

# SMOOTHIES

## CLASSIC

<b>THE ORIGINAL</b> Orange juice, strawberries, bananas, nonfat yogurt	4.95
<b>BERRY BANANA</b> Apple juice, strawberries, bananas, blueberries, nonfat yogurt	4.95
<b>TROPICAL MADNESS</b> Orange juice, mango, pineapple, nonfat yogurt	4.95
<b>BERRY CRAZY</b> Apple juice, raspberries, strawberries, blueberries, nonfat yogurt	4.95
<b>MANGO MANIA</b> Orange juice, mango, banana, strawberries, nonfat yogurt	4.95
<b>SWEET TART</b> Orange juice, raspberries, strawberries, blueberries, nonfat yogurt	4.95
<b>OLD FASHIONED PEANUT BUTTER &amp; CHOC</b> Milk, peanut butter, chocolate, vanilla ice cream	4.95
<b>CHOCOLATE MONKEY</b> Milk, chocolate, banana, vanilla ice cream	4.95
<b>JAVA MOCHA</b> Milk, double espresso, banana, chocolate, vanilla ice cream	5.95

## POWER

Almond Milk and Soy Milk Available Upon Request

<b>BIG CITY BEST</b> Orange juice, strawberries, mango, apple, pineapple, kale, spinach	5.95
<b>ACAI ENERGY</b> Apple juice, acai, strawberries, bananas, vanilla protein	5.95
<b>PITAYA BOOST</b> Orange juice, pitaya, bananas, strawberries, vanilla protein	5.95
<b>BREAKFAST ON THE RUN</b> Orange juice, bananas, strawberries, acai, vanilla protein	5.95
<b>LIQUID LUNCH</b> Milk, bananas, blueberries, peanut butter, vanilla protein	5.95
<b>PB &amp; CHOC POWER</b> Milk, peanut butter, bananas, chocolate, vanilla protein	5.95



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## HILLCREST

1010 University Avenue | San Diego, CA 92103

Open Daily 6:00am – 4:00pm

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Pricing and menu items may change. Check the Hillcrest Cafe location and [bcbcafesd.com](http://bcbcafesd.com) for the latest menu updates.

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# MENU



# COFFEE + TEA

DRINKS	SML	MED	LRG	ICED	BLENDED
COLD BREW					4.95
ESPRESSO	1.95	2.45			
CUBAN SHOT	2.35	2.95			
HAMMERHEAD	2.75	3.05	3.35	3.30	
AMERICANO	2.65	3.45	4.25	3.55	
WHITE CHOCOLATE AMERICANO	3.65	4.45	5.25	4.55	
CAFÉ AU LAIT	2.95	3.45	3.95		
CAPPUCCINO	3.25	4.05	4.55		
LATTE	3.25	4.05	4.55	4.10	5.25
MADAGASCAR VANILLA LATTE	3.75	4.55	5.05	4.65	5.25
DULCE DE LECHE	4.05	4.85	5.35	4.95	5.45
MOCHA	3.75	4.55	5.05	4.65	5.25
MEXICAN MOCHA	3.75	4.55	5.05	4.65	5.25
WHITE CHOCOLATE MOCHA	4.05	4.85	5.35	4.95	5.45
SUNRISE SURPRISE					2.95
LONDON FOG	3.65	4.35	4.85	4.45	
CHAI TEA <i>(Vanilla or Spiced)</i>	3.45	4.25	4.75	4.35	5.15
MATCHA GREEN TEA	3.45	4.25	4.75	4.35	5.15
HOT CHOCOLATE	2.95	3.45	3.95		
HOT APPLE CIDER	3.35	3.85	4.35		
RED BULL INFUSION				4.15	4.95

HILLCREST  
SAN DIEGO



# BREAKFAST ANYTIME

Gluten-Free Options Available Upon Request

<b>EGG &amp; CHEESE BAGEL SANDWICH</b>	<b>3.99</b>
Cheddar, pepper jack, swiss, muenster, daiya	
<b>With:</b> Bacon, ham, sausage, turkey bacon or veggies	<b>4.59</b>
<b>EGG, CHEESE AND “THE WORKS” BAGEL SANDWICH</b>	<b>4.99</b>
<b>THE “BCB FIT” BREAKFAST SANDWICH</b>	<b>4.99</b>
Egg whites, avocado, turkey bacon, hot sauce	
<b>OATMEAL CUP</b>	<b>3.95</b>
Warm oats with choice of two toppings	

strawberries, banana, cranberries, coconut, chocolate chips, almonds, granola, sunflower seeds, honey or brown sugar

