

# BREAKFAST

**COCONUT FRENCH TOAST 8.75**  
Coconut bread grilled with coconut flakes on a palette of raspberry puree. *Two eggs & bacon add 2.00*

**BLACKBERRY PANCAKES 6.50**  
Three pancakes with blackberries, garnished with seasonal fruit, blackberry puree, & powdered sugar. *Two eggs & bacon add 2.00*

**BANANA BLACKBERRY PANCAKES 7.00**  
Three pancakes with bananas & blackberries, garnished with seasonal fruit, blackberry puree, & powdered sugar. *Two eggs & bacon add 2.00*

**THE KING CAKES 8.50**  
Three pancakes with peanut butter, bananas, & chocolate chips on a palette of raspberry puree. *Two eggs & bacon add 2.00*

**ROSEMARY POTATO BREAKFAST 6.75**  
Roasted rosemary potatoes, scrambled eggs, sauteed tomatoes, & grilled rosemary bread.

**FRUIT BOWL 5.75**  
A seasonal array of fresh fruit.

**ARTICHOKE SCRAMBLE 7.75**  
Eggs scrambled with artichoke, cheese, green onions, & tomatoes served with crispy rosemary potatoes & a side of rosemary bread.

**AVOCADO SCRAMBLE 8.75**  
Scrambled eggs with avocado and cheese, served with jalapeno potatoes, black beans, and a tortilla.

**CANTINA CROISSANT 7.50**  
Homemade croissant, with scrambled eggs, cheese, tomatoes, and scallions served with rosemary potatoes.

**NIRVANA 7.50**  
Marinated grilled tofu, brown rice, broccoli, yellow squash, egg whites, and salsa.

**CRISPY DRAGON POTATOES 8.50**  
Crispy rosemary potatoes grilled with jalapenos, onions, tomatoes, black beans, avocado, cheese, and salsa. *Two eggs & bacon add 2.00*

**CONTINENTAL BREAKFAST 6.50**  
Grilled coconut bread with a cup of assorted fresh fruit.

**ROAST BEEF HASH & EGGS 9.50**  
Seared roast beef with horseradish cream, rosemary potatoes, & scrambled eggs.

**BREAKFAST BURRITO 7.50**  
Eggs scrambled with cheese, scallions, and tomatoes, wrapped in fresh tortillas.

**PLATA TORTILLAS 7.25**  
Two fresh tortillas with scrambled eggs, cheese, tomatoes, scallions, cilantro, and black beans.

**BREAKFAST TAMALES 8.75**  
Housemade free range chicken and roasted chili tamale served with scrambled eggs and beans garnished with cheese, sour cream, tomatoes, and cilantro.

**BREAKFAST QUESADILLA 7.50**  
Bacon, cheese, green onion, tomatoes, and cilantro grilled between two flour tortillas.

**COCONUT GRANOLA 4.50**  
Toasted oats with coconut, almonds, and raisins. *Fruit add 2.00*

## Side Grilled Tofu 3.00 - POWER MENU - Side Sage Sausage 3.00

**THE ORIGINAL POWER BREAKFAST 8.00**  
Four scrambled egg whites, steamed brown rice, broccoli, zucchini, and salsa fresca. *Add chicken 2.50*

**POWER BREAKFAST BURRITOS 8.25**  
Egg whites scrambled with grilled chicken, cheese, green onion, and tomatoes wrapped in fresh tortillas served with black beans and salsa fresca.

**POWER BLACK BEAN & RICE 9.50**  
Brown rice, black beans, broccoli, green onion, tomatoes, and cilantro served with grilled chicken and our salsa cruda.

**POACHED EGGS & GRILLED ZUCCHINI 6.25**  
With tomatoes, scallions, & grilled rosemary bread.

**PESTO SCRAMBLE 8.25**  
Four egg whites, pesto, green onion, tomato, served with grilled zucchini, and spinach tortilla.

**JALAPENO SCRAMBLE 8.25**  
Four egg whites, jalapenos, green onion, tomato, served with black beans, brown rice, and salsa.

# LATIN-ASIAN-FUSION

**WOK FRIED RICE 9.50**  
Brown rice stir fried with broccoli, zucchini, bean sprouts, carrots, & shiitake mushrooms. *Marinated Tofu or Chicken add 2.50; Beef add 3.50*

**BUDDHA BOWL 8.50**  
Big bowl of steamy lemongrass and coconut milk broth with shiitake mushrooms, noodles, veggies, cilantro, and green onions. *Marinated Tofu or Chicken add 2.50; Beef add 3.50*

**CRISPY NOODLES & CRUNCHY VEGETABLES 9.25**  
Pan fried noodles with fresh bean sprouts, julienne carrots, celery, cilantro, & green onion. *Marinated Tofu or Chicken add 2.50; Beef add 3.50*

**LETTUCE WRAPS 8.50**  
Marinated chicken, crisp lettuce leaves, shredded cucumber, lime, peanut sauce, and peanuts served with brown rice.

