Coffee & Tea

COLOMBIAN COFFEE $1.50 / $1.95
TEA $1.50 / $1.95
HOT CHOCOLATE $2.50 / $3.00
ICED COFFEE $2.50
ICED TEA $2.50
unsweetened tea, organic green tea w/ citrus & gingko, passion fruit, raspberry herbal

Fresh Juice Bar

ABC JUICE $5.95
apple, beet, carrot
APPLE, BERRY JUICE $5.95
apple, blueberry, raspberry, strawberry
BEAUTY JUICE $5.95
apple, carrot, celery, orange
CIBO JUICE $5.95
apple, carrot
CLEANSE JUICE $5.95
apple, beet, carrot, parsley
GREEN CIBO JUICE $5.95
apple, cucumber, lemon, spinach
GINGER PUNCH JUICE $5.95
apple, carrot, ginger, lemon, spinach
HEARTY JUICE $5.95
carrot, celery, spinach, tomato
SUPER SIX JUICE $5.95
apple, beet, carrot, celery, cucumber, ginger

Signature Soup

SMALL / LARGE $3.50 / $4.00
chicken noodle, daily special
Fresh Juice Bar

ABC JUICE
apple, beet, carrot
$4.45 / $5.95

APPLE, BERRY JUICE
apple, blueberry, raspberry, strawberry
$4.45 / $5.95

BEAUTY JUICE
apple, carrot, celery, orange
$4.45 / $5.95

CIBO JUICE
apple, carrot, lemon, pineapple
$4.45 / $5.95

CLEANSE JUICE
apple, beet, carrot, parsley
$4.45 / $5.95

GREEN CIBO JUICE
apple, cucumber, kale, lemon, spinach
$4.45 / $5.95

GINGER PUNCH JUICE
apple, carrot, ginger, lemon, spinach
$4.45 / $5.95

HEARTY JUICE
carrot, celery, spinach, tomato
$4.45 / $5.95

SUPER SIX JUICE
apple, beet, carrot, celery, cucumber, ginger
$4.45 / $5.95

Fresh Smoothie

ALOHA
pineapple, strawberry, mango, coconut flakes, greek yogurt
$4.95 / $5.95

CARIBBEAN
blueberry, banana, mango, orange juice
$4.95 / $5.95

CIBO SIMPLE
banana, strawberry, apple juice, greek yogurt
$3.95 / $4.95

MANGO MADNESS
mango, banana, strawberry, greek yogurt
$4.95 / $5.95

MR GREEN
banana, kale, mango, spinach, apple juice
$4.95 / $5.95

POMERGRANATE PASSION
kiwi, pineapple, strawberry, pomergranate juice
$4.95 / $5.95

POWER BREAKFAST
banana, granola, honey, apple juice, greek yogurt
$4.95 / $5.95

P.B. NUTELLA
banana, nutella, peanut butter, soy milk
$4.95 / $5.95

VERY BERRY
blueberry, raspberry, strawberry, cranberry juice, greek yogurt
$4.95 / $5.95

Protein/ Spirulina/ Acai/ Wheat Grass/ Ginseng/ Peanut Butter
$1.00 extra

Power Smoothie

GINSENG FLING
blueberry, pineapple, ginseng, whey protein, greek yogurt
$5.49 / $6.49

GIRL POWER
strawberry, mango, pineapple, acai, greek yogurt
$5.49 / $6.49

POWER PUMP
orange, pineapple, banana, spirulina, greek yogurt
$5.49 / $6.49

BERRY POWER
blueberry, raspberry, strawberry, wheat grass, soy milk
$5.49 / $6.49

COLADA KING
mango, pineapple, banana, coconut flakes, whey protein, greek yogurt
$5.49 / $6.49

Smoothie Bowl

Acai Bowl
$7.49
acai, banana, blueberry, raspberry, honey, almond milk

Berry Bowl
$6.49
blueberry, raspberry, strawberry, cranberry juice, greek yogurt

Green Bowl
$6.49
banana, kale, pineapple, spinach, greek yogurt

PICK 4 TOPPINGS - almond, chia seed, banana, blueberry, granola, mango, pineapple, raspberry, strawberry, sunflower seed
### Breakfast

