



menu

cheerfully serving
Sacramento since 1981

BAKERY • CAFE

LA BOU SALADS
herb vinaigrette, creamy dill, fat free honey dijon

HOUSE SALAD 4.10/5.65

butter lettuce, avocado, tomato, cucumber,
swiss cheese

SPINACH SALAD 4.10/5.65

fresh spinach, crumbled bacon, chopped eggs, cucumbers,
tomato

SWEET BASIL PASTA SALAD 4.10/5.65

pasta, sweet basil, tomato and peas with parmesan cheese
tossed in mustard vinaigrette

CHINESE CHICKEN SALAD 4.45/6.25

oven roasted chicken, lettuce, carrots, red cabbage and
peanuts tossed in soy-sesame vinaigrette

CAESAR SALAD 4.25/5.95

romaine lettuce, asiago cheese and croutons tossed in
lemony caesar dressing

ASIAN NOODLE SALAD 4.25/5.95

soy-marinated noodles, broccoli, bell pepper, bean sprouts &
peanuts in ginger vinaigrette, served on a bed of greens

CHICKEN CAESAR SALAD 7.50

herb roasted chicken, romaine lettuce, asiago cheese and
croutons tossed in lemony caesar dressing

LA BOU CHICKEN SALAD 7.50

teriyaki chicken breast, pasta, cucumber and tomato on a
bed of greens, served with sesame vinaigrette

FRUIT SALAD 3.50

strawberries, cantaloupe, grapes, honeydew, pineapple
and watermelon (seasonal)

PANINI HOT GRILLED SANDWICH 5.95
PANINI COMBO w/ soup or salad 8.20

ESTABLISHED 1981

FAST & FRESH SANDWICHES 5.80
FAST & FRESH COMBO w/ soup or salad 7.90

available at select locations

HERB ROASTED CHICKEN

cucumber, field greens, red bell pepper rings, mayo on
focaccia bread

AVOCADO CLUB

avocado, red delicious apples, chèvre goat cheese, sprouts,
field greens & mayo on walnut bread

MEDITERRANEAN TURKEY

turkey, roasted red bell peppers, smoked mozzarella, field
greens, cucumber & pesto on olive bread

AMERICAN TURKEY

field greens, tomato, romaine lettuce & mayo on rosemary
potato bread

TUNA

field greens, tomato, romaine lettuce & mayo on rosemary
potato bread

CALIFORNIA TURKEY

turkey, avocado, romaine lettuce, roasted red bell peppers,
mixed greens, cucumber & mayo on walnut bread

LA BOU CLUB

turkey, bacon, romaine lettuce, mixed greens, tomato, mayo
on rosemary potato bread

CLASSIC SANDWICHES full 5.70 half 4.00
CLASSIC COMBO choose any two 7.40
half sandwich, half salad, bowl of soup, cup of fruit

TURKEY | TUNA | HAM | ROAST BEEF | BLT
SMOKED TURKEY | SALAMI | PESTO & CHEESE | VEGGIE

all sandwiches are served with mayonnaise, mustard, lettuce, and
tomato with choice of these La Bou breads: croissant, baguette,
wheat croissant, sourdough or whole wheat bread

Soup FOR THE Soul bowl 3.50/5.50 bread bowl 4.75
call for daily selection

BEVERAGES

WARM & SOOTHING

LA BOU coffee 1.55/1.75/1.85 | cafe latte 2.65/3.20/3.50
cafe mocha 2.95/3.50/3.80 | white mocha 3.35/3.85/4.20
chai tea latte 2.85/3.30/3.65 | cappuccino 2.65/3.20
espresso 1.55/1.85 | cafe americano 1.55/1.95
hot chocolate 2.30/2.70/2.95 | hot tea 1.85

COOL & REFRESHING

freezes 3.75
mocha | white mocha | caramel mocha
praline latte | praline cream | vanilla chai tea latte
bottled drinks 1.70/2.10 | soda & iced tea 1.55/1.70

BAKED GOODS

CROISSANTS plain, wheat 1.60 | fruit 1.85
almond, chocolate, raisin custard 1.95
cinnamon nut 1.95 | hot baked 2.95

BREADS baguettes: full, 1/2, 1/3 1.85/1.10/1.00
wheat bread 4.45 | garlic cheese bread 1.25

PASTRIES apple cake 2.90 | apple strudel 1.70
mini strudel 1.00

MUFFINS 1.75 **SCONES 1.80/mini 1.00**
COOKIES 1.00/ two for 1.50