

## SALADS

### ADD GRILLED CHICKEN \$ 3.00

#### CAESAR HALF \$ 9.95 / FULL \$ 14.50

Romaine lettuce, croutons, cherry tomatoes, grated and shaved parmesan, and Caesar dressing

#### GREEK HALF \$ 9.95 / FULL \$ 14.50

Romaine lettuce, cherry tomatoes, cucumbers, red onions, black olives, pepperoncini, feta cheese, and Greek Vinaigrette

#### SPICY THAI HALF \$ 9.95 / FULL \$ 14.50

Artisan spring mix, pineapples, roasted red peppers, carrots, green onions, crispy wonton strips, and spicy peanut dressing

#### COBB HALF \$ 9.95 / FULL \$ 14.50

Romaine lettuce, cherry tomatoes, cucumbers, bacon, green onions, hard boiled egg, avocado, cheddar cheese, and ranch

#### CAPRESE HALF \$ 9.95 / FULL \$ 14.50

Sliced tomatoes, fresh mozzarella on a bed of greens with basil infused olive oil, and balsamic reduction

#### SOUTHWEST HALF \$ 9.95 / FULL \$ 14.50

Romaine lettuce, cherry tomatoes, green onions, baby bell peppers, carrots, cheddar cheese, avocado, crispy tortilla strips, and chipotle ranch

## SOUPS

### 16OZ CUP \$ 7.75

#### CHEDDAR BROCCOLI

#### CHICKEN SOUP OF THE DAY

## MIX & MATCH DEALS

**\$14.75**

#### CHOOSE TWO DIFFERENT ITEMS:

- 16OZ. CUP OF SOUP
- HALF SALAD
- HALF SANDWICH
- HALF PANINI

PLEASE SELECT TWO DIFFERENT ITEMS



## SANDWICHES

### CHOICE OF BREAD: ITALIAN ROLL, SOURDOUGH, WHEAT, RYE, CIABATTA, CROISSANT

#### THE GODFATHER \$ 13.45

Salami, pepperoni, Black Forest ham, provolone cheese, lettuce, tomatoes, shaved red onions, hot cherry peppers, oil and vinegar, garlic mayo

#### THE VALLEY CLUB \$ 13.45

Shaved turkey breast, Applewood smoked bacon, Monterey Jack cheese, lettuce, tomatoes, avocado, Dijon mustard, mayo

#### THE BIG HAM \$ 13.45

Sliced ham, cheddar cheese, lettuce, tomatoes, onions, sweet bread and butter pickles, black pepper mayo

#### THE TURKEY CRAN \$ 13.45

Shaved turkey breast, Monterey Jack cheese, lettuce, sweet cranberry relish, basil pesto mayo

#### THE PASTRAMI MAMI \$ 13.45

New York style pastrami, Swiss cheese, creamy coleslaw, Thousand Island dressing

#### EGGWISH \$ 11.75

Hard boiled eggs, salt, cracked pepper, mayo, mustard, spinach

#### TUNA DELIGHT \$ 11.75

White Tuna, celery, white onion, herbs and spices, spinach



BESTSELLER



CHEF'S SPECIAL

## PANINIS

#### CHICKEN PESTO \$ 13.45

Grilled chicken breast, fresh mozzarella, sun-dried tomatoes, basil pesto mayo

#### THE CUBAN \$ 13.45

Roasted pork tenderloin, Black Forest ham, Swiss cheese, sliced pickles, Dijon mustard, mayo

#### THE REUBEN \$ 13.45

New York style pastrami, Swiss cheese, sauerkraut, Thousand Island

#### BLAZING CHICKEN \$ 13.45

Grilled chicken breast, bacon, jalapeños, Monterey Jack cheese, chipotle mayo

#### TURKEY BACON \$ 13.45

Shaved turkey breast, cheddar cheese, Applewood smoked bacon, avocado, chipotle mayo

#### TUNA MELT \$ 12.45

White Tuna, celery, white onion, herbs and spices with cheddar cheese

#### BUFFALO CHICKEN \$ 13.45

Grilled Chicken Breast with avocado, tomatoes, Monterey Jack cheese, ranch, buffalo sauce

#### **NEW** CHICKEN PEPPERONI MELT \$ 13.45

Grilled Chicken Breast with pepperoni, fresh mozzarella provolone cheese, basil pesto, with a side of marinara sauce.

