

Sides & Sweets

Donuts, Pastries & Sweet Treats

\$2 - \$4

Fresh Fruit Bowl

\$5

Plato Fiesta 🌮

\$11

sampler of our latin favorites, fiery chicken bites, tres amigos, and empanada

Tres Amigos GF

\$7

organic tortilla chips served with house guacamole, zesty homemade salsa, and melted cheddar cheese

Fiery Chicken Bites 🌮

\$7

juicy marinated bite-sized chicken breast prepared with special house blend of chipotle and jalapeno hot sauce, served with ranch

Empanadas 🌮

\$7.5

argentinean classic, chicken, beef or veggie, served with house aji amarillo

Super Side Nachos GF

\$8

seasoned chicken or beef, refried beans, guacamole, pico de gallo, sour cream, melted cheese

Irish Nachos

\$7

basket of french fries topped with melted cheddar cheese, bacon bits, green onion, served with sour cream

Super Soft Taco GF

\$4.5

seasoned grilled chicken, guacamole, sour cream, pico de gallo, cilantro, served on warm soft corn tortilla

Fish Taco 🌮

\$5

beer battered cod fillet, guacamole, pico de gallo, cabbage slaw, served with lime, on warm soft corn tortilla

Fish & Chips 🌮

\$8

beer battered cod fillet and french fries, served with tartar sauce

Chick & Chips

\$6

fiery chicken bites and french fries, served with ranch

French Fries

\$2.5

Curly Fries

\$3

Garlic Fries

\$3.5

Sweet Potato Fries

\$4

Side Salad & House Potatoes

\$4

Organic Tortilla Chips w/ House Salsa

\$3

Fresh from the Pot Soup

\$4

add artisan bread roll

\$2

add gluten-free roll GF

\$3

🌮 house specials

GF gluten-free

V vegetarian

VG vegan

🌮 house specials GF gluten-free V vegetarian VG vegan



Breakfast

artisan ny-style water bagels

Bagel w/ Cream Cheese \$3

add veggies/capers/sprouts/avocado/lox \$0.5-\$1.5 each

Bagel w/ Hummus VG \$3

Bagel w/ Peanut Butter/Almond Butter/Nutella/Organic Jam \$2.5

Bagel w/ PB&J \$3.5

Bagel w/ Nutella & Banana \$3.5

Bagel w/ Butter \$2

Breakfast Bagel \$6

egg, cheese, ham/bacon/sausage patty/tomatoes

Just Bagel VG \$1.5

bagel selections: plain, wheat, onion, sesame, poppy, raisin, blueberry, jalapeno, everything, asiago cheese*

*asiago cheese bagel add \$0.5

2 oz low fat cream cheese \$1.5

2 oz hummus \$1.5

bagels can be substituted with english muffins

wheat, white, multi-grain, rye, sourdough add \$0.5

gluten-free toast GF add \$1.5

Croissant w/ Peanut Butter/Almond Butter/Nutella/Organic Jam \$4

Croissant w/ PB&J \$5

Croissant w/ Nutella & Banana \$5

Croissant w/ Butter \$3.5

Breakfast Croissant \$7

egg, cheese, ham/bacon/sausage patty/tomatoes

Breakfast Burrito 🌮 \$7.5

ham/bacon/sausage patty/hot link/chorizo/potatoes, egg, cheese, salsa picante wrapped in grilled flour tortilla