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast Platter</td>
<td>$4.75</td>
</tr>
<tr>
<td>Pancakes</td>
<td>$4.75</td>
</tr>
<tr>
<td>Pancakes with Season Fruit</td>
<td>$5.75</td>
</tr>
<tr>
<td>Oatmeal</td>
<td>$3.00</td>
</tr>
<tr>
<td>French Toast</td>
<td>$4.75</td>
</tr>
<tr>
<td>Omelette Platter</td>
<td>$4.75</td>
</tr>
<tr>
<td>Cibo Special</td>
<td>$4.75</td>
</tr>
<tr>
<td>Greek</td>
<td>$4.75</td>
</tr>
<tr>
<td>Florentine</td>
<td>$4.75</td>
</tr>
<tr>
<td>Mediterranean</td>
<td>$4.75</td>
</tr>
<tr>
<td>Western</td>
<td>$4.75</td>
</tr>
<tr>
<td>Veggie</td>
<td>$4.75</td>
</tr>
<tr>
<td>Bakery</td>
<td></td>
</tr>
<tr>
<td>Croissant</td>
<td>$2.00</td>
</tr>
<tr>
<td>Danish</td>
<td>$2.00</td>
</tr>
</tbody>
</table>

### Bagel

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Plain Bagel</td>
<td>$1.00</td>
</tr>
<tr>
<td>Butter</td>
<td>$1.25</td>
</tr>
<tr>
<td>Butter &amp; Jelly</td>
<td>$1.50</td>
</tr>
<tr>
<td>Cream Cheese - Plain</td>
<td>$1.50</td>
</tr>
<tr>
<td>Flavored Cream Cheese</td>
<td>$1.95</td>
</tr>
<tr>
<td>Peanut Butter</td>
<td>$1.95</td>
</tr>
<tr>
<td>Lox Spread</td>
<td>$2.75</td>
</tr>
<tr>
<td>Add Each Egg</td>
<td>$0.50</td>
</tr>
<tr>
<td>Add Cheese</td>
<td>$0.50</td>
</tr>
<tr>
<td>Add Extra Veggie</td>
<td>$0.50</td>
</tr>
<tr>
<td>Add Bacon, Ham, or Sausage</td>
<td>$1.00</td>
</tr>
<tr>
<td>Add Avocado</td>
<td>$1.00</td>
</tr>
<tr>
<td>Add Turkey Bacon, Turkey Sausage, Beef Sausage</td>
<td>$1.50</td>
</tr>
</tbody>
</table>
### Breakfast Sandwich

<table>
<thead>
<tr>
<th>Item Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1. Bagel Sandwich</strong></td>
<td>$3.50</td>
</tr>
<tr>
<td>Bagel, bacon/ sausage, scrambled egg, cheese</td>
<td></td>
</tr>
<tr>
<td><strong>2. Croissant Sandwich</strong></td>
<td>$3.95</td>
</tr>
<tr>
<td>Croissant, ham/ bacon, scrambled egg, cheese</td>
<td></td>
</tr>
<tr>
<td><strong>3. Cibo Avocado Toasts</strong></td>
<td>$5.95</td>
</tr>
<tr>
<td>Rye bread, smashed avocado, bacon, feta cheese, hard boiled egg, pico de gallo, chipotle sauce</td>
<td></td>
</tr>
<tr>
<td><strong>4. Salmon Sandwich</strong></td>
<td>$5.95</td>
</tr>
<tr>
<td>English muffin, smoked salmon, egg, lettuce, onion, tomato</td>
<td></td>
</tr>
<tr>
<td><strong>5. Breakfast Burrito</strong></td>
<td>$5.95</td>
</tr>
<tr>
<td>Wrap, chorizo, egg, cheese, jalapeño, onion, tomato</td>
<td></td>
</tr>
<tr>
<td><strong>6. Breakfast Bowl</strong></td>
<td>$5.95</td>
</tr>
<tr>
<td>White rice, beef sausage, egg, home fries, spicy mayo</td>
<td></td>
</tr>
</tbody>
</table>