## COMBO DEAL

**+\$3.50**

### ADD TO ANY SALAD, SANDWICH, PANINI, OR WRAP

**CHOOSE ONE:** CHIPS, SMALL HOUSE SALAD, MACARONI SALAD, PASTA SALAD, OR SRIRACHA POTATO SALAD

**CHOOSE ONE SMALL DRINK:** AGUA FRESCA, SODA CAN, OR BOTTLED WATER

**MAKE IT A LARGE AGUA FRESCA FOR +\$ 1.25**

## WRAPS

### BUFFALO CHICKEN \$ 12.00

Grilled Chicken breast, buffalo sauce, lettuce, tomatoes, Monterey Jack cheese, and ranch

### TURKEY CLUB \$ 12.00

Shaved turkey breast, sliced cheddar cheese, lettuce, tomatoes, avocado, and garlic mayo

### CHICKEN CAESAR \$ 12.00

Grilled chicken breast, lettuce, tomatoes, parmesan cheese, and Caesar dressing

### VEGGIE DELIGHT \$ 11.00

Spiced chickpeas, artisan spring mix, cucumber, cherry tomatoes, roasted red peppers, green onions, avocado

## MORNING FAVS

### AVOCADO TOAST OF THE DAY \$ 7.50

### BACON, EGG & CHEESE SANDWICH \$ 7.50

### HAM, EGG & CHEESE SANDWICH \$ 7.50

### HAM & SWISS CHEESE CROISSANT \$ 6.25

### BREAKFAST BURRITO \$ 7.50



1560 OCOTILLO DRIVE, SUITE C  
EL CENTRO, CALIFORNIA 92243

**MONDAY - FRIDAY**

**8:00 AM - 5:00PM**

**(442) 271-4103**

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## SMOOTHIES

### FRUITY

16OZ \$ 7.00

20OZ \$ 7.75

### PB&J

Strawberries, bananas, peanut butter, milk

### PIÑA COLADA

Pineapples, bananas, coconut milk

### PARADISE DAYDREAM

Strawberries, peaches, coconut water, Greek yogurt

### RAZZLE CRAZE

Raspberries, mangoes, pineapples, coconut milk

### VALLEY DELIGHT

Cherries, blueberries, orange juice

### PROTEIN

16OZ \$ 7.50

20OZ \$ 8.25

### BLACKBERRY

Blackberries, almond milk, peanut butter, low-carb protein powder

### BLUEBERRY

Blueberries, Greek yogurt, coconut milk, low-carb protein powder



### AVOCADO BOOST

Avocado, spinach, low-carb milk, low-carb protein powder, fresh mint

### DETOX

16OZ \$ 7.00

20OZ \$ 7.75

### APPLE DETOX

Apples, spinach, celery, cucumbers, fresh lemon juice, ginger

**PLACE ORDERS ONLINE**  
**WWW.VALLEYVIDA.COM**

## AGUAS FRESCAS

16OZ \$ 2.50

32OZ \$ 3.75

### • COCONUT

### • JAMAICA

### • SWEET TEA

### • UNSWEETENED TEA

### • LEMONADE

### • LEMONADE W/CHIA

### • CUCUMBER LIMEADE

### • CUCUMBER LIMEADE W/CHIA

## DRINKS

SODA CAN / BOTTLE \$ 1.50 / \$ 2.75

SPARKLING WATER \$ 2.00

BOTTLE WATER \$ 1.50

## FRESH JUICE

16OZ \$ 7.25

### RED BOOST

Beet, green apple, ginger

### ORANGE REVIVE

Orange, carrot, turmeric

### GREEN POWER

Kale, celery, spinach, cucumber, apple, lemon

## SIDES

TUNA SALAD 4OZ \$ 2.75 8OZ \$ 5.00

White tuna, celery, white onion, herbs and spices

EGG SALAD 4OZ \$ 2.75 8OZ \$ 5.00

Hard boiled eggs, salt, cracked pepper, mayo, mustard

POTATO SALAD 4OZ \$ 2.50 8OZ \$ 4.75

Baby potatoes, sriracha mayo, green onions. whole grain mustard

MACARONI SALAD 4OZ \$ 2.50 8OZ \$ 4.75

Pasta, onions, celery, mayo, black olives

PASTA SALAD 4OZ \$ 2.50 8OZ \$ 4.75

Pasta, veggies, Italian meats, cheddar cheese, house vinaigrette