

SALADS

ADD GRILLED CHICKEN \$ 3.00

CAESAR HALF \$ 8.95 / FULL \$ 12.50

Romaine lettuce, croutons, cherry tomatoes, grated and shaved parmesan, and Caesar dressing

GREEK HALF \$ 8.95 / FULL \$ 12.50

Romaine lettuce, cherry tomatoes, cucumbers, red onions, black olives, pepperoncini, feta cheese, and Greek Vinaigrette

SPICY THAI HALF \$ 8.95 / FULL \$ 12.50

Artisan spring mix, pineapples, roasted red peppers, carrots, green onions, crispy wonton strips, and spicy peanut dressing

COBB HALF \$ 8.95 / FULL \$ 12.50

Romaine lettuce, cherry tomatoes, cucumbers, bacon, green onions, hard boiled egg, avocado, cheddar cheese, and ranch

CAPRESE HALF \$ 8.95 / FULL \$ 12.50

Sliced tomatoes, fresh mozzarella on a bed of greens with basil infused olive oil, and balsamic reduction

SOUTHWEST HALF \$ 8.95 / FULL \$ 12.50

Romaine lettuce, cherry tomatoes, green onions, baby bell peppers, carrots, cheddar cheese, avocado, crispy tortilla strips, and chipotle ranch

SOUPS

16OZ CUP \$ 6.75

CHEDDAR BROCCOLI

CHICKEN SOUP OF THE DAY

MIX & MATCH DEALS

\$13.95

CHOOSE TWO DIFFERENT ITEMS:

- 16OZ. CUP OF SOUP
- HALF SALAD
- HALF SANDWICH
- HALF PANINI

PLEASE SELECT TWO DIFFERENT ITEMS



SANDWICHES

CHOICE OF BREAD: ITALIAN ROLL,
SOURDOUGH, WHEAT, RYE, CIABATTA,
CROISSANT

THE GODFATHER \$ 12.75

Salami, pepperoni, Black Forest ham, provolone cheese, lettuce, tomatoes, shaved red onions, hot cherry peppers, oil and vinegar, garlic mayo

THE VALLEY CLUB \$ 12.75

Shaved turkey breast, Applewood smoked bacon, Monterey Jack cheese, lettuce, tomatoes, avocado, Dijon mustard, mayo

THE BIG HAM \$ 12.75

Black Forest ham, cheddar cheese, lettuce, tomatoes, onions, sweet bread and butter pickles, black pepper mayo

THE TURKEY CRAN \$ 12.75

Shaved turkey breast, Monterey Jack cheese, lettuce, sweet cranberry relish, basil mayo

THE PASTRAMI MAMI \$ 12.75

New York style pastrami, Swiss cheese, creamy coleslaw, Thousand Island dressing


EGGWISH \$ 10.00

Hard boiled eggs, salt, cracked pepper, mayo, mustard, spinach

TUNA DELIGHT \$ 10.50

White Tuna, celery, white onion, herbs and spices, spinach

 BESTSELLER

 CHEF'S SPECIAL

PANINIS

CHICKEN PESTO \$ 12.75

Grilled chicken breast, fresh mozzarella, sun-dried tomatoes, basil pesto, garlic mayo

THE CUBAN \$ 12.75

Roasted pork tenderloin, Black Forest ham, Swiss cheese, sliced pickles, Dijon mustard, mayo

THE REUBEN \$ 12.75

New York style pastrami, Swiss cheese, sauerkraut, Thousand Island

BLAZING CHICKEN \$ 12.75

Grilled chicken breast, bacon, jalapeños, Monterey Jack cheese, chipotle mayo

TURKEY BACON \$ 12.75

Shaved turkey breast, cheddar cheese, Applewood smoked bacon, avocado, chipotle mayo

TUNA MELT \$ 11.50

White Tuna, celery, white onion, herbs and spices with cheddar cheese

BUFFALO CHICKEN \$ 13.00

Grilled Chicken Breast with avocado, tomatoes, Monterey Jack cheese, ranch, buffalo sauce

NEW CHICKEN PEPPERONI MELT \$12.75

Grilled Chicken Breast with pepperoni, provolone cheese, basil pesto, with a side of marinara sauce.

