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 1.05
PINEAPPLE WEDGE 1.50
STRAWBERRIES 1.75
Served with Half & Half
GODLET 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

EGG CITING 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
Yukon Coffee .55
TEA, HOT .55
Sanka .55
HOT CHOCOLATE .65
ICED TEA .65
MILK .70
PERIER WATER 1.50
PAPAYAS’ PRESENTATIONS

UNDER THE PAPAYA TREE  3.95
A wedge of chilled papaya, a loaf of fruit and nut bread, coffee, tea or milk

DERRY 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

Happy Heart

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
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 sliced 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