



papayas'



STORY OF PAPAYAS



When Hernando Cortes, the great Spanish explorer, arrived in South America in the sixteenth century, he discovered a delicious and refreshing fruit growing on an odd-looking tree. This fruit was called a papaya or "tree melon" and it was highly valued by the natives for its taste and medicinal qualities.

Cortes and other conquistadores scattered the papaya seeds throughout the world -- from Mexico and South America to the Spanish Indies, Philippines, and India. From India, papayas were spread to Italy and from the Philippines they were carried to the South Pacific Islands. The papaya appears to have been introduced to Hawaii around 1800 by Don Marin, a Spanish settler. Today, papayas are enjoyed by people all over the world, thanks to Cortes and the other explorers.

We've created Papayas to bring you the flavor of the tropics and we hope you find this fruit, as well as our other menu items, delicious and refreshing.



Good Morning

Breakfast



CHILLED JUICES

FRESH FRESH ORANGE JUICE 1.25
PAPAYA NECTAR 1.10
GRAPEFRUIT JUICE 1.10
TOMATO JUICE 1.10
APPLE JUICE 1.10

FRESH FRUITS

As the season provides

PAPAYA HALF 1.95
Served in its own natural shell
MELON, Seasonal 1.35
PINEAPPLE WEDGE 1.50
STRAWBERRIES 1.75
Served with Half & Half
GOBLET OF CHILLED
SEASONAL FRUIT 1.25
GRAPEFRUIT HALF 1.25

CEREALS

SELECTION OF DRY CEREALS 1.25
Served with milk or cream
With fresh fruit 1.50
HOT OATMEAL 1.25
Served with milk or cream

EGGCITING EGGS FOR BREAKFAST

Served with crisp potatoes, buttered toast, preserves
and garnished with fresh fruit

BACON AND EGGS 3.50
HAM AND EGGS 3.50
SAUSAGE AND EGGS 3.50
JUST TWO EGGS 2.25


STEAK AND EGGS 7.25
EGGS BENEDICT — OUR WAY 4.25
Two poached eggs and grilled ham
on toasted English muffin halves
topped with Hollandaise sauce

SIDE ORDERS

BACON STRIPS 1.65
SAUSAGE LINKS 1.65
GRILLED HAM STEAK 1.65
BREAKFAST POTATOES .65

BEVERAGES

Yuban® Coffee .55
TEA, HOT .55
Sanka® .55
HOT CHOCOLATE .65

ICED TEA .65
MILK .70
PERRIER WATER 1.50
 .65



PAPAYAS' PRESENTATIONS

UNDER THE PAPAYA TREE 3.95

A wedge of chilled papaya, a loaf of fruit and nut bread, coffee, tea or milk

BERRY PATCH 2.75


Choice of pancakes, waffle, or French toast topped with strawberries and whipped cream topping

BIG SCRAMBLE 3.95

Scrambled eggs with our "Big Mix" of diced ham, bacon and sausage, Papayas' fruit and nut bread, fresh fruit garnish

HEALTHY PAPAYA SHAKE 1.95

The nutritious breakfast in a glass made with yogurt, papaya nectar, honey, whole fresh egg and wheat germ



GRIDDLE FAVORITES

Served with whipped butter and syrup

OLD FASHIONED BUTTERMILK PANCAKES 2.25

THICK FRENCH TOAST 2.25

Grilled to a golden brown

CRISP WAFFLE 2.25

PANCAKE SANDWICH 3.50

Two buttermilk pancakes topped with an egg — your selection of bacon strips or sausage links

THREE EGG OMELETTES

Served with fresh fruit, buttered toast and preserves

PAPAYAS' OMELETTE 3.75

Filled with fresh strawberries, papaya pieces and crowned with sour cream sauce

COMBO OMELETTE 3.75

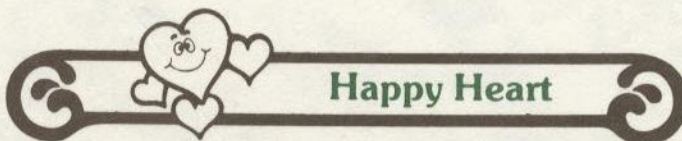
Open faced with bacon pieces, cherry tomatoes, sauteed onions and cheddar cheese