**Breakfast Sandwich Bar**

**Beef Sausage, Turkey Bacon, Turkey Sausage, White Egg** - $1.00 extra
## Wrap

<table>
<thead>
<tr>
<th>Wrap</th>
<th>Price</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>BACON WRAP</td>
<td>$4.25</td>
<td>scrambled egg, bacon, cheddar, cheese, home fries, salsa</td>
</tr>
<tr>
<td>B.L.T WRAP</td>
<td>$4.25</td>
<td>crisp bacon, lettuce, tomato, mayo</td>
</tr>
<tr>
<td>ENERGY WRAP</td>
<td>$4.25</td>
<td>peanut butter, sliced banana, granola, raisin, walnut, bit of honey</td>
</tr>
<tr>
<td>GREEK WRAP</td>
<td>$4.25</td>
<td>egg white, feta, broccoli, onion, tomato, on wheat wrap</td>
</tr>
<tr>
<td>GOOD MORNING WRAP</td>
<td>$4.25</td>
<td>egg white, mushroom, onion, feta cheese, spinach</td>
</tr>
<tr>
<td>HEALTH WRAP</td>
<td>$4.25</td>
<td>egg white, turkey, low fat alpine swiss, avocado</td>
</tr>
<tr>
<td>ITALIAN WRAP</td>
<td>$4.25</td>
<td>scrambled egg, mushroom, tomato, on wheat wrap</td>
</tr>
</tbody>
</table>

### Specials

<table>
<thead>
<tr>
<th>Special</th>
<th>Price</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>SPANISH WRAP</td>
<td>$4.25</td>
<td>scrambled egg, feta, broccoli, onion, tomato, on wheat wrap</td>
</tr>
<tr>
<td>VEGGIE WRAP</td>
<td>$4.25</td>
<td>egg white, spinach, broccoli, mushroom, muenster cheese</td>
</tr>
</tbody>
</table>
Signature Soup

SMALL 12 OZ, LARGE 16 OZ
chicken noodle, daily special

$3.50 / $4.00

Cold Cut Sandwich

BLACK FOREST HAM $5.25 / $6.25
BOILED HAM $4.25 / $5.25
CAPICOLA $5.25 / $6.25
CHICKEN BREAST $5.25 / $6.25
GENOA SALAMI $4.95 / $5.95
HONEY TURKEY $5.50 / $6.50
HUMMUS $4.25 / $5.25
PEPPER TURKEY $5.50 / $6.50
PROSCIUTTO $5.75 / $6.75
ROAST BEEF $5.75 / $6.75
ROAST TURKEY $5.50 / $6.50
SMOKED TURKEY $5.50 / $6.50
VIRGINIA HAM $5.25 / $6.25

Cheese Sandwich

AMERICAN $3.95 / $4.95
CHEDDAR $4.25 / $5.25
MOZZARELLA $4.25 / $5.25
PEPPER JACK $4.25 / $5.25
PROVOLONE $4.25 / $5.25
SWISS $4.25 / $5.25

S A N D W I C H  B A R
**Signature Poke Bowl**

**REGULAR / LARGE**

**HAWAII STYLE**
ahi tuna, chopped lettuce, mango, masago, mixed pickle, seaweed salad, sesame oil, poke sauce

$9.95 / $10.95

**CIBO CRUNCH COLD STYLE**
salmon, chopped lettuce, fried garlic, masago, mixed pickle, sriracha spicy sauce, wonton crisp