Good Morning Combo \$7.5

ham/bacon/sausage patty/chorizo/tofu, scramble eggs, hash browns, toast

gluten-free toast GF add \$1

extra meat add \$2

egg whites add \$2

Lowfat Yogurt w/ Granola & Fresh Fruit 🌮 \$5

Organic Oatmeal w/ Flaxseed & Mixed Fruit 🌮 \$5

Fresh Fruit Bowl \$5

Beverages			
Coffee & Espresso			
local micro-roastery, organic fair-trade beans all espresso drinks double shots			
	Hot S	Hot / Iced M	L
Drip Coffee	\$1.8	\$2.2	\$3
Shots in the Dark 🌮	\$3.5	\$3.8	\$4.5
Americano	\$2.8	\$3.2	\$3.5
Latte	\$3.5	\$4	\$4.5
Mocha	\$4	\$4.5	\$5.3
Mocha Bianca	\$4.5	\$5	\$5.8
Tuxedo Mocha 🌮	\$4.5	\$5	\$5.8
Caramel Latte	\$4	\$4.5	\$5.3
Cappuccino	\$3.5	\$4	\$4.5
Mochaccino	\$4	\$4.5	\$5.3
Macchiato	\$3.3		
Espresso	\$2.5		
extra espresso shot	\$0.9		
vanilla shot, soy milk, almond milk	\$0.6		
Smoothies & Frappés			
Green Monster 🌮		\$5	\$6
spinach, apple, pineapple, orange, banana			
Tropical Passion		\$5	\$6
mango, pineapple, coconut, banana			
Berry Bliss		\$5	\$6
strawberry, blueberry, raspberry, blackberry			
Mexi Mocha Frappé 🌮		\$4.5	\$5.5
Green Tea Frappé		\$4.5	\$5.5
More Soft Drinks			
Chai Latte	\$3.5	\$4	\$4.5
Herbal Tea	\$2	\$2.3	
Hot Chocolate	\$3	\$3.5	\$4.3
Farm Milk		\$2.2	\$3
Orange Juice		\$3	\$4
Iced Tea		\$2.2	\$3
San Pellegrino		\$3	
Smart Water		\$3.5	
Organic Juices / Teas		\$3	
Root Beer / Ginger Ale		\$3	
Soda Pop		\$2	
Beer & Wine			
Draught Beer		\$5	
Bottled Beer		\$4	
Shandy 🌮		\$5	
Wine by the Glass		\$6	
Sparkling Brut		\$7	
Mimosa		\$7	



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Burgers	
organic ranch ground beef patties made in house	
Cheesy Half-Pounder	\$9
8 oz ranch beef patty, lettuce, tomato, onion, cheddar cheese, mustard, mayo, on whole wheat burger bun	
Bacon Cheese Burger	\$11
half-pound ranch beef patty, veggies, cheddar cheese, plus bacon on whole wheat burger bun	
Mushroom Swiss Burger	\$10.5
8 oz ranch beef patty, sautéed mushroom, grilled onion, lettuce, swiss cheese, thousand island dressing, mayo, on whole wheat burger bun	
Down Under Fish Burger	\$10
lager battered cod fillet, lettuce, tomato, capers, cheddar cheese, tartar sauce, on whole wheat burger bun	
Garden Burger	\$9
homemade vegetarian patty loaded with veggie, beans, and tofu; lettuce, tomato, onion, provolone cheese, aioli on whole wheat burger bun	
add french fries	\$2
add curly fries	\$2.5
add garlic fries	\$3
add sweet potato fries	\$3.5
gluten-free burger bun	add \$1

Hot Dogs

Fat Dog	\$8
¼ pound organic, gluten-free all beef frank wrapped with bacon, served with dill pickle, caramelized onion, yellow mustard and ketchup on whole wheat hotdog bun	
Yankee Dog	\$7
¼ pound organic, gluten-free beef frank topped with sauerkraut, caramelized onion, and dijon mustard on whole wheat hotdog bun	
Latin Dog	\$8
¼ pound organic, gluten-free beef frank topped with home-made Chilean salsa, avocado, and aioli on whole wheat hotdog bun	
add melted cheddar cheese	\$0.5
add french fries	\$2
add curly fries	\$2.5
add garlic fries	\$3
add sweet potato fries	\$3.5
gluten-free hot dog bun	add \$1