## CREAM CHEESE + SPREADS

Plain	Plain Lite	Vegetable	Butter
Jalapeño	Strawberry	Garlic Herb	Peanut Butter
Lox	Sundried Tomato	Scallion	Jelly
Hummus	Sundried Tomato Tofutti	Tofutti	

# CRÊPES

All Crêpes Available Gluten-Free Upon Request

SWEET

<b>TIMES SQUARE</b>	<b>5.95</b>
Nutella, strawberries, bananas, whipped cream	
<b>42ND STREET</b>	<b>5.95</b>
Butter, strawberries, bananas, cinnamon sugar, brown sugar, whipped cream	
<b>TRIBECA</b>	<b>4.95</b>
2 Rolled crepes, butter and warm maple syrup	

SAVORY

<b>HUDSON</b>	<b>6.75</b>
Egg, ham and cheddar cheese	
<b>ROOSEVELT</b>	<b>7.95</b>
Egg, bacon, cheddar cheese, mushroom, spinach, tomato	
<b>BROADWAY</b>	<b>7.95</b>
Chicken, pesto, asiago, spinach, tomato, onion, bell pepper	
<b>BRONX</b>	<b>7.95</b>
Chicken, swiss, avocado, bacon, spinach, tomato	
<b>BROOKLYN</b>	<b>7.95</b>
Pesto, tomato, avocado, bell pepper, onion, mushroom, spinach, sundried tomato, swiss and cheddar cheese	

# HOT SANDWICHES + MELTS

Choice of Bagel, Sourdough or Whole-Grain Bread

<b>STADIUM</b> <i>(Hot Pastrami)</i>	<b>7.49</b>
Hot pastrami, swiss cheese, red onion, coleslaw and thousand island dressing	
<b>THE LOFT</b> <i>(Tuna)</i>	<b>7.49</b>
Tuna melt, tomatoes, red onion and melted cheddar cheese	
<b>THE 5TH AVENUE</b> <i>BCB's Signature Sandwich</i>	<b>8.99</b>
Turkey, garlic herb cream cheese, bacon, avocado, tomato and melted muenster cheese	
<b>CHEESE MELT</b>	<b>5.49</b>
Tomatoes, red onion, melted cheddar and muenster cheese	
<b>Add</b> cream cheese	<b>6.49</b>
<b>Add</b> ham or bacon	<b>7.49</b>
<b>CHICKEN PESTO MELT</b>	<b>7.49</b>
Grilled chicken, tomato, onion, pesto and melted muenster cheese	
<b>HUMMUS MELT</b>	<b>5.99</b>
Hummus spread, red onion, avocado and melted muenster cheese	
<b>SAN DIEGO GRILLED CHEESE</b>	<b>5.99</b>
Cheddar and muenster cheese, sundried tomatoes, spinach and pesto on sourdough bread	
<b>CHEESE PIZZA BAGEL</b>	<b>4.99</b>
Pizza sauce, muenster and cheddar cheese, oregano	
<b>With</b> pepperoni or veggies	<b>5.99</b>
<b>VEGAN VEGGIE MELT</b>	<b>7.49</b>
Sundried Tomato Tofutti, tomatoes, red onion, bell pepper, mushrooms and melted daiya cheese	

# SOUPS + SALADS

## CHOOSE 2 COMBO

- 1/2 Sandwich
- 1/2 Salad
- Cup of Soup

**7.99**

<b>CHOPPED SALAD BAR</b>	<b>6.99</b>
Choose your greens (romaine, kale, spinach) 5 ingredients and choice of dressing	

Tomato, carrots, cucumber, bell pepper, red onion, mushroom, jalapeño, green olives, sprouts, sundried tomato, sunflower seeds, almonds, cranberries, feta, asiago, cheddar, swiss

**Add:** Bacon, avocado, hard boiled egg (1.00)  
**Add Protein:** Grilled chicken, tuna salad, egg salad, chicken salad (2.00)