**DOUBLE HAPPINESS 11.50**  
Crisp brown rice and seasonal vegetables accompanied by beef and chicken with a side of peanut sauce.

**SINGLE HAPPINESS 9.50**  
Crisp brown rice and seasonal vegetables accompanied by chicken with a side of peanut sauce.

**TOFU HAPPINESS 8.50**  
Crisp brown rice and seasonal vegetables accompanied by marinated tofu with a side of peanut sauce.

**LUNCH TAMALES 8.50**  
Housemade free range chicken tamale, served with black beans, brown rice, cheese and salsa. *Marinated Tofu or Chicken add 2.50; Beef add 3.50*

**NUEVO ROLL-UPS 7.75**  
Pan fried noodles in ginger soy sauce with green onion, cilantro, julienne carrots, & celery sprouts, wrapped in a spinach tortilla. Served with peanut sauce. *Marinated Tofu or Chicken add 2.50; Beef add 3.50*

**CRISPY DRAGON POTATOES 8.50**  
Crispy rosemary potatoes grilled with jalapenos, onions, tomatoes, black beans, avocado, cheese and salsa. *Marinated Tofu or Chicken add 2.50; Beef add 3.50*

**CHICKEN BURRITO 8.25**  
Sesame chicken, lettuce, tomatoes, green onion, cilantro, sour cream and avocado in a chipotle tortilla, served with chips & salsa. *Sub tofu for veggie option.*

**BONSAI BURRITO 7.50**  
With brown rice, corn, black beans, shiitake mushrooms & our Asian ginger sauce, served with chips and salsa. *Marinated Tofu or Chicken add 2.50; Beef add 3.50*

**CHICKEN QUESADILLA 8.25**  
With cheese, green onions, tomatoes, cilantro, and salsa, served with black beans or mixed salad.

**BLACK BEANS & RICE 7.25**  
With fresh tortillas. *Marinated Tofu or Chicken add 2.50; Beef add 3.50*

## SANDWICHES or WRAPS

Sandwiches come with housemade wheat or Rosemary bread or on a spinach tortilla as a wrap. *Add chips and salsa 1.50 Mixed salad add 2.00*

**VEGGIE SANDWICH 6.25**  
With avocado, lettuce, cucumber, tomato, and mayo.

**GRILLED CHICKEN SANDWICH 7.50**  
Chicken, lettuce, tomato, and mayo.

**BLT 7.25**  
Bacon, lettuce, tomato, and mayo.

**GRILLED STEAK SANDWICH 8.25**  
Grilled, marinated steak with lettuce, tomatoes, green onions, and mayo.

**PESTO CHICKEN SANDWICH 7.75**  
Chicken, lettuce, tomato, pesto, and mayonnaise.

**CARNE ASADA SANDWICH 9.25**  
With cheese, salsa fresca, lettuce, tomato, avocado, & mayo.

**CHICKEN ASADA SANDWICH 8.50**  
With cheese, salsa fresca, lettuce, tomato, avocado, & mayo.

**CHICKEN SALAD SANDWICH 7.50**  
Chopped chicken, lettuce, tomato, green onion, & mayo.

## KIDS MENU

Fruit Face Pancake 3.75  
Cheese Quesadilla 3.75  
Eggs & Bacon 3.75

## LUNCH SPECIALS

**CHOOSE ONE HALF SANDWICH**  
Veggie Grilled Chicken BLT Chicken Salad

**YOUR CHOICE OF HOMEMADE BREAD**  
Rosemary Wheat

**AND CHOOSE ANY ONE OF THE FOLLOWING**  
A bowl of our homemade soup of the day 6.50  
Blue cheese walnut salad 7.25  
Our house mixed salad 6.75

OR

**PICK ANY TWO ITEMS BELOW 5.75**  
Cheese Quesadilla Grilled Chicken Taco  
Veggie Taco Black Beans & Brown Rice

## DESSERTS

FLOURLESS CHOCOLATE CAKE 5.00

COCONUT FLAN 5.00

## SOUP & SALAD

**BOWL OF SOUP 3.50**

**BOWL OF SOUP 4.75**  
With side of homemade rosemary bread.

**MIXED GREEN SALAD 6.50**  
Mixed greens, served with our balsamic vinaigrette and grilled bread. *Marinated Tofu or Chicken add 2.50; Beef add 3.50*

**BLUE CHEESE WALNUT SALAD 7.50**  
Mixed greens, balsamic vinaigrette and grilled bread. *Marinated Tofu or Chicken add 2.50; Beef add 3.50*

