



Fit-Stop Café



1505 Seascape Blvd.

Aptos, CA. 95003

(831) 536-4361

(Inside Seascape Sports Club)

Sandwich Choices

Turkey, Ham or Tuna

Served with Lettuce, Tomato, Sprouts, Carrots, Avocado, Mayo (Mustard upon request)

Choice of Cheese & Bread

Breakfast

Served with Ham, 2 eggs (scrambled with onion, red bell pepper & pepper flake), cheddar & jack cheeses, Tomato, Avocado on a Squaw Bun (no mayo unless ordered)

BLT California

A Traditional bacon, lettuce & tomato sandwich with mayonnaise on Aldo's famous sliced sourdough toasted To enhance the Applewood smoked bacon & make it California pepper jack cheese & avocado are added

Vegetable

Served on a Squaw bun with lettuce, tomato, sprouts, carrots, cucumber, onion, red bell pepper, pesto, Sunflower seeds, spinach, mayo & mustard with provolone cheese

All Sandwiches are \$7.95 whole or \$4.50 half

Served with a smattering or two of my homemade salad of the day

Potato, macaroni, coleslaw, 4 bean or sweet potato depending also available in ½ pints

Salad Choices

House

Romaine, tomato, sprouts, carrot, avocado, egg, spinach, onion, red bell pepper & cucumber

\$5.95

Tuna

Generous portion of albacore tuna salad atop lettuce, tomato, sprouts, carrots, avocado, egg & cucumber

Substitute turkey salad no additional charge

\$8.95

Cran-Apple Turkey

Apple slices, dried cranberries, generous portion of turkey salad, feta & pecans

Atop lettuce, spinach, carrots, sprouts, cucumber & avocado

\$9.95

Chefs

Freshly roasted turkey, ham, bacon crumbles with jack & cheddar cheeses

Atop lettuce, tomato, sprouts, carrots, avocado, egg & cucumber

\$9.95

Cobb

Freshly roasted turkey with bacon crumbles & bleu cheese chunks

Atop lettuce, tomato, sprouts, carrots, avocado, egg & cucumber

\$9.95

Choice of dressings Ranch, Honey Mustard or Balsamic (sorry no ½ Salads)



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Fresh Juices

Choose from orange, grapefruit, apple, carrot, celery,
Cucumber, beet, ginger, spinach & wheatgrass

Subject to availability of course

16oz \$5.00 Wheatgrass \$1.50 per ounce

Smoothies

Choose from strawberry, mango, peach, blueberry & banana

Any combination 20oz \$5.50

Soup

The real deal

All soups are created fresh daily

Bowl \$5.50 Cup \$3.00

Monday – Beef Barley

Tuesday – Split Pea

Vegetarian Style

Wednesday – Chicken Noodle/Rice

Alternating weeks

Thursday – Vegetable

Vegetarian with some spice

Friday – Clam Chowder

New England Style

Other Offerings

Muffins \$3.00

Freshly baked from scratch Blueberry with a cinnamon topping will be a staple
but will offer other varieties & seasonal favorites

Bagel w/ Cream Cheese \$3.00 Oatmeal w/ Blueberries or Banana \$4.00

Fresh Fruit \$1.00 Banana, Apple or Orange

Beverages

Muscle Milk \$3.00 Coco Water \$3.00 Vita-Water \$2.00

Sobe Lifewater \$3.00 Mexican Coke \$2.00 Can Soda \$1.00

Perrier Sparkling Water \$1.00 Starbucks Refreshers /Frappacino \$3.00

Hours 530am-230pm

Monday-Friday