$9.95 / $10.95

**SHRIMP WASABI STYLE**
shrimp, chopped lettuce, mango, masago, mixed pickle, seaweed salad, wasabi sauce

$9.95 / $10.95

**SNOW CRAB STYLE**
snow crab, chopped lettuce, mango, masago, mixed pickle, seaweed salad, special poke sauce

$10.95 / $11.95

**SPICY SALMON STYLE**
salmon, chopped lettuce, jalapeno, masago, mixed pickle, seaweed salad, sesame oil, spicy sauce

$9.95 / $10.95

**VEGGIE COLD STYLE**
fried tofu, chopped lettuce, mango, masago, mixed pickle, seaweed salad, sesame oil, poke sauce

$8.95 / $9.95

---

**Poke Bowl**

**BYOB (BUILD YOUR OWN BOWL)**

**BASE**
brown rice, salad, white rice, wrap

$9.95 / $10.95

**PROTEIN** ($2.00 / extra)
- TUNA, SALMON, SHRIMP, TOFU,
- SNOW CRAB

$0.00 / $0.00
$1.50 / $1.50

**VEGGIE AND TOPPING**

5 ITEMS

$0.00 / $0.00

6 ITEMS

$0.50 / $0.50

7 ITEMS

$1.00 / $1.00

**AVOCADO/KANI SALAD**

$1.00 / $1.00
**Signature Hot Bowl**

<table>
<thead>
<tr>
<th>Style</th>
<th>Price</th>
<th>REGULAR / LARGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>BEEF BI BIM BOB STYLE</td>
<td>$8.95</td>
<td>$9.95</td>
</tr>
<tr>
<td>CIBO PORK CRUNCH STYLE</td>
<td>$8.95</td>
<td>$9.95</td>
</tr>
<tr>
<td>CHICKEN CURRY STYLE</td>
<td>$9.95</td>
<td>$10.95</td>
</tr>
<tr>
<td>BURRITO STYLE</td>
<td>$8.95</td>
<td>$9.95</td>
</tr>
<tr>
<td>TERIYAKI STYLE</td>
<td>$8.95</td>
<td>$9.95</td>
</tr>
<tr>
<td>THAI STYLE</td>
<td>$9.95</td>
<td>$10.95</td>
</tr>
<tr>
<td>VEGGIE HOT STYLE</td>
<td>$8.95</td>
<td>$9.95</td>
</tr>
</tbody>
</table>

**Hot Bowl**

**BYOB (BUILD YOUR OWN BOWL)**

<table>
<thead>
<tr>
<th>Style</th>
<th>Price</th>
<th>REGULAR / LARGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>BASE</td>
<td>$8.95</td>
<td>$9.95</td>
</tr>
<tr>
<td>PROTEIN ($2.00 / extra)</td>
<td>$0.00</td>
<td>$0.00</td>
</tr>
<tr>
<td>BEEF, GRILLED CHICKEN, MARINATED PORK</td>
<td>$0.00</td>
<td>$0.00</td>
</tr>
<tr>
<td>GRILLED SHRIMP, CURRY CHICKEN, FRIED TOFU</td>
<td>$0.00</td>
<td>$0.00</td>
</tr>
<tr>
<td>VEGGIE AND TOPPING</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5 ITEMS</td>
<td>$0.00</td>
<td>$0.00</td>
</tr>
<tr>
<td>6 ITEMS</td>
<td>$0.50</td>
<td>$0.50</td>
</tr>
<tr>
<td>7 ITEMS</td>
<td>$1.00</td>
<td>$1.00</td>
</tr>
<tr>
<td>AVOCADO</td>
<td>$0.50</td>
<td>$0.50</td>
</tr>
</tbody>
</table>