# HIGH-RISE SANDWICHES

Choice of Bagel, Sourdough or Whole-Grain Bread

<b>THE CO-OP</b> <i>(Lox)</i>	<b>10.79</b>
Sliced nova lox, plain cream cheese, tomatoes, onions, capers	
<b>VILLAGE</b> <i>(Veggie)</i>	<b>7.29</b>
Hummus spread, tomatoes, lettuce, onions, cucumbers, carrots, bell peppers, sprouts, avocado	
<b>SOHO</b> <i>(Tuna)</i>	<b>6.79</b>
Albacore tuna, lettuce, tomatoes, onions and muenster cheese	
<b>LIBERTY</b> <i>(Chicken Salad)</i>	<b>6.79</b>
Chicken salad, lettuce, tomatoes, onions and muenster cheese	
<b>DOWNTOWN</b> <i>(Egg Salad)</i>	<b>6.79</b>
Egg salad, lettuce, tomatoes, onions and muenster cheese	
<b>BROWNSTONE</b>	<b>7.29</b>
Roast beef, lettuce, tomatoes, onions, swiss cheese, mayo and spicy mustard	
<b>CALI REUBEN</b>	<b>7.49</b>
Pastrami, red onion, sauerkraut, swiss cheese and spicy mustard on whole grain bread	
<b>SKYSCRAPER</b>	<b>6.99</b>
Turkey and ham, lettuce, tomatoes, onions, muenster cheese, mayo and spicy mustard	
<b>QUEENS</b>	<b>7.99</b>
Turkey and bacon, avocado, lettuce, tomatoes, onions, muenster cheese, mayo and spicy mustard	
<b>CENTRAL PARK</b>	<b>6.99</b>
Turkey, lettuce, tomatoes, onions and muenster cheese, mayo and spicy mustard	
<b>BALT</b>	<b>6.99</b>
Bacon, avocado, lettuce, tomatoes, cheddar cheese, mayo and spicy mustard	

<b>COBB SALAD</b>	<b>8.99</b>
Romaine, grilled chicken, egg, tomato, bacon, avocado, cheddar cheese and ranch dressing	
<b>KALE SALAD</b>	<b>6.99</b>
Kale, feta, almonds, cranberries, avocado, with lemon and olive oil dressing	
<b>GREEK SALAD</b>	<b>6.29</b>
Romaine, feta cheese, tomatoes, green olives, onions, bell peppers, cucumber and greek vinaigrette dressing	
<b>CAESAR SALAD</b>	<b>6.29</b>
Romaine, asiago cheese, croutons and caesar dressing	

<b>SOUP OF THE DAY</b>	<b>BOWL 4.95</b>
<b>Ask about our Gluten Free and Vegan Soup Options</b>	<b>CUP 2.95</b>

# JUICE BAR

Fresh Juices Poured Over Ice Upon Request

<b>GREEN MACHINE</b>	<b>4.95</b>
Broccoli, kale, cucumber, spinach, parsley, apple	
<b>SUPER-7 ENERGIZER</b>	<b>4.95</b>
Carrot, spinach, beets, ginger, broccoli, celery, apple	
<b>SWEET KALE</b>	<b>4.95</b>
Kale, carrot, apple, lemon, parsley	
<b>GARDEN BLEND</b>	<b>4.95</b>
Create it!	

<b>ACAI BOWL</b> <i>Authentic Brazilian Blend</i>	<b>BOWL 8.95</b>
Organic Sambazon Acai blended thick topped with fresh strawberries, bananas, granola and honey	
<b>PITAYA BOWL</b> <i>Dragonfruit</i>	<b>BOWL 8.95</b>
Organic raw Pitaya blended thick topped with fresh strawberries, bananas, granola and honey	
<b>FRESH FRUIT BOWL</b>	<b>BOWL 7.95</b>
Seasonal fruits and berries, vanilla yogurt with bananas, sunflower seeds and honey	
	<b>CUP 5.95</b>

## ADDITIONAL TOPPING

Coconut	Sunflower Seeds	Cranberries	Honey
Granola	Chocolate Chips	Almonds	Banana
Strawberries	Brown Sugar		

## Our Favorite Sweet Treat

### BIG CITY CREMA - 4.95

Rich vanilla ice cream drowned in creamy espresso topped with chocolate chips and whipped cream