COMBO DEAL

+\$3.50


ADD TO ANY SALAD, SANDWICH, PANINI, OR WRAP

CHOOSE ONE: CHIPS, SMALL HOUSE
SALAD, MACARONI SALAD, PASTA SALAD,
OR SRIRACHA POTATO SALAD

CHOOSE ONE SMALL DRINK:
AGUA FRESCA, SODA CAN, OR
BOTTLED WATER

MAKE IT A LARGE AGUA FRESCA FOR +\$ 1.25

WRAPS

 **BUFFALO CHICKEN** **\$ 11.50**
 Grilled Chicken breast, buffalo sauce, lettuce, tomatoes, Monterey Jack cheese, and ranch

TURKEY CLUB **\$ 11.00**
 Shaved turkey breast, sliced cheddar cheese, lettuce, tomatoes, avocado, and garlic mayo

CHICKEN CAESAR **\$ 11.00**
 Grilled chicken breast, lettuce, tomatoes, parmesan cheese, and Caesar dressing

VEGGIE DELIGHT **\$ 10.00**
 Spiced chickpeas, lettuce, cucumber, tomato, roasted red peppers, baby kale, and guacamole

MORNING FAVS

AVOCADO TOAST OF THE DAY **\$ 7.50**
BACON, EGG & CHEESE SANDWICH **\$ 7.50**
HAM, EGG & CHEESE SANDWICH **\$ 7.50**
HAM & SWISS CHEESE CROISSANT **\$ 6.25**
BREAKFAST BURRITO **\$ 7.50**



1560 OCOTILLO DRIVE, SUITE C
 EL CENTRO, CALIFORNIA 92243

MONDAY - FRIDAY
8:00 AM - 5:00PM
(442) 271-4103

FOLLOW US:  @VALLEYVIDA
 @VALLEYVIDA

SMOOTHIES

FRUITY

16OZ \$ 6.50 **20OZ \$ 7.25**

PB&J
 Strawberries, bananas, peanut butter, milk

PIÑA COLADA
 Pineapples, bananas, shredded coconut, coconut milk

PARADISE DAYDREAM
 Strawberries, peaches, coconut water, Greek yogurt

RAZZLE CRAZE
 Raspberries, mangoes, pineapples, coconut milk


VALLEY DELIGHT
 Cherries, kiwis, blueberries, orange juice

PROTEIN

16OZ \$ 7.00 **20OZ \$ 7.75**

BLACKBERRY
 Blackberries, almond milk, peanut butter, low-carb protein powder

BLUEBERRY
 Blueberries, Greek yogurt, coconut milk, low-carb protein powder

GREEN FUEL
 Avocado, spinach, low-carb milk, low-carb protein powder, fresh mint

DETOX

16OZ \$ 7.00 **20OZ \$ 7.75**

APPLE DETOX
 Apples, spinach, celery, cucumbers, fresh lemon juice, ginger

PLACE ORDERS ONLINE
WWW.VALLEYVIDA.COM

AGUAS FRESCAS

16OZ \$ 2.50 **32OZ \$ 3.75**

- COCONUT
- SWEET TEA
- LEMONADE
- CUCUMBER LIMEADE
- CUCUMBER LIMEADE W/CHIA
- JAMAICA
- UNSWEETENED TEA
- LEMONADE W/CHIA

DRINKS

SODA CAN / BOTTLE **\$ 1.50 / \$ 2.75**
SPARKLING WATER **\$ 2.00**
BOTTLE WATER **\$ 1.50**

FRESH JUICE

16OZ \$ 6.50

RED BOOST **ORANGE REVIVE**
 Beet, green apple, ginger Orange, carrot, turmeric

GREEN POWER
 Kale, celery, spinach, cucumber, apple, lemon

SIDES

TUNA SALAD **4OZ \$ 2.50** **8OZ \$ 4.75**
 White tuna, celery, white onion, herbs and spices

EGG SALAD **4OZ \$ 2.25** **8OZ \$ 4.25**
 Hard boiled eggs, salt, cracked pepper, mayo, mustard

POTATO SALAD **4OZ \$ 2.00** **8OZ \$ 3.50**
 Baby potatoes, sriracha mayo, chives, whole grain mustard

MACARONI SALAD **4OZ \$ 2.00** **8OZ \$ 3.50**
 Pasta, onions, celery, sweet relish, garlic mayo, green olives

PASTA SALAD **4OZ \$ 2.50** **8OZ \$ 4.50**
 Pasta, veggies, Italian meats, cheddar cheese, house vinaigrette