

GoodOnYa serves CAFE MOTO Coffee & Tea

- Latté** Not all are created equal! We make them by hand, the old fashioned way.
- Cappuccino** This drink takes talent! Let our certified baristas create your foam.
- Americano** Espresso and hot water. Simple, bold, intense flavor.
- Hammerhead** Espresso topped with our brewed house blend. The strongest drink we offer!
- Café Au Lait** House coffee with steamed milk and a bit of foam for fun.
- House Coffee** Choose from our locally roasted, **organic** and/or fair trade blends.

Organic, Fair Trade and Local Espresso
Hormone Free Milk
Organic Hemp Milk
 (no extra charge)

Mochas

Mocha You have options here.... white chocolate, milk chocolate or imported Ibarra Mexican chocolate. We steam the powder in with the milk so it blends throughout the drink. Saves on calories and increases taste, it's a win-win!

Specialty Drinks

- Milky Way** A caramel mocha topped with whipped cream and REAL chocolate and caramel sauce.
- Mexican Mocha** Imported, real Ibarra chocolate de Mexico!
- Peppermint Patty** A mint mocha. Any chocolate combined with mint syrup.
- Tuxedo** Double delicious!! Milk and white chocolate steamed together
Topped with whipped cream and REAL chocolate sauce.
- Caramel Macchiato** A vanilla latte with whipped cream & REAL caramel sauce on top.
- Southern Californian** A non fat white mocha without whip and 1/2 the chocolate.
- New Hollywood** A non fat, vanilla latte with lots of rich, creamy foam and an extra shot!
- Why Bother** A decaf, non-fat, sugar free, latte. Seriously.... Why bother?
- Hot Chocolate** Choose from milk, white or mexican chocolate. Yum!
- Café Miele** Are you kidding me? A Latte with raw, local honey and cinnamon. Only at *GoodOnYa*.

Specialty Teas

- Green Tea Latté** Moroccan mint tea, raw, local honey & **organic** hemp milk.
- Chai Latté** Spiced black or green chai tea, steamed milk with a touch of vanilla.
- Amazing loose leaf** **HOT** & **ICED** TEA! Black, green or black chai, red, yerba mate, & more.....

Blended Drinks and Smoothies

- Frappes** Original, Chocolate, Caramel, Banana Chocolate, Vanilla, Mexican or White Chocolate, Toffee Nut, Raspberry, Mint, Espresso, Peanut Butter Cup and more.....
- Smoothies** 100% fruit, NO added sugar. Strawberry, Mango, Blueberry, Tropical.
- Acai bowl or Smoothie** The super acai berry from Brazil blended w/fruit.
- Protein Shake** **organic** peanut butter, banana, **organic** hemp milk, raw local honey and **organic** hemp protein.
This is THE best tasting, healthiest protein shake in the world!

Desserts

The *GoodOnYa* Bar our own handmade, **organic**, mostly raw, vegan, delicious, nutrition bar. Famous G.O.Y. BROWNIES and a huge selection of COOKIES and BARS from our local baker.

All prices listed reflect a cash discount • Prices subject to change • Please visit goodonyadeli.com for up to date pricing

Delivery \$10 minimum, \$2 delivery charge.

Everything listed organic is 100% unless noted.

Protein: Organic
Hemp Seeds
Antioxidant:
Edible Green Tea
Live Cultures:
All Natural Yogurt

GoodOnYa

good food good coffee

In a hurry!
 Order from the website and pay online to skip the line at the register.
www.goodonyadeli.com

This menu was born from experiencing a variety of tastes through my travels around the world. As an Olympic athlete, eating nutritious food was an essential part of my lifestyle. It has now become my passion through *GoodOnYa* to create a health conscience café. We strive to achieve the perfect balance between nutrition and taste! So let us fuel your body and delight your taste buds with our organic, whole foods.

In our fast paced society we understand that healthy choices are not always available. Which is why at *GoodOnYa* we use natural meats, **organic** bread, **organic** tortillas, and local produce. We want to make it easy for you to do the right thing and feel *Good*.

We are also proud of our social and environmental commitment. We purchase our coffee from a local roaster to ensure the freshest cup possible, and choose only varieties that are **organic** and/or **fair trade**. We are also certified a San Diego Green Business.

The bottom line is **we care** about you and the environment, and are doing all we can to bring you the best tasting, healthiest food we can find.

Breakfast

Bagels & Toast

- Cream cheese or **organic** peanut butter..... \$2.50
 Cream cheese, tomato & bacon \$4.00
 Cinnamon & sugar or Jackie's specialty jam \$2.00

Egg & Cheese Sandwich or Bagel \$3.00
 Add any meat for \$1.00

Breakfast Burrito: Scrambled eggs, black beans, mixed cheese, avocado & G.O.Y. salsa \$4.25
 Add any meat \$1.00

Nutty Monkey: **Organic** peanut butter, banana, raw local honey on **organic** multigrain toast \$4.00
4 superfoods!