Sandwiches	
artisan bread delivered daily from the finest local bakeries	
Big Roti	\$9
grandpa recipe rotisserie turkey, provolone cheese, lettuce, tomato, onion, avocado, mayo	
Killer Club	\$12
rotisserie turkey, smoked ham, bacon, cheddar cheese, lettuce, tomato, avocado, aioli	
Hot Chicken Club	\$8
breaded chicken breast, bacon, lettuce, pepper jack cheese, tomato, onion, chipotle mayo	
BLT	\$7.5
bacon, lettuce, tomato, mayo	
Black Forest Ham	\$7.5
black forest ham, cheddar cheese, lettuce, tomato, onion, honey mustard, mayo	
Roast Beef	\$7.5
roast beef, jack cheese, lettuce, tomato, onion, dijon mustard	
Salami Club	\$8
genoa salami, smoked ham, provolone cheese, lettuce, tomato, yellow mustard, mayo	
Reuben	\$8
corned beef, sauerkraut, swiss cheese, thousand island dressing	
Tuna Salad	\$7.5
tuna salad, lettuce, basil pesto spread	
Chicken Salad	\$8
chicken salad, lettuce, sprouts, basil pesto spread	
Egg Salad	\$7
egg salad, lettuce, basil pesto spread	
Vegi Sandwich	\$7.5
eggplant, sprouts, lettuce, tomato, onion, avocado, basil pesto spread	
Portobellini	\$9
portobello mushroom steak, grilled onion, sun-dried tomatoes, provolone cheese, basil pesto spread	
Pastrami Melt	\$8
pastrami, melted swiss cheese, pickles, yellow mustard, mayo	

Sandwiches	
Ménage à Trois Melt	\$7.5
cheddar, jack, provolone cheese, sun-dried tomato pesto spread	
Tuscan Melt Panini	\$8
breaded chicken breast, havarti cheese, sun-dried tomatoes, roasted bell pepper pesto spread	
All-Italian Panini	\$9
genoa salami, prosciutto, hot capocollo, mozzarella cheese, roasted red bell pepper, sun-dried tomato pesto spread	
Half Sandwich of the Day + Soup	\$9
add side salad & house potatoes	\$3
<u>bread selections:</u>	wheat, multigrain, white, sourdough, rye, french roll, dutch crunch, ciabatta roll, rosemary focaccia
<u>gluten-free bread selections:</u>	rustic roll, multigrain
	add \$1
Build Your Own Salads	
serving hours: mon-fri 11am - 4pm	
use locally grown fresh ingredients whenever possible	
BYO Salad	\$7
pick your choice of farmer's greens, 8 fresh fixings, dressing & fresh baked bread	
BYO Salad w/ your choice of Meat	\$9.5
Half Salad + Soup	\$8.5
farmer's greens, 5 fresh fixings, bread and soup	
Half Salad w/ Meat + Soup	\$11
Half Salad	\$6
Half Salad w/ Meat	\$8.5
<u>meat selections:</u>	chicken breasts / tri-tip / tuna salad / chicken salad / egg salad / poultry sausage / portobello mushroom / turkey (\$2.5 extra)
add avocado	\$1
add boiled egg	\$1
extra meat	\$3
extra turkey	\$4

Mexican	
Baja Burrito	\$11
juicy steak or chicken breasts, melted jack & cheddar cheese, avocado, rice, black beans, sour cream, and pico de gallo in flour or wheat tortilla; served with chips and house salsa	
Green Rules Burrito	\$11
mushrooms, broccoli, red & green bell peppers, corn, avocado, tofu, black beans, and rice in flour or wheat tortilla; served with chips and house salsa	
Torta	\$9
marinated sirloin, queso, lettuce, tomato, onion, avocado, refried beans and mayo stacked on soft telera roll	
Soft Taco Plato	\$10
2 super soft tacos w/ grilled chicken, guacamole, sour cream, pico de gallo, and cilantro, served with mexican rice and black beans	
Fish Taco Plato	\$11
2 soft tacos w/ beer battered cod fillet, guacamole, pico de gallo, and cabbage slaw, served with lime, mexican rice and black beans	
Chicksadilla	\$11
grilled chicken breasts, avocado, pico de gallo, sour cream, and melted cheese folded in crisp flour tortilla; served with house guacamole, pico de gallo, sour cream, salsa and chips	
Carne Asada Completo	\$13
marinated sirloin, refried beans, house guacamole, pico de gallo, sour cream, served with mexican rice and corn tortillas	
Texi-Mexi Fajitas	\$12
seasoned chicken breasts or marinated steak, red & green bell peppers, and grilled onion; served with rice, beans, house guacamole, sour cream, pico de gallo, and warm corn tortillas	
Enchiladas Rojas	\$12
2 corn tortillas stuffed with seasoned chicked breasts, salsa roja, topped with melted cheese, served with mexican rice and black beans	
2 oz guacamole	\$1
3 corn tortillas	\$1
tortilla chips	\$2
mexican rice & beans	\$2.5