

BREAKFAST

MAKE YOUR OWN SMOOTHIE

12 oz \$3.25 /20 oz \$4.75

Pick 2 Fruits

Banana, Blueberry, Mango or Strawberry

Add a Supplement \$.50

Add a Fruit \$.75

Freshly Squeezed Orange Juice \$1.99

GOURMET OATMEAL

100% Rolled Oats Preservative Free Oatmeal, with Your Choice of Two Toppings. \$2.99

YOGURT PARFAIT

Low Fat Yogurt, Fresh Strawberries or Blueberries and Organic Hemp Granola \$3.50

BUILD YOUR OWN BAGEL

Bagels Plain, Honey, Blueberry, Cinnamon Raisin, Sesame, Onion, Whole Wheat, Chocolate Chip, Poppy Seed, Everything and Jalapeno

Bagel \$1.50

Spreads Regular, Light, Strawberry, Pesto, Blueberry or Sun Dried Tomato Cream Cheese

Bagel & Spread \$2.50

Bagel with Ham or Bacon & Cheese \$3.50

Pesto Caprese Bagel Fresh Mozzarella and Tomato with Pesto Cream Cheese \$3.99

PB & J Classic Peanut Butter and Jelly. Kick it up with a Banana (extra \$.75) \$2.99

California Veggie Sundried Tomato Cream Cheese, Tomato, Onion and Spinach \$3.50

TU MERCADO

STUDENT LIFE PAVILION

HOURS

Monday – Friday: 7 a.m.-11 p.m.
Saturday – Sunday: 9 a.m.-11 p.m.
sandiego.edu/dining

WELLNESS & DIETARY SYMBOLS



Contains 70-94% organic ingredients.



Contains 3 grams of fat or less for every 100 calories and has 500 calories or less per serving.



Does not contain dairy products.

Does not contain gluten.

Does not contain ingredients from animal or dairy products.

Does not contain meat, fish, poultry or shellfish.



Is made from recycled materials and/or can be recycled.



Contains ingredients purchased from a local company or farm.

Produced in accordance with Fair Trade.



TU ESTABLISHED 2009
MERCADO
 UNIVERSITY OF SAN DIEGO

menu
 2009-2010

BAKERY DELIGHTS

Muffins Blueberry, Bran, Pumpkin, Chocolate Mocha & Banana Nut	\$2.25
Scone Chocolate Chip, Blueberry	\$2.25
Danish Cream Cheese	\$2.25
Croissants Plain, Chocolate & Strawberry	\$2.25
Chocolate Covered Strawberry	\$.75
Carmel Apple	\$3.25

HOT BEVERAGES

	12oz / 16oz / 20oz
Coffee	\$1.60/ \$1.80/ \$1.90
Gourmet Hot Chocolate	\$2.60/ \$2.80/ \$3.10
Espresso	\$1.50/\$1.80
Organic Loose Tea	All Sizes \$2.50

SPECIALTY ESPRESSO DRINKS

	12oz / 16oz / 20oz
Latte	\$3.10/ \$3.60/ \$4.10
Mocha Especial	\$3.10/ \$3.60/ \$4.10
Caramel Macchiato	\$3.35/ \$3.85/ \$4.35
Cappuccino Classico	\$2.50/ \$2.75/ \$2.90
Torero Express	16oz \$2.50

SPECIALTY TEA DRINKS

	12oz / 16oz / 20oz
Tea Lattes	\$3.45/ \$3.95 /\$4.25
Earl Grey Vanilla, Indian Chai, Red Rooster Vanilla, Red Energy Almond, White Ice, Green Envy Coconut	
	12oz/ 16oz/ 20oz
"Tease"	\$2.75/ \$3 / \$3.25
Green Envy Passion Fruit, White Ice Apple, Red Rooster Passion Fruit, Red Energy Mango, Red Rooster Pomegranate	

COLD SANDWICHES

Uptown Turkey Hickory Smoked Turkey Breast, Crisp Applewood Smoked Bacon, Sliced Avocado, Leaf Lettuce, Vine Ripe Tomatoes and Mayo	\$6.95
Chicken Pesto Tender Sliced Chicken, Fresh Arugula, Plum Tomatoes, Sweet & Spicy Vinaigrette and Pesto Mayo	\$6.00
Smoked Ham & Swiss Smoked Ham, Swiss Cheese, Leaf Lettuce, Tomatoes, Red Onions and Spicy Mustard Mayo	\$6.00
The Mediterranean Grilled Vegetables, Fresh Sliced Mozzarella, Olive Tapenade, and Sundried Tomato Pesto	\$6.00
Tuna Salad Old Fashioned Tuna Salad, Leaf Lettuce, Tomatoes, Pickles, Red Onions & Spicy Mayo	\$6.00
Chicken Salad Diced Chickenbreast Salad, Leaf Lettuce, Tomatoes, Pickles, Red Onions and Spicy Mayo	\$6.00

HOT SANDWICHES

El Cubano Honey Ham, Shredded Roast Pork, Roasted Garlic Mayo and Swiss Cheese	\$6.50
Smoked Turkey Hickory Smoked Turkey Breast, Crisp Applewood Bacon, Smoked Cheddar, and Sun Dried Tomato Mayo	\$6.95
Campania Chicken Smoked Chicken, Fresh Mozzarella, Roma Tomatoes, Red Onions, Basil Chiffonade and Dijon Mustard	\$6.00
The California Citrus Marinated Chicken Breast, Smoked Bacon, Swiss Cheese and Dijon Mustard	\$6.00
The Caprese Fresh Mozzarella, Vine Ripe Tomatoes, Basil Chiffonade, Basil Pesto and Virgin Olive Oil	\$6.00

Gluten Free Breads Available Upon Request

SIGNATURE SANDWICHES

Grilled Prosciutto Di Parma Prosciutto, Shaved Parmigiano Reggiano, Virgin Olive Oil and Baby Spinach	\$6.50
Buffalo Chicken Shredded BBQ Chicken, BBQ Mayo and Crumbled Bleu Cheese	\$6.00
The Italiano Roast Beef, Smoked Turkey, Ham, Cured Salami, Pepperoncini, Leaf Lettuce, Tomatoes, Red Onions and Vinaigrette	\$6.50

ACAI BOWLS

Sambazon Acai Berries, Organic Hemp Granola and Bananas	\$6.50
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GELATO BAR

	6 oz / 8 oz / 12 oz
	\$3.25/ \$3.75 / \$4.25
Flavors Vanilla, Chocolate, Brown Sugar, Torero, Blueberry, Blackberry, Raspberry, Seasonal Fruit	
Toppings	\$.75

HOT/COLD ENTREES

A Wide Variety of In House Made Hot Entrees and Cold Salads Available Daily.

FRESH SALAD BAR

Fresh, Local, Organic and Seasonal Ingredients Prepared Daily \$0.46/ounce

FARMER'S MARKET

Every Wednesday from 11am-2pm.
Located in Plaza Menor, outside the Student Life Pavilion.

Support Local Farmers - Purchase Produce from the Tu Mercado Farmer's Market.