham, Cheddar & 49.00

Provolone Cheeses (serves 10-12 people)

You can substitute other meats. Tuna or Avocado please add 7.00 each

BOXED LUNCHES

1,100-1,400 cal.

Whole Sandwich, Fruit Cup, Cookie & Chips 11.95

Whole Sandwich, Apple or Banana, Cookie & Chips 9.95

Whole Sandwich, Cookie & Chips 8.95

SALAD, FRUIT & SIDES

Caesar Salad 3.50 per person

Red & Green Salad 4.25 per person

Chicken Caesar Salad 6.25 per person

Chinese Chicken Salad 7.25 per person

Potato, Pasta 1.60 per person

Fresh Fruit Platter/Bowl 3.25 per person

Vegetable Platter 3.25 per person

COMBINATION

Combinations include the following:

Sandwich, Green Salad or Caesar Salad, Cookies, Chips, Drinks & Paper Goods.

Group of 6 99.00

Group of 10 155.00

Group of 15 225.00

Group of 20 295.00

BREAKFAST

Brewed Coffee or Tea (10 people) 16.50

CONTINENTAL

Croissants, Danishes, Muffins & Coffee Cake

2.75 per person 160-750 cal.

BAGEL & MUFFIN

Bagels & Muffins served with Cream Cheese & Preserves

2.75 per person 300-600 cal.

PARFAIT

Vanilla or Strawberry Yogurt, Granola & Berries

4.50 per person 300-350 cal.

BURRITOS

450-590 cal.

Egg & Cheese 3.95 per person

Bacon, Egg & Cheese 5.25 per person

Sausage, Egg & Cheese 5.25 per person

CROISSANTS

330-600 cal.

Egg & Cheese 3.75 per person

Ham & Cheese 3.75 per person

Ham, Egg & Cheese 4.75 per person

LOVEBIRDS



CAFE & BAKERY

At Lovebirds Cafe & Bakery,
our day starts the night before so
that we may bring you the
highest quality, all-natural,
freshest food possible.

"Because of our customers,
we exist since 1984"

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powered by quality™

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All pastries may contain walnuts or other nuts.
All items may not be available at all locations at all times.
Menu items and prices subject to change without notice.



CUSTOM SANDWICHES

Choice of Bread: Seven Grain Capitola Sour Dough Heidelberg Rye Jewish Egg Westphalian Pumpernickel Soft French Roll Lavash
Ciabatta Baguette Bagel Pita All Butter Croissant (add \$1.00) Dr. Snyder (Seven Grain with Walnuts, Raisins & Honey) Rosemary Jalapeño