**BOWL BAR**

- Brown rice, salad, white rice
- Beef, broccoli, carrot, chopped lettuce, cucumber, green squash, fried egg, mushroom, korean spicy sauce
- Marinated pork, broccoli, carrot, grilled onion, cucumber, fried garlic, chopped lettuce, sriracha spicy sauce, wonton crisp
- Curry chicken, broccoli, carrot, chopped lettuce, mixed pepper, curry sauce
- Ground beef, bean, carrot, chopped lettuce, cheese, jalapeno, mango, grilled onion, salsa, spicy sauce
- Grilled chicken, broccoli, carrot, chopped lettuce, cucumber, grilled onion, teriyaki sauce
- Grilled shrimp, broccoli, carrot, chopped lettuce, cucumber, grilled onion, peanut, thai sauce
- Fried tofu, broccoli, carrot, chopped lettuce, cucumber, grilled onion, sesame sauce, soy sauce
<table>
<thead>
<tr>
<th>Signature Cold Sandwich</th>
<th>Steam Table Sandwich</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>AMERICAN SUPREME</strong></td>
<td><strong>CORNED BEEF &amp; PASTRAMI</strong></td>
</tr>
<tr>
<td>american cheese, ham, roasted beef, turkey, lettuce, tomato</td>
<td>melted swiss cheese, fresh corned beef, pastrami, coleslaw, roasted pepper, romaine</td>
</tr>
<tr>
<td><strong>BACON &amp; TURKEY BREAST</strong></td>
<td><strong>TERIYAKI MEATBALL BAHN MI</strong></td>
</tr>
<tr>
<td>swiss cheese, bacon, smoked turkey breast, cherry pepper green apple, lettuce, onion, tomato, spinach</td>
<td>teriyaki meatball, carrot, cilantro, jalapeno, pickled cucumber</td>
</tr>
<tr>
<td><strong>CALIFORNIA CLUB</strong></td>
<td><strong>TURKEY CLUB</strong></td>
</tr>
<tr>
<td>apple wood smoked ham, shaved turkey breast, alfalfa sprout, avocado, plum tomato, toasted multi grain</td>
<td>melted cheddar, fresh oven roasted turkey, crispy bacon, lettuce, tomato, herb mayo</td>
</tr>
<tr>
<td><strong>CIBO CURRY EGG SALAD</strong></td>
<td><strong>TURKEY CRANBERRY</strong></td>
</tr>
<tr>
<td>egg salad, cherry pepper, lettuce, onion, tomato</td>
<td>fresh oven roasted turkey, avocado, cucumber, roasted pepper, watercress, cranberry sauce</td>
</tr>
<tr>
<td><strong>ITALIAN SUPREME</strong></td>
<td><strong>TURKEY &amp; HAM</strong></td>
</tr>
<tr>
<td>provolone cheese, cappicola ham, genoa salami, prosciutto, pepperoni, lettuce, roasted pepper, tomato, oil vinegar</td>
<td>smoked gouda cheese, fresh oven roasted turkey, fresh smoked ham, romaine lettuce, honey mustard</td>
</tr>
<tr>
<td><strong>ROAST BEEF &amp; WASABI COLESLAW</strong></td>
<td><strong>VEGGIE ARTICHOKE &amp; HUMMUS</strong></td>
</tr>
<tr>
<td>roast beef, onion, pepper jack, wasabi coleslaw</td>
<td>artichoke, black olive, cucumber, hummus, lettuce, onion, tomato</td>
</tr>
<tr>
<td><strong>TURKEY &amp; WASABI COLESLAW</strong></td>
<td><strong>VEGGIE ARTICHOKE &amp; HUMMUS</strong></td>
</tr>
<tr>
<td>sliced turkey, provolone, roasted red pepper, wasabi coleslaw</td>
<td>artichoke, black olive, cucumber, hummus, lettuce, onion, tomato</td>
</tr>
<tr>
<td><strong>VEGGIE ARTICHOKE FETA &amp; PESTO</strong></td>
<td><strong>VEGGIE ARTICHOKE &amp; HUMMUS</strong></td>
</tr>
<tr>
<td>artichoke, black olive, feta, onion, pesto, roasted red pepper, spinach</td>
<td>artichoke, black olive, cucumber, hummus, lettuce, onion, tomato</td>
</tr>
<tr>
<td>Grilled Chicken</td>
<td>Roll, Slice Bread / Hero, Wrap</td>
</tr>
<tr>
<td>-----------------------------------------------------</td>
<td>--------------------------------</td>
</tr>
<tr>
<td><strong>CAESAR</strong></td>
<td><strong>$6.95 / $7.95</strong></td>
</tr>
<tr>
<td>swiss parmesan cheese, grilled chicken breast, crouton, romaine lettuce, caesar sauce</td>
<td></td>
</tr>
<tr>
<td><strong>CALIFORNIA</strong></td>
<td><strong>$6.95 / $7.95</strong></td>
</tr>
<tr>
<td>grilled chicken breast, avocado, cucumber, lettuce, roasted pepper, tomato, ranch dressing</td>
<td></td>
</tr>
<tr>
<td><strong>CHIPOTLE CHICKEN</strong></td>
<td><strong>$6.95 / $7.95</strong></td>
</tr>
<tr>
<td>melted pepper jack, grilled chicken breast, avocado, romaine lettuce, chipotle sauce</td>
<td></td>
</tr>
<tr>
<td><strong>GRILLED CHICKEN WITH BACON &amp; SWISS CHEESE (CBS)</strong></td>
<td><strong>$6.95 / $7.95</strong></td>
</tr>
<tr>
<td>swiss cheese, grilled chicken breast, bacon, sundried tomato, basil sauce</td>
<td></td>
</tr>
<tr>
<td><strong>ITALIAN</strong></td>
<td><strong>$6.95 / $7.95</strong></td>
</tr>
<tr>
<td>feta cheese, grilled chicken breast, lettuce, roasted pepper, tomato, italian dressing</td>
<td></td>
</tr>
<tr>
<td><strong>PESTO</strong></td>
<td><strong>$6.95 / $7.95</strong></td>
</tr>
<tr>
<td>fresh mozzarella, grilled chicken breast, lettuce, roasted pepper, pesto, pesto dressing</td>
<td></td>
</tr>
<tr>
<td><strong>THE KING</strong></td>
<td><strong>$6.95 / $7.95</strong></td>
</tr>
<tr>
<td>melted mozzarella, grilled chicken, pepper, bacon, roasted pepper, russian dressing</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### Panini