Acai Bowl: Done the traditional way with apple or hemp milk, **organic** granola and fresh and frozen fruit \$6.00

Superfoods contain every nutrient the body requires for optimal health. This includes phytochemicals and antioxidants that science has proven help with many degenerative diseases such as cancer, cardiovascular diseases, and arthritis. They serve to increase stamina and endurance, speed recovery time from any accident or surgical procedure, and provide an excellent foundation for any weight control program.

Breakfast Wraps

Grilled on your choice of **organic** tortilla made with fresh, local eggs.

Californian 2 eggs, grilled ham, avocado, tomatoes & swiss \$4.80

Veggie 2 egg whites, avocado, sweet potato, tomatoes & spinach **5 super foods!** \$4.80

All American 2 eggs, 4 pieces of bacon & cheddar \$4.80

TBP 2 eggs, spinach, tomato & feta \$3.50

92130 2 eggs, sausage, provolone & hot sauce \$4.00

Baja 2 eggs, mixed cheese, G.O.Y. salsa \$3.00

Scrambled Eggs mix in any fillings and cheese \$2.25

Oatmeal, Granola and Cereal

Organic Cereal: w/hot or cold milk \$4.00

Granola Bowl: All natural yogurt, fruit, **organic** granola, and local raw honey \$6.00

Our Famous 100% Organic Oatmeal:
 Our top secret blend steamed with your choice of water, milk, or hemp milk. \$5.00

Kearny Mesa
 9275 Sky Park Ct. 92123
 (ph) 858.277.9275 • (fax) 858.277.9200
skypark@goodonyadeli.com
 Open Mon.-Fri. 6:30am-4:00pm

Carmel Valley
 3611 Valley Centre Dr 92130
 (ph) 858.480.3611 • (fax) 858.480.3612
carmelvalley@goodonyadeli.com
 Open Mon.-Fri. 7:00am-3:00pm
 Free WiFi



GoodOnYa Deli
 The GoodOnYa Bar

theGoodOnYabar

Specialty Sandwiches \$6.95

Organic Bread, All Natural Meats, Local Produce

- #1 Sweet potato, sun-dried tomatoes, **G.O.Y.** hummus, avocado, tomato, onion & spinach
- #2 Grilled egg plant, grilled mushrooms, spinach, onion, swiss cheese & greek dressing **Grilled!!**
- #3 Turkey, avocado, cranberry sauce, tomato & swiss cheese
- #4 Turkey, sweet potato, lettuce, tomato, mayo & provolone cheese
- #5 Turkey, sun-dried tomatoes, cranberry sauce, lettuce, tomato, onion, & provolone cheese
- #6 Roast beef, grilled red peppers, lettuce, tomato, onion & **G.O.Y.** spicy mustard
- #7 Roast beef, horseradish sauce, lettuce, tomato, onion & cheddar cheese
- #8 Roast beef, grilled mushrooms, tomato, mayo & swiss **Grilled!!**
- #9 Ham, pepperoncinis, lettuce, tomato, mayo, **G.O.Y.** cab sav dressing & provolone cheese **Grilled!!**
- #10 Ham, avocado, lettuce, tomato, onion, **G.O.Y.** spicy mustard, mayo & swiss cheese
- #11 BBQ chicken, mushrooms & provolone cheese **Grilled!!**
- #12 Sweet chili chicken, avocado, tomato & swiss cheese **Grilled!!**
- #13 Chopped chicken, avocado, lettuce, tomato, onion, **G.O.Y.** spicy mustard & provolone **Grilled!!**
- #14 Tuna Salad, sweet potato, tomato, sweet chili sauce & swiss cheese
- #15 Egg Salad, avocado, tomato & provolone cheese
- #16 Chicken Salad, lettuce, mayo, mustard & swiss cheese
- #17 Fresh mozzarella, tomato, **G.O.Y.** pesto, fresh spinach with balsamic & 100% pure imported olive oil. Put this on a **toasted** baguette for our version of an Italian caprese.

