

hot and cold beverages

cold drinks

homemade lemonade	2.75
arnold palmer	2.75
organic fresh brewed iced tea	2.75
variety of bottled beverages	2.50
variety of canned sodas	2.00
fresh squeezed orange juice	3.50



crushcakes house specialties

the 7th day double shot espresso over ice with half & half and topped with our homemade whipped cream 4.50

angeleno double shot espresso shaken with milk poured over ice sweetened with our vanilla agave 4.50

the dark side dark chocolate mocha sweetened with agave 4.50

berry palmer a refreshing combo of our fresh squeezed lemonade & berry iced tea 2.75

black pearl black iced tea sweetened with coconut agave and almond milk 3.25

crush KETO coffee dark roast coffee with organic coconut oil, butter, heavy cream, vanilla, cinnamon and our dark cocoa 4.50

hot drinks ask for our homemade whipped cream, its delicious!

coffee	2.50	refills 1.00
espresso	2.75	
americano	2.75	
cappuccino	4.00	
latte	4.00	
vanilla haze latte	4.50	
cinnamon honey latte	4.50	
mocha, mayan mocha or mint mocha	4.50	
chai latte	4.00	
dirty chai	4.50	
hot cocoa	3.50	
pot of organic intelligentsia hot tea	3.50	

all crushcakes coffee drinks are made with a double shot of intelligentsia espresso

♥crush kids♥

scrambled eggs, pb&j, cheese quesadilla or grilled cheese served with fruit or chips 5.95

hot oatmeal topped with cinnamon, served with a side of raisins and brown sugar 5.95

baby cakes griddle cakes served with fresh strawberries, bananas, maple syrup, homemade whipped cream 5.95 served until 2 pm daily

kids crush red velvet pancakes served with fresh strawberries, bananas, maple syrup, homemade whipped cream 6.95 served until 2 pm daily

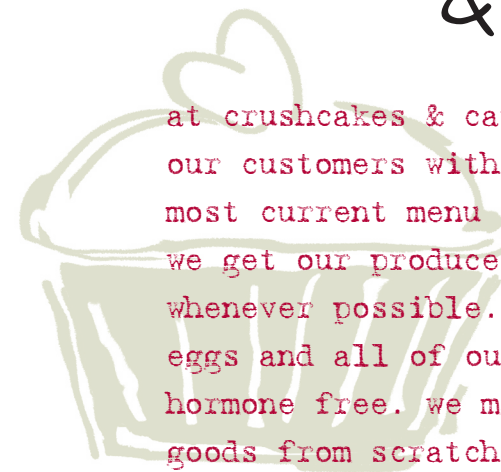
* eat, enjoy and help the landfill here. take it to go and 25 cent charge applies.

** 10% service charge applies for all take out orders of \$75 or more

*** please order carefully, there are no cash refunds

crushcakes & cafe prepares our food in house on shared equipment with products containing dairy, eggs, nuts, wheat and soy

crushcakes & cafe



at crushcakes & cafe we strive to provide our customers with the freshest and most current menu items available. we get our produce locally and organic whenever possible. we use farm fresh eggs and all of our meats are completely hormone free. we make all of our baked goods from scratch with love here in our kitchen. we make all of our food to order, it might take a little longer but it will be worth it! thank you for coming and we truly hope you enjoy your experience at crushcakes cafe.

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crushcakes goleta
5392 hollister avenue, goleta, ca 93111
phone: 805.845.2780 805.845.2200

crushcakes carpinteria
4945 carpinteria ave. carpinteria, ca 93013
phone: 805.684.4300

www.crushcakes.com



breakfast served all day

peace, love & granola vanilla bean yogurt topped with our homemade granola, sliced bananas, strawberries and honey drizzle 6.95

crush red velvet pancakes served with fresh strawberries bananas, maple syrup and our famous sour cream frosting 10.95 (served until 2pm daily)

hangover helper breakfast sandwich with organic scrambled eggs, melted cheddar, applewood smoked bacon and tomatoes on grilled sourdough bread 8.95

the happy pig breakfast sandwich with maple roasted ham, fried farm egg, melted jack cheese, sliced red onions and tomatoes on grilled sourdough 9.95

the classic scrambled eggs, house potatoes, honey roasted ham, bacon or sausage, toast 10.95

cafe skillet two fried farm eggs served over roasted potatoes, anaheim chilis, red peppers, applewood smoked bacon and melted cheddar & jack 10.95

crush huevos rancheros two fried farm eggs over grilled corn tortillas, black beans, cheddar, jack, pico de gallo, guacamole and drizzled with our cilantro ranch 9.95

maple melt farm fried egg, locally made sausage, melted jack, maple drizzle on grilled sourdough. served open faced with fresh fruit 9.95

black & white 2 fried farm eggs, housemade black beans, sour cream drizzle, toast 8.95

breakfast burritos on wheat tortilla served with fresh fruit

break of day burrito scrambled eggs, cheddar, jack, applewood smoked bacon, roasted peppers and our homemade salsa 8.95

soyrizo burrito scrambled eggs, soyrizo, roasted potatoes, avocado, cheddar and jack cheese 9.95

the lucky goat burrito scrambled eggs, goat cheese, peppers, mushrooms, roasted potatoes, avocado and sauteed mixed greens 10.95