Choice of Cheese: Swiss Provolone Sharp Cheddar Pepper Jack American

All Sandwiches Include: Romain Lettuce, Tomato and Mayonnaise, unless specified

LIGHT & REFRESHING

Turkey Breast 320-590 cal. WHOLE 6.50 HALF 4.75

Black Forest Ham 320-590 cal. 6.50 4.75

Smoked Turkey 320-590 cal. 6.50 4.75

Corned Beef 490-710 cal. 6.50 4.75

Roast Beef 470-690 cal. 6.50 4.75

Mortadella 330-600 cal. 6.50 4.75

Italian Salami 670-890 cal. 6.50 4.75

Vermont Turkey 330-600 cal. 6.50 4.75

Turkey & Ham 320-590 cal. 6.50 4.75

Turkey & Roast Beef 440-650 cal. 6.50 4.75

Campbell's Avocado Turkey 565 cal. 7.75 5.95

Add Avocado 1.50, Add Bacon 1.50

SALAD SANDWICHES

Albacore Tuna 360-670 cal. WHOLE 6.95 HALF 4.95

Caesar Chicken Salad 375-550 cal. 6.95 4.95

Chicken Salad 370-680 cal. 6.95 4.95

Egg Salad 515-625 cal. 5.35

Add Avocado 1.50, Add Bacon 1.50

HOT & DELICIOUS

Kirby's Thanksgiving Turkey 420-510 cal. WHOLE 6.95 HALF 4.95

Turkey Breast, Stuffing & Cranberry Sauce

Chicken Breast 365-615 cal. 6.95 4.95

Chicken Basil 290-540 cal. 6.95 4.95

BBQ Chicken 290-540 cal. 6.95 4.95

Chicken Breast, BBQ Sauce, Red Onion

B.L.T. 630-930 cal. 6.95 4.95

Paul's French Dip 510-690 cal. 6.95 4.95

Meat Ball 550-640 cal. 6.95 4.95

Classic Reuben 525-705 cal. 6.95 4.95

Pastrami 390-530 cal. 6.95 4.95

Tuna Melt 390-530 cal. 6.95 4.95

Grilled Cheese 390-530 cal. 4.95

Add Avocado 1.50, Add Bacon 1.50

PANINI

Turkey Pesto 550 cal. 4.95

Turkey Breast, Prov. Cheese, Fresh Basil, Tomatoes, Pesto Sauce

Balsamic Chicken Breast 550 cal. 4.95

Chicken Breast, Sun-Dried Tomatoes, Pepper Jack Cheese, Balsamic Vinegar

VEGETARIAN

Red & Green Combo 460 cal. 6.95

Mixed Greens, Romaine Lettuce, Tomato, Persian Cucumber, Avocado, Provolone Cheese