We make all salads ourselves with just a little low fat mayo and lots of love. **G.O.Y.**

- The Superfood Turkey, sweet potato, avocado, tomato, spinach & **G.O.Y.** honey mustard on multigrain\$7.50
- So. Cal Turkey, 1/2 an avocado, lettuce, tomato, provolone cheese & **G.O.Y.** cab sav dressing\$7.50
- TBA Turkey, bacon, avocado, lettuce, tomato, **G.O.Y.** honey mustard & mayo\$7.50
- Club Turkey, ham, bacon, avocado, tomatoes, lettuce, **G.O.Y.** honey mustard, mayo & provolone\$8.00
- Chicken Caesar Chicken, parmesan cheese, lettuce, tomato w/creamy caesar dressing.....\$6.50
- BLT/BLTA Bacon, lettuce, tomato, mayo on **toasted** bread add .75¢ for avocado\$6.50
- Grilled Cheese Choose your bread, choose your cheese\$4.25
- Peanut Butter & Jelly **organic** peanut butter with Jackie's local specialty jam.....\$4.25
- The Create Your Own Basic stuff for no charge and add some fillings if you dare! **Start at \$6.00**

You Pick 2: Half any sandwich, cup of soup, half any salad.....\$7.95

Bread: **Artisan French Organic Bread**, Country French, White, Sourdough, Multigrain, Italian Ciabatta Roll, French Baguette and Marble Rye (Thursday only)

Add fillings to any salad, sandwich or wrap:

Avocado, **G.O.Y.** Hummus, Sun-dried Tomatoes, Grilled Red Peppers, Grilled Sweet Potatoes, Cranberry Sauce, **Organic** Peanuts, Peperoncinis, Cucumbers, Carrots, Hard Boiled Egg, Grilled Mushrooms, Black Beans, **G.O.Y.** Pesto, **Organic** Hemp Seeds and **G.O.Y.** **Organic** Croutons

G.O.Y. = Made by GoodOnYa

Salads & Wraps

- BBQ Chicken Salad or Wrap** Romaine lettuce, BBQ chicken, red peppers, beans, tomatoes, lettuce, cheddar & jack cheese, tossed in BBQ ranch dressing.....\$6.50
- Chicken Caesar Salad or Wrap** Romaine lettuce, chopped chicken, **G.O.Y. organic** croutons (salad) or tomatoes (wrap) & parmesan cheese, tossed in creamy caesar dressing\$6.50
- Greek Salad or Wrap** Romaine lettuce, avocado, sun-dried tomatoes, cucumbers, tomatoes, onions, imported feta cheese tossed in greek dressing\$6.50
- Spinach Salad or Wrap** Hard boiled egg, chopped bacon and avocado tossed in greek dressing\$6.50
- Chef Salad** Romaine lettuce, ham, turkey, hard boiled egg, tomato, cheddar & jack cheese w/ ranch dressing on the side\$7.00
- Cobb Salad** Romaine lettuce, chopped chicken breast, bacon, hard boiled egg, tomato, bleu cheese and **G.O.Y.** cab sav dressing on the side\$7.00
- Buffalo Chicken Salad or Wrap** Romaine lettuce, chopped chicken, tomatoes, red onions, bleu cheese, tossed in spicy hot ranch dressing\$6.50
- Spicy Thai Chicken Salad or Wrap** Romaine lettuce, chicken, cucumbers, carrots, **organic** peanuts, tomatoes, tossed in spicy thai dressing.....\$6.50
- Garden Salad** Romaine lettuce, red onions, shredded carrots, tomatoes, cucumbers and **G.O.Y. organic** croutons, tossed in **G.O.Y.** house dressing\$4.50
- Club Wrap** Romaine lettuce, turkey, ham, bacon, avocado, lettuce, tomato, mixed cheese, mayo & **G.O.Y.** honey mustard\$8.00

Salad Dressings

Cabernet Sauvignon Vinaigrette (**G.O.Y.** cab sav), Ranch, BBQ Ranch, Spicy ranch, Caesar, Greek, Spicy Thai, **G.O.Y.** House, Red Wine Vinegar, Balsamic Vinegar and/or 100% Pure Olive Oil available upon request

Burritos

Made on **organic** tortillas

- Original Burrito** Chopped chicken, black beans, avocado, **G.O.Y.** salsa, cheddar & jack cheese\$6.50
- Turkey & Black Bean Burrito** Turkey, black beans, avocado, **G.O.Y.** salsa, cheddar & jack cheese\$6.50
- Quesadilla** Your choice of tortilla, cheddar & jack cheese.....\$2.50
- BBQ Chicken & Avocado Quesadilla** Chopped BBQ chicken, avocado, cheddar & jack cheese.....\$4.50
- Veggie Burrito** Grilled mushrooms, grilled red peppers, sweet potato, tomato, onion, imported feta, fresh spinach **G.O.Y.** cab sav dressing on a spinach tortilla.....\$6.50

Local, Organic Hand Made Tortillas!!!

Wheat, Flour, Sun Dried Tomato, Spinach

Soup

We use 2 specialty soup companies. **NO CANS!** Low fat, low sodium, super tasty..... \$3.00 cup \$5.50 bowl
Served with a side of **organic** bread!

www.goodonyadeli.com

to check for daily soups and specials and/or sign up to have them emailed directly to you