

LA·BOU bakery · cafe

menu

849 Jefferson Blvd #101
 West Sacramento, CA 95691
 Phone: 375-0910 Fax: 375-0772

soup for the soul

Bowl 3.30

Bread Bowl 4.65

Classic Combos

choose any combo7.15

- 1/2 Sandwich & Soup
- 1/2 Salad & 1/2 Sandwich
- Soup & 1/2 Salad

Delivery Menu

Salad and Sandwich Platters

- Assorted Sandwiches ~ 5.75/person
- Half Sandwich & Salad Combo ~ \$7.15/person
- Whole Sandwich and Salad Combo ~ \$8.75/person
- Box Lunch-sandwich, chips cookie & soda ~ \$8.75/person

Salad Choices

- House Salad ~ Asian Noodle Salad
- Black Bean & Rice Salad
- Veggie Pasta Salad ~ Caesar Salad

Salad Platters Only

- Serves 10-12 \$37.50
- With Chicken \$49.50

Breakfast Pastries and Coffees

- Assorted platter of freshly baked muffins, scones, apple strudel and croissants \$19.50 or \$35.50 with coffee
- Serves 10-12

Please allow 24 hours notice.
 \$50.00 minimum order for delivery.

salads

Your choice of La Bou herb vinaigrette, creamy dill dressing, or La Bou low fat dressing made with French tarragon, Dijon mustard & garlic, Caesar & Cheese

HOUSE SALAD 4.15 / 5.75

A lively combination of butter lettuce, avocado, tomato, cucumber, Jarlsberg swiss cheese & sprouts.

SPINACH SALAD 4.15 / 5.75

Fresh spinach, crumbled bacon, chopped eggs, tomatoes & sprouts.

VEGGIE PASTA SALAD 4.15 / 5.75

Spinach & egg rotelle pasta, olives, carrots, celery & red bell pepper tossed together with its own special dressing.

CAESAR SALAD 4.30 / 5.95

Romaine lettuce, aged Asiago cheese & baguette croutons tossed together with a lemony Caesar salad dressing.

BLACK BEAN & RICE SALAD 4.15 / 5.75

Long grain brown rice, black beans, green onions, bell peppers, fresh cilantro. Special vinaigrette dressing.

* LA BOU CHICKEN SALAD 7.15

Slices of grilled chicken breast marinated in lemon grass, red bell pepper pasta, cucumber & tomato on a bed of mixed greens. Served with its own special sesame vinaigrette dressing.

* CHICKEN CAESAR SALAD 5.85 / 7.15

Romaine lettuce, aged Asiago cheese & baguette croutons with a lemony Caesar salad dressing. Topped with a broiled breast of chicken.

* SEAFOOD SALAD 4.95 / 7.05

Crab, fresh vegetables served over a bed of butter leaf lettuce, with your choice of dressing.

* CHINESE CHICKEN SALAD 5.85 / 7.15

Chicken, lettuce, carrots, red cabbage & peanuts in a soy-sesame vinaigrette

ASIAN NOODLE SALAD 4.25 / 5.95

Chow mein noodles, peanuts, broccoli & red bell peppers, tossed in sesame vinaigrette. Served on a bed of lettuce.

* SHRIMPY CAESAR 7.40

Our famous Caesar Salad topped with herb/lemon marinated shrimp.

* Excluded from combo

hot grilled sandwich

panini 5.95

PANINI COMBO
 w/ soup or salad 7.95

Tuscan Turkey, Basil Chicken,
 Hot Ham & Swiss, Roast Beef & Cheddar

Classic sandwiches

All sandwiches are served with mayonnaise, mustard, lettuce, sprouts & tomato (onion available upon request) on your choice of these breads:
 croissant · baguette · wheat croissant
 sourdough · walnut bread
 whole wheat bread

FULL SANDWICH 5.75

HALF SANDWICH 3.95

Turkey · Tuna · Ham · Roast Beef
 Smoked Turkey · BLT · Salami
 Pesto & Cheese · Vegetarian
 Chicken Salad · Pastrami

Extras

- Tuna 1.95
- Pesto50
- Chicken Breast 2.60
- Cheese50
- Other Meats 1.95
- Avocado60
- Roasted Red Bell Peppers75

special sandwiches

- Broiled Breast Chicken 5.95
- Eggplant Vegetarian 5.95
- Seafood Sandwich 5.95

* Excluded from combo

beverages

WARM AND SOOTHING

- LA BOU Coffee 1.55/1.75
- Cafe Latte 2.55/3.10
- Cafe Mocha 2.85/3.35
- Cappuccino 2.60/3.10
- Espresso 1.60/1.85/2.25
- Hot Chocolate 2.15/2.60
- Chai Latte 2.85/3.35

COOL AND REFRESHING

- Espresso Freezes 3.60
- Extra Flavored Syrup add .60
- Whipped Cream add .25
- Extra Espresso Shot add .60
- Soy Milk add .50
- Bottle Drinks 2.00
- Soda and Iced Tea 1.50 / 1.75
- Italian Soda 2.10
- Milk 1.10
- Fruit Smoothies 3.60

baked goods

CROISSANTS

- Plain, Wheat 1.60
- Fruit 1.95
- Almond, Chocolate, Raisin Custard 1.95
- Cinnamon Nut 2.00
- Hot Baked 3.00

BREADS

- All Bagels 1.00
- Bagels w/cream cheese 1.40
- Baguettes: Full, 1/2, 1/3 1.95/1.25/1.00
- Sourdough 1.35
- Wheat Bread (loaf) 4.50
- Garlic Cheese Bread 1.15

PASTRIES

- Apple Cake 2.85
- Apple Strudel 1.65

MUFFINS 1.65

SCONES 1.75

COOKIES 1.20 / two for 1.75

BISCOTTI two for 1.50

PALMIERS 1.35