



BREAKFAST



JUICES

	12 oz	16 oz
Orange Juice (Fresh Squeezed)	3.09	3.39
Carrot Juice (made to order)	4.09	4.69
Odwalla Juices Check out our full line of quality fresh juices and smoothies		
Fruit Bowl Delicious assortment of ripe fresh fruit	6.19	



EGGS

All eggs served with (A) Whole wheat pancakes or (B) Chef potatoes and toast or freshly baked muffin.

Two Fresh Eggs Any style	5.69
Bacon & Eggs	7.89
1/3lb. Angus Beef Patty & Eggs	8.09
1/3lb All Natural Chicken Breast & Eggs	8.09



MORE EGGS

Breakfast Salad 8.09 Romaine lettuce, tortilla chips, pico de gallo, brown rice, black beans, Parmesan, tossed with Caesar topped with scrambled eggs & ground turkey
Carne Asada & Eggs 9.09 6oz carne asada, two fresh eggs, brown rice, fresh guacamole, pico de gallo & tortillas
Protein Breakfast 8.49 Brown rice, black beans and pico de gallo topped with feta cheese, egg whites & a 6 oz all natural chicken breast served with warm corn tortillas
Fitness Breakfast 8.09 Six egg whites scrambled & served with a lean turkey patty, brown rice & fresh fruit
Island Breakfast 9.09 Grilled Mahi, two fresh eggs, fruit or steamed brown rice & toast or freshly baked muffin
Spicy Ground Turkey Scramble 7.29 With jalapenos, cilantro & tomatoes with rice & warm tortillas
Tomato, red onion & mushroom scramble 6.69
Good Stuff Breakfast 7.79 Two eggs, two slices bacon, 12oz fresh O.J. (with either chef potatoes & toast or wheat pancakes (Please, no substitutions))

PROTEIN SHAKE 6.89 The complete meal replacement shake. Protein powder, fresh banana, strawberries, natural peanut butter & oatmeal blended together for the complete meal. Add an extra scoop of protein powder 1.09
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GOOD STUFF OMELETTES

Three fresh eggs served with (A) whole wheat pancakes or (B) chef potatoes & toast or fresh baked muffin. Egg whites available add 99¢
Cheese Omelette 6.69 Choice of mozzarella, cheddar, or swiss
Cassidy Garden Omelette 8.09 Fresh broccoli, cauliflower, carrots, mushrooms & red onion topped with cheddar & swiss
California Omelette 9.09 Turkey, avocado, bacon & tomato topped with mozzarella cheese
Sante Fe Omelette 8.59 Chicken, mild green chiles & corn topped with mozzarella cheese

BREAKFAST WRAPPS

California Breakfast Wrapp 7.79 Scrambled eggs with turkey, avocado, bacon, tomato, cheese & potatoes wrapped in a gourmet spinach herb tortilla
Spicy Ground Turkey Wrapp 7.39 Scrambled eggs with ground turkey, jalapeños, cilantro, tomato, cheese & brown rice wrapped in a gourmet sundried tomato tortilla
Garden Breakfast Wrapp 6.89 Scrambled eggs with fresh broccoli, cauliflower, carrots, mushrooms, red onion, cheese & brown rice wrapped in a wheat tortilla



BREAKFAST STUFFIES

Lightly grilled pita (no butter or oil added) stuffed with cheese & tomatoes
Egg 4.39
Bacon & Egg 5.69
Avocado & Egg 5.69
Avocado, Bacon & Egg 6.69
Turkey & Egg 5.99
1/3lb Angus Burger & Egg 6.29



OTHER BREAKFAST STUFF

Whole Wheat Pancakes 5.09 With fresh seasonal fruit 7.09
Sourdough French Toast w/cinnamon 4.89 With fresh seasonal fruit 6.89
Steel Cut Oatmeal With low fat milk, raisins and brown sugar 4.49 With fresh seasonal fruit 6.49
Freshly Baked Muffin 2.49
Bagels (assorted) 1.89 With cream cheese 2.39
Wheat English Muffin 1.79
Toast & Jelly 1.79
Chef Potatoes 3.09



COLD STUFF

BOTTOMLESS BEVERAGES	22 oz	32 oz
Soda or Iced Tea	1.99	2.49
Moroccan Mint Tea	1.99	2.49
Mango Passion Fruit Iced Tea	1.99	2.49
Unsweetened Fresh Squeezed Lemonade	1.99	2.49
Milk	2.09	2.49
Mineral Water		2.69
Glacéau Vitamin Water		2.79
Fruit Coolers		2.49
I.B.C. Soda		2.69
Carrot Juice (made to order)	4.09	4.69
Fruit Smoothie		4.09
Ice Cream Shakes		4.09
Bottled Water	1/2 Liter	1.85
	1 Liter	2.85



HOT STUFF

Coffee 100% Rainforest Organic	2.49
Coffee 100% Arabica Dark Roast	1.89
Decaf 100% Columbian	1.89
Numi Organic Hot Tea	2.29

"You are what you eat... so eat Good Stuff!"