notorious B.A.B. (bad ass burrito) scrambled eggs, potatoes, guacamole, arugula, melted cheddar and jack cheese 10.95

free range scrambles served with grilled bread and butter

salsa homemade salsa, cheddar, jack, sliced avocado 8.95 add soyrizo 1.00

veggie roasted zucchini, peppers, red onions and goat cheese 8.95

lox smoked lox, cream cheese, onions. served with grilled bagel 10.95

i♥bagels served with everything bagel or plain bagel

big papa fried egg, bacon, cheddar, chipotle ketchup 7.95

little momma pesto cream cheese, avocado, red onions, tomatoes, sprouts, arugula 7.50

lox of love brown sugar smoked lox, sliced red onions, tomatoes, and cream cheese 10.95

grilled bagel cream cheese, red onions & tomatoes 3.95 bagel and cream cheese only 2.95

lunch soups and salads

homemade soup of the day or turkey chili 5.95, crushed tomato basil 4.95

crush kale salad roasted chicken, avocado, carrots, red bell peppers, onions, pumpkin seeds and parmesan tossed in our savory caesar dressing 10.95

ensalada de amor mixed greens, roasted chicken breast, avocado, roasted peppers, corn, tomatoes, cheddar, jack, tortilla chips, kicked up cilantro ranch dressing 10.95

savory caesar roasted chicken breast, chopped romaine, tomatoes, shredded parmesan, homemade croutons tossed in our savory caesar dressing 9.95

year round farmers market mixed greens, roasted chicken, goat cheese, strawberries, grapes, apples, cranberries, maple roasted walnuts, balsamic vinaigrette 10.95

animal lover mixed greens, roasted zucchini, caramelized onions, roasted peppers, toasted pumpkin seeds, portobello mushrooms, tomatoes, homemade vinaigrette 9.95

house salad mixed greens, tomatoes, toasted pumpkin seeds, house made vinaigrette 6.95 add scoop of albacore tuna salad or chicken salad 3.95

sandwiches served on locally made sourdough, wheat, rye or roll with salad or tortilla chips. ADD cheese .75 avocado 1.50

bacon 1.50 SUB GF bread 1.50 SUB cup of soup 1.50 1/2 sandwich 8.50

cold sandwiches

roasted chicken salad mixed greens, fresh sliced tomatoes 8.95

albacore tuna salad mixed greens, tomatoes, onions 8.95

blta smoked bacon, mixed greens, tomatoes, avocado, aioli 8.95

roasted turkey local mixed greens, sliced red onions, tomatoes, aioli 9.95

kiss my grass homemade pesto cream cheese, sprouts, avocado, red onions, tomatoes and swiss cheese 9.95 add turkey 11.95

wicked good grilled cheese brie, jack, fresh mozzarella, homemade pesto melted on grilled sourdough bread. served with a cup of our tomato basil soup 8.95

grilled paninis

chickened out roasted chicken, fresh mozzarella, basil, caramelized red onions, homemade pesto, aioli 10.95

tree hugger roasted portobello, zucchini, red and green peppers, caramelized onions, tomatoes, goat cheese, house aioli 9.95

cali melt roasted chicken, avocado, peppers and jack cheese 10.95

gobbled up turkey breast, bacon, avocado, jack cheese, tomatoes, house aioli 10.95

bapped melted brie, fresh basil, sliced green apples, house aioli 8.95 add turkey 10.50

tuna melt albacore tuna, cheddar cheese, avocado 10.95

the rooster roasted chicken, applewood smoked bacon, melted jack, red onions, tomatoes, cilantro, sriracha aioli on a BIG roll 10.95

toasts served on local sourdough SUB GF 1.50

ADD fried egg 1.50

maddi's avocado sliced avocado, red pepper flakes, roasted pepitas 7.95

kale me goat cheese, sauteed kale, bacon bits 7.95

nutter butter organic almond butter, sliced bananas, honey drizzle 6.95

WRAPS on wheat tortilla served with salad or tortilla chips

turkey club turkey, avocado, bacon, cheddar, jack, tomatoes, mixed greens, aioli 10.95

cowgirl chicken spicy roasted chicken, bacon, potatoes, caramelized onions, peppers, cheddar, jack and chipotle ranch 10.95

slim spicy (lower fat option) spicy roasted chicken, avocado, sauteed jalapenos, homemade pico de gallo, mixed greens and our special sauce 10.95

especiales de la casa

chicken ranch quesadilla roasted chicken, anaheim chiles, peppers, onions, tomatoes, jack and cheddar cheeses and our kicked up cilantro ranch dressing 10.95

crushcakes nachos tortilla chips smothered with turkey chili, melted cheddar & jack cheeses, sliced avocado and cilantro ranch drizzle 9.95

all day burrito roasted chicken, potatoes, black beans, cheddar and jack cheeses wrapped in a whole wheat tortilla 9.95

blanca's burrito bowl spiced chicken, quinoa, avocado, cheddar, jack, black beans, sour cream and pico de gallo over chopped romaine 10.95

urban tacos (gf & vegan) 3 corn tortillas filled with quinoa, black beans, sauteed peppers, onions, mushrooms and guacamole 10.95