Love That Basil 440 cal. 6.95

Mixed Greens, Avocado, Fresh Basil, Tomato, Provolone Cheese, Pesto

Garden Burger 350 cal. 6.95

Hass Avocado & Cheese 710 cal. 6.95

Cheddar, Provolone & Swiss Cheese, Mayo and Tomato

Vegetarian Turkey 470 cal. 6.95

Peanut Butter & Jelly 430 cal. 3.50

LOVEBIRDS SPECIALTIES

calories are based on half size portions

Wild Alaskan Salmon 380 cal. 8.75 5.75

Cream Cheese, Capers, Red Onion, Tomato

California Sub 530 cal. 8.75 5.75

Turkey, Roast Beef, Ham, Prov. Cheese, Cheddar Cheese

Italian Sub 630 cal. 8.75 5.75

Salami, Ham, Mortadella, Provolone Cheese, Italian Dressing on Ciabatta

French Connection 820 cal. 8.75 5.75

Smoked Turkey, Bacon, Swiss Cheese, Onion, Mayo and Dijon

Hank's Favorite 730 cal. 8.75 5.75

Tuna, Bacon, Avocado, Lettuce and Tomato

PIZZA

130-300 cal. per slice

Cheese 10" 6.95 14.95

Pepperoni 14.95

Vegetarian 6.95 14.95

Hawaiian 6.95 14.95

SIDES

Air Fries 1.95

Chili Fries 3.50

Chips 1.25

Grab & Go Salad 2.25

Avocado 1.75

Bacon 2 slices 1.55

SCOOPS & MORE

Tuna 4.75

Chicken Breast 4.75

Egg Salad 2.95

Meat 3 oz 2.95

Chicken breast 3 oz 2.95

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SPECIALTY COFFEE

Latte 2.65 3.45 3.75

Mocha 3.25 3.85 4.55

White Chocolate Mocha 3.25 3.85 4.55

Caramel Macchiato 2.95 3.65 3.95

Cappuccino 2.65 3.45 3.75

Americano 1.95 2.35 2.95

Cafe Breve 2.65 3.45 3.75

Espresso Shots 1.55 2.25 2.55

Extra Shot/Flavors/Soy/Almond Milk .55¢

FRESH BREWED

House Coffee 1.50 1.85 2.00

Iced Coffee 16 & 24 oz 2.45 2.95

ALTERNATIVES

Hot Tea 1.85 2.15

Chai Latte 2.95 3.65 3.95

Hot Chocolate 2.65 3.15

Green Tea Latte 2.75 3.55 3.95

CHILLED FAVORITES & BLENDED

16 oz 24 oz

Iced/Blended Mocha 4.25 4.95

Iced/Blended White Mocha 4.25 4.95

Iced Latte 3.85 4.25

Iced Americano 3.80 4.25

Espresso Shake 4.95

Green Tea Smoothie 4.95

Dark Cherry Mocha 4.95

SPECIALTY DRINKS

FRUITY

Fresh Orange Juice 3.50 4.75

Fresh Watermelon Juice 3.50 4.75

Fresh Lemonade 2.95

Strawberry Mango Peach Pomegranate

Watermelon Cherry Pineapple

Hawaiian Berry 3.50 4.95

Coconut-Pineapple, Blackberry, Strawberry

Papa Special 3.50 4.95

Coconut-Pineapple, Orange

Tropical 3.50 4.95

Coconut-Pineapple, Papaya

NUTRITIONAL 24oz \$5.95

A.M. L.A.

Fresh Orange Juice, Oranges, Banana, Honey, Protein(5g)

Triple Fruit

Papaya Juice, Fresh Strawberry Puree, Banana, Honey, Protein(5g)

Tropical Delight

Coconut Juice, Pineapple Juice, Banana, Fresh Strawberry Puree, Banana, Honey, Protein(5g)

Peach Pizazz

Peach Juice, Peaches, Banana, Honey, Protein(5g)

Strawberry Flair

Fresh Strawberry Puree, Apple Juice, Banana, Honey, Protein(5g)

Island Call

Coconut-Pineapple Juice, Papaya Juice, Mangos, Pineapples, Protein(5g)

Arnold Schwarzenberry

Blackberry Juice, Strawberries, Blackberries, Banana, Honey, Protein(10g)

Tropical Banana Whip

Coconut-Pineapple Juice, Papaya Juice, 2 Bananas, Honey, Protein(5g)

Mambo Mango

Mango, Apple Juice, Pineapple, Banana, Honey, Protein(5g)

POWER DRINK MENU

24oz \$6.75

These Drinks Provide Your Daily Requirements Of Fruits & Vegetables

Amp Up

Pineapple, Strawberry, Ginger, Lemon Thyme, Galangal, Lavender, Rambutan, Apple, Lime, Mango, Lemongrass, Persimmon, Nutmeg, Melon

Astro-Heart

Celery, Spinach, Avocado, Pineapple, Apple, Nutmeg, Basil, Lemongrass, Ginger, Lemon Thyme, Clementine, Cardamom, Lime, Spirulina

Muscle

Blueberry, Blackberry, Strawberry, Raspberry, Cardamom, Mint, Almond Milk, Banana, Raw Cocoa Nibs, Dates, Cinnamon, Vanilla, Soy Protein

Vitamin-Mince

Pineapple, Lemongrass, Lychee, Lemon Thyme, Nigella Seeds, Ginger, Cardamom, Blackberry, Blueberry, Strawberry, Raspberry, Banana, Apple, Mint, Dates This drink gives you: All of your daily fiber needs.

A quarter of your daily iron needs.

Approx. 10% of your daily magnesium, phosphorus, B1, B2, B5, B6, K and A vitamins.

SMOODY MOOD DRINKS

12oz \$3.95

24oz \$6.75

Passionate

Pineapple, Lemongrass, Ginger, Lemon Thyme, Galangal, Apple, Saffron, Rambutan, Lime

Confident

Dates, Espresso Coffee, Raw Cocoa Nibs, Almond Milk, Cinnamon, Cardamom, Vanilla

Elegant

Blueberry, Blackberry, Strawberry, Raspberry, Banana, Apple, Lime, Dates, Mint

Reflective

Apple, Banana, Raw Cocoa Nibs, Dates, Lavender, Lychee, Acai

Romantic

Mango, Strawberry, Persimmon, Lemon, Rosemary, Melon, Nutmeg, Apple