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>CHICKEN CHIPOTLE</strong></td>
<td>$7.75</td>
<td>pepper jack cheese, grilled chicken chipotle, avocado</td>
</tr>
<tr>
<td><strong>CHICKEN FAJITA</strong></td>
<td>$7.75</td>
<td>cheddar, grilled chicken, caramelized onion, roasted pepper, salsa</td>
</tr>
<tr>
<td><strong>CHICKEN PARMIGIANA</strong></td>
<td>$7.75</td>
<td>fresh mozzarella, breaded chicken, basil, Parmigiana cheese, marinara sauce</td>
</tr>
<tr>
<td><strong>CUBAN</strong></td>
<td>$7.75</td>
<td>swiss cheese, roasted pork, ham, pickle, mustard</td>
</tr>
<tr>
<td><strong>FIRENZE</strong></td>
<td>$7.75</td>
<td>cheddar, pepper corn turkey, plum tomato, sliced cucumber, herbed mayo</td>
</tr>
<tr>
<td><strong>ITALIANO</strong></td>
<td>$7.75</td>
<td>fresh mozzarella, grilled chicken, roasted pepper, pesto sauce</td>
</tr>
<tr>
<td><strong>MONTE CRISTO</strong></td>
<td>$7.75</td>
<td>swiss cheddar, ham, smoked turkey, lettuce, tomato, honey mustard</td>
</tr>
<tr>
<td><strong>RUSSIAN</strong></td>
<td>$7.75</td>
<td>roast beef, lettuce, muenster caramelized onion, plum tomato, Russian dressing</td>
</tr>
<tr>
<td><strong>SUMMER COMBO</strong></td>
<td>$7.75</td>
<td>pepper jack cheese, grilled chicken lettuce, tomato, red onion, herbed mayo</td>
</tr>
<tr>
<td><strong>TUNA MELT</strong></td>
<td>$7.75</td>
<td>cheddar, tuna salad, lettuce, plum tomato</td>
</tr>
<tr>
<td><strong>TUSCAN</strong></td>
<td>$7.75</td>
<td>fresh mozzarella, basil, plum spinach, sun dried tomato, lite balsamic dressing</td>
</tr>
<tr>
<td><strong>VEGGIE PANINI</strong></td>
<td>$7.75</td>
<td>fresh mozzarella, eggplants marinated in balsamic vinegar, grilled zucchini</td>
</tr>
</tbody>
</table>

### Quesadilla

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>CHEESE</strong></td>
<td>$7.50</td>
<td>monterey jack, cheddar cheese, black olive, jalapenos, onion, roasted pepper</td>
</tr>
<tr>
<td><strong>CHICKEN CAJUN</strong></td>
<td>$7.50</td>
<td>monterey jack, cheddar cheese, chicken, onion roasted pepper, mayo</td>
</tr>
<tr>
<td><strong>GRILLED STEAK</strong></td>
<td>$7.50</td>
<td>monterey jack, cheddar cheese, beef steak, onion, roasted pepper</td>
</tr>
<tr>
<td><strong>SEA BREEZE</strong></td>
<td>$8.50</td>
<td>mozzarella, pepper jack, grilled shrimp, toasted onion, extra virgin olive oil</td>
</tr>
<tr>
<td><strong>VEGGIE QUESADILLA</strong></td>
<td>$7.50</td>
<td>monterey jack, cheddar cheese, roasted vegetable, jalapeno, onion,</td>
</tr>
</tbody>
</table>

### SANDWICH BAR