**SOUP & SALAD 7.50**  
A hearty bowl of soup, mixed green salad, and bread. *With blue cheese walnut salad add 1.00*

**TIGER GARDEN SALAD 6.75**  
Crisp greens, orange slices, and oil-free zesty citrus dressing. *Marinated Tofu or Chicken add 2.50; Beef add 3.50*

## SIDES

Scrambled eggs 1.75	Tortillas .50
Scrambled egg whites 2.25	Tofu 3.00
Substitute egg whites 1.00	Salsa .50
Two pieces of bacon 1.75	Chips and Salsa 2.00
Four pieces of bacon 2.50	Sour Cream .50
Sage sausage 3.00	Add Cheese 1.00
Raspberry/Blueberry puree .75	Rosemary or wheat bread 1.75
Rosemary potatoes 2.50	Jalapeno potatoes 3.25
<b>Split Charge 2.00</b>	Peanut Sauce 1.00
<b>Substitution 1.00</b>	Dressing .50
	Chipotle Cream .50
	Pesto 1.00



# dragonfly

A S H L A N D , O R E G O N

## BE CURIOUS

BREAKFAST ≠ LUNCH ≠ DINNER ≠ CATERING

241 Hargadine Street ≠ Below the Oregon Cabaret Theatre

"If I were a queen, Isabel Cruz would be my cook."

"As chef Isabel expertly fuses her latin background with Californian and Asian influences, she cunningly creates tempting, tasty, hip, and healthy cuisine."

"Chef Isabel, a.k.a. Foodgirl, has been serving the Southern Californian community for over fourteen years, and her taste and style are catching on!"

"Chef Isabel is a culinary innovator and educator on her healthful cuisine and lifestyle."

Foodgirl is not only a successful restaurateur, but also a national spokesperson for renown food campaigns, author of a new cookbook and lifestyle guide, 'BITE THIS!', and creator of a new culture.

Chef Isabel Cruz



For more information about Chef Isabel, her cookbook, BITE THIS!, or Cantina, log on to: [www.CantinaCollective.com](http://www.CantinaCollective.com)

Visit our other locations!

### COFFEE CUP CAFE

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1109 WALL ST. LA JOLLA, CA 92037  
858.454.2819 PICKUP AND DELIVERY AVAILABLE  
[TheCoffeeCupCafe.com](http://TheCoffeeCupCafe.com)



966 Felspar Street | Pacific Beach | San Diego, CA 92109  
858.272.8400

Come and Join Us for Dinner



#### AHI WONTONS

Wonton crisps topped with seared ahi, avocado, sweet soy, & wasabi cream.

#### GRILLED SALMON

Marinated grilled salmon served with papaya mint salsa, green beans, and rice.

#### FLOURLESS CHOC. CAKE

Flourless chocolate cake, covered in a drizzle of chocolate syrup and raspberries.

### COFFEE & TEA

<b>HOT HERBAL TEAS</b>	2.00
Chai, Green, Jasmine, Chamomile, Earl Grey, Apricot w/Flowers, *Blood Orange, Eucomint, English Black, *Vanilla, Mango, *Berry Patch (*indicates decaf)	
House Coffee	1.95
Café Latte	3.50
Mexican Mocha	3.50
Cappuccino	3.50
Espresso	2.00
Café au Lait	2.50
Americano	2.50
Thai Coffee	3.50
Hammerhead	2.50
Mexican Hot Cocoa	2.50
Mission Mocha Thai	3.50
Flavored Syrups	.50

### ICED TEA

<b>HERBAL ICED TEAS</b>	2.00
Passion Fruit, Green Tea, *Berry Patch	
<b>ICED JUICE-TEAS</b>	2.75
Can-Tea-na Cooler	
Berry Patch Iced Tea with Cranberry Juice	
Arnold Palmer	
Passion Fruit Iced Tea with Lemonade	
Grasshopper	
Green Iced Tea with Lemonade	
Pink Lemonade	
Lemonade with a splash of Grenadine (Refills on TEA ONLY)	

### JUICE & SODA

Organic Grapefruit Juice	3.25
Organic Orange Juice	3.00
Lemonade	2.25
Cranberry Juice	2.00
Apple Juice	2.00
Coke	2.00
Diet Coke	2.00
7Up/Diet 7Up	2.00
S. Pellegrino	3.50
<b>Blackberry Nana Smoothie</b>	4.75
Blackberries, bananas, ice and juice blended.	