SUNSHINE OMELETTE 3.75

—For our Vegetarian Friends—
An omelette filled with Jack cheese, fresh mushrooms, tomatoes and alfalfa sprouts

HAM AND CHEESE OMELETTE 3.75

A fine omelette filled with ham and cheddar cheese



Prepared with the assistance of the American Heart Association, California affiliate.
In conformance with the American Heart Association Nutrition Recommendations.
For our nutritionally aware, health and weight conscious customers

Low Cholesterol

Low Calorie

HEALTHY U - egg beaters™ 3.50

Eggs, lightly whipped and scrambled in margarine. Served with choice of juice and toast, margarine and preserves

THE HEALTH NUT 1.95

A goblet full of yogurt topped with toasted sunflower seeds and raisins

BAKERY BREAKFASTS

CROISSANT 1.10

TOAST .80

Selection of buttered toast grain, rye, sourdough or white

TOASTED ENGLISH MUFFIN .90

BLUEBERRY MUFFINS 1.10


INDIVIDUAL LOAF OF FRUIT AND NUT BREAD 1.50

TOASTED BAGEL .90


With cream cheese 1.35

SWEET ROLL 1.10

CINNAMON TOAST .85



Sales tax will be applied to all food and beverage items served



Good health and good sense are two of life's greatest blessings....
author unknown

HEALTH FOOD FARE

For our nutritionally aware, health and weight conscious customers,
we offer the following from our luncheon and dinner menu.
Available after 11:00 a.m.

HAPPY HEART — egg beaters™

Eggs lightly whipped and scrambled
in margarine. Served with choice of
juice, toast, margarine and preserves.
Fresh fruit garnish

THE HEALTH NUT

A goblet full of yogurt topped
with toasted sunflower seeds
and raisins

The above was prepared with the assistance of the American Heart Association, California affiliate.
In conformance with the American Heart Association Nutrition Recommendations.

SUNSHINE OMELETTE

An omelette filled with Jack cheese,
fresh mushrooms, tomatoes
and alfalfa sprouts

SALAD PAPAYAS'

Varieties of crisp lettuce, fresh spinach,
Chinese cabbage, toasted almonds, sliced
mushrooms, alfalfa sprouts, Jack cheese
and papaya crescents tossed with our
special dressing of crushed papaya
seeds, oil and vinegar

PAPAYAS' OMELETTE

Filled with fresh strawberries
papayas pieces and crowned with
sour cream sauce

PRINCESS PAPAYA

Papaya half stuffed with cottage
cheese, garnished with fresh pineapple,
seasonal fruit, and Papayas' fruit
and nut bread

FRITTATA

An Italian baked omelette with
zucchini, cheese and herbs

HEALTHY TUNA

Tuna salad on rye bread, with
sliced tomato, avocado and alfalfa
sprouts

SPINACH SALAD

Fresh spinach leaves, sprinkled with
sunflower seeds, raisins, sliced
mushrooms, and diced bacon. Served
with a zesty cold bacon dressing

CALIFORNIA GARDEN PATCH

Inside a pita pocket, shredded lettuce,
Jack cheese, sliced fresh mushrooms,
alfalfa sprouts and sliced tomato.
Served with Italian dressing on the side

TRIPLE TREAT

Three lettuce cups filled with
chicken salad, avocado and seafood
salad and fresh fruit garnish

SPLENDID PAPAYAS

Danish open-faced style. Cream cheese
on fruit and nut bread with fresh papaya
and strawberries

CHICKEN LITTLE

Chicken salad on grain bread
with lettuce and tomato slices

VEGETABLE PLATE

Crisp, stir-fried veggies served with
rice and fresh fruit garnish



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