477-9011 • 477-9012 • FAX ORDERS 477-8677

BREAKFAST • MON – FRI 7:00 am – 11:30 am • SAT & SUN 8 am – 12 pm

11903 W. OLYMPIC BLVD. • WESTSIDE PLAZA (OLYMPIC AT BUNDY) • WEST LOS ANGELES, CA



SERVED ANYTIME



1/3LB ANGUS BEEF BURGERS

100% fresh angus beef served on a whole wheat or country potato bun or protein style (wrapped in lettuce) with only the finest ingredients

Good Stuff Our original 5.19
With cheese 5.69

Avocado and Cheddar 6.69

Bacon and Cheddar 6.69

Avocado, Bacon & Cheddar 7.29

Western Bacon Cheese 6.89
With onion ring and BBQ sauce

M&M 6.29
Sautéed mushrooms & mozzarella cheese



1/3LB GRASS FED BUFFALO BURGERS

Very lean and nutritious buffalo patty, served on a whole wheat or country potato bun or protein style (wrapped in lettuce) with only the finest ingredients

Good Stuff Buffalo 7.19
With cheese 7.69

Avocado & Cheese Buffalo 8.69

Bacon & Cheese Buffalo 8.69

Avocado, Bacon & Cheese Buffalo 9.29

M&M 8.29
Sautéed mushrooms & mozzarella cheese



VEGETARIAN BURGERS

We use a vegan veggie patty, grilled & served on a whole wheat or country potato bun or protein style (wrapped in lettuce) with only the finest ingredients. Low calories & high protein.

Veggie Burger 5.09
With cheese 5.59

Avocado, Veggie & Cheese 6.59

M&M Veggie 6.19
Sautéed mushrooms & mozzarella cheese

Double Veggie 7.09
With cheese 7.59

Substitute any of the above for a **GROUND ALL WHITE TURKEY PATTY**

* We do serve gluten-free items, but we are not a gluten-free environment



SANDWICHES

And other Good Stuff.

Turkey Club 9.69
Fresh Turkey, bacon, avocado, lettuce, tomato & mayo served with fries

Teriyaki Chicken Sandwich 7.09
All natural chicken breast basted & grilled to perfection

Mahi Sandwich 7.09
Grilled fillet served on a fresh country potato bun
With cheese 7.59

Turkey Sandwich 6.39
From turkey cooked in our kitchen, with lettuce & tomato

Tuna Sandwich 6.39
We use only white albacore tuna, with lettuce & tomato

Olympic Dog 4.99
Grilled 1/4 lb all beef

B.L.T. 5.09

Avocado B.L.T. 6.09

WRAPPS

California Wrapp 7.79
Fresh roasted turkey, avocado, bacon, Swiss cheese, with lettuce & tomato wrapped in a gourmet spinach herb tortilla

Chicken Caesar Wrapp 6.69
Just like it sounds wrapped in a whole wheat tortilla

Garden Wrapp 6.19
Fresh steamed veggies, brown rice & natural Swiss cheese wrapped in a spinach herb gourmet tortilla, served with a side of teriyaki sauce

Albacore Tuna Wrapp 6.79
Tuna salad, lettuce, tomato, pickles & mozzarella cheese wrapped in a honey whole wheat tortilla

BBQ Chicken & Bacon Wrapp 7.09
Tender chicken, bacon, lettuce, tomato & sweet grilled red onion with BBQ sauce wrapped in a sun-dried tomato tortilla

STUFFIES

We use whole wheat pitas, lightly grilled to give a crunchy texture -- all stuffed with cheese & shredded lettuce.

Stuffie #3 6.39
Veggie patty, avocado, 1000 Island with mozzarella cheese

Stuffie #4 6.89
Sliced turkey, veggie patty, mozzarella cheese, tomato & 1000 Island dressing

Stuffie #5 6.19
White ground turkey patty with avocado, tomato, pickles, cheddar cheese & mustard



SALADS

Good Stuff 6.19
Lettuce, cucumber, sprouts, tomatoes & choice of dressing

Caesar 7.09
Freshly grated parmesan & oven roasted croutons

Grilled Chicken Caesar 8.59

Ground Turkey Salad 11.09
Romaine lettuce, lean ground turkey, black beans, brown rice, tomatoes, tortilla chips & cheese topped with fresh guacamole served with fresh salsa.

Wild Coho Salmon 13.09
Blackened & served on a bed of organic spring mix lettuce tossed with organic quinoa & cherry tomatoes tossed with a balsamic olive oil blend.

Albacore Tuna Stuff 8.59

Tuna and Avocado 9.59

Fried Chicken 9.69
All natural chicken with bacon, egg, tomato & cheese

Chinese Chicken 9.79
Tossed in a delicious sesame-ginger dressing with grilled all natural chicken breast, includes peanuts and won ton chips

Cobb 9.69
Lettuce, chopped turkey, bacon, sweet corn, broccoli, blue cheese crumbles & egg tossed in your choice of dressing

Southwestern Chicken 9.79
Seasoned all natural chicken breast, avocado, black beans, cheese, tomato, onion & cilantro on a bed of chopped lettuce

Petite Caesar 4.69

Dinner 3.89

Dressings: Ranch, Italian, 1000 Island, Blue Cheese, Oriental, Nonfat Honey Mustard and Nonfat Tomato Basil Vinaigrette



XTRA STUFF

Zucchini Parmesan MED 4.69
Prepared fresh daily w/ranch dressing LARGE 5.49

Breaded Mushrooms 4.49
Prepared fresh daily with ranch dressing

Onion Rings SMALL 3.09
Also prepared fresh daily LARGE 3.69

Sweet Potato Fries SMALL 2.99
LARGE 4.09

French Fries SMALL 2.09
All of the above cooked in Canola Oil LARGE 2.99

Soup de Good Stuff 4.09

Baked Potato with the Works 5.09

Brown Rice 2.49

Quinoa Organic 3.09

Steamed Veggies 3.49

Potato Chips 1.69



SWEET STUFF

Baked fresh in our kitchen

Brownies 2.09

Cookies 1.79

Carrot Cake 3.69

FOR DELIVERY CALL
CITY FARE
310.966.1919

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GOOD STUFF HOURS: Monday-Friday 7:00-9:00 • Saturday & Sunday 8:00-8:00

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All prices subject to change without notice. Sales tax will be added to all items. We reserve the right to refuse service to anyone. We accept Visa, MC, Amex and Discover. Sorry, no personal checks.