### SPECIALTY DRINKS

Mimosa	5.75
Bubbly with organic orange juice	
Kir Royal	6.50
Bubbly/cassis	
Red Dragon	6.00
with V-8 juice as hot as you like	
Kir	5.50
Greenstone sauvignon blanc with cassis	
Cristalino	glass 5.00 bottle 16.00
Ruggeri	½ bottle 16.00 bottle 30.00

(541) 488-4855

Open 8-3 and 5 till close 7 days a week



## BEGINNINGS

**EDAMAME 3**

**LETTUCE WRAPS 7**

Choice of marinated char-grilled chicken served with peanut sauce. *With steak add 1.50*

**AHI WONTONS 9**

Wonton crisps topped with seared ahi, avocado, sweet soy and wasabi cream

**PLANTAINS with CAVIAR 7**

Plantains with a dollop of sour cream and caviar

**CRISPY SHOESTRING PLANTAINS 6**

Served with Chipotle sour cream

**ROASTED VEGGIES 6**

Roasted eggplant, red bell peppers, green beans, and marinated portobello mushrooms

**DRAGON POTATOES 4**

Sweet and red potato wedges with chipotle sour cream

**CRISPY SALTED PLANTAINS 5**

**SOUP of the DAY 5**

## ENSALADA

**BASIC SALAD 4**

With dressing of choice

**ENSALADA de CASA 6**

Bed of mixed greens with avocado and tomato, drizzled with lemon olive oil

**TIGER GARDEN SALAD 6**

Crisp greens topped with orange and crispy wontons in a zesty oil-free citrus dressing.

**TOMATO PESTO SALAD 6**

Tomatoes and mixed greens served with our homemade pesto, olive oil, & balsamic vinaigrette

## DINNER

The following may be added to any entree:

•Marinated Tofu add \$4 •Grilled Chicken add \$4 •Grilled Beef add \$5 •Quarter Char-Grilled Chicken add \$5

**CHAR GRILLED CHICKEN**

**HALF CHICKEN 15**

**QUARTER CHICKEN 10**

**Latino Style** with black beans, coconut rice and crisp salted plantains

**Asian Style** with coconut rice, edamame and peanut sauce

**Dragon Style** with our oven roasted red and sweet potatoes and chipotle cream

**Isabel Style** with broccoli, zucchini, steamed brown rice, and a side of our homemade pesto

**AHI PLATTER 19**

Seared Ahi, avocado, edamame, sweet soy, wasabi and coconut rice cream. Served with a side of wontons

**FLAT IRON STEAK with MOJO 20**

Marinated char grilled steak served with Portobello mushrooms, cilantro garlic mojo pico and roasted red and sweet potatoes

**DOUBLE HAPPINESS LETTUCE WRAPS 12**

Marinated steak and chicken served with lettuce, cucumber kimchi, jasmine rice and peanut sauce

**CHICKEN TAMALES 10**

Dragonfly made chicken tamales with black beans and rice or grilled with cheese

**GRILLED SALMON 16**

Marinated grilled salmon served with papaya mango mint salsa, and green beans and zucchini coconut rice

**ASIA GRILL 12**

Grilled eggplant with red bell peppers and sweet potato served with marinated tofu, peanut sauce and crispy brown rice topped with marinated grilled portobello mushrooms

## BIG BOWLS

The following may be added to any bowl:

•Marinated Tofu add \$4 •Grilled Chicken add \$4 •Grilled Beef add \$5 •Quarter Rotisserie Chicken add \$5

**BUDDHA BOWL 8**

Big bowl of steamy lemongrass and coconut milk broth with shiitake mushrooms, noodles, veggies and cilantro

**IMPERIAL BOWL 10**

Big bowl of steamy lemongrass and coconut milk broth with shiitake mushrooms, brown rice, steamed zucchini, bean sprouts, and julienne vegetables

**SOUL BOWL 10**

Steamy homemade Asian vegetarian broth with chewy udon noodles, veggies, avocado & grilled tofu

**BRAZIL BOWL 12**

Marinated chicken or tofu with Coconut rice, and black beans. Served with papaya mango mint salsa & crispy plantains

**UDON NOODLE BOWL 10**

Slippery udon noodles with vegetable rainbow, portobella mushrooms, peanuts and slightly spicy asian peanut sauce

**CARNITAS FRIED RICE BOWL 10**

Coconut rice with carnitas, pineapple, roasted bell pepper, eggplant, Chinese beans, bean sprouts and portobello mushrooms, stir fried with sweet chili sauce

**WOK FRIED RICE BOWL 10**

Crisp brown rice with sweet potato, roasted bell pepper, eggplant, Chinese beans, bean sprouts and portobello mushrooms, stir fried with sweet chili sauce

## TEMPTATION

**FLOURLESS CHOCOLATE CAKE 5**

**COCONUT FLAN 5**

**BANANAS CANTINA 5**

Flamed bananas with spiced rum, served a la mode

We prepare our food from scratch with love and care. If you are in a hurry, please inform your server and we will try to accommodate you.  
All of our meat, poultry and fish is sustainably farmed and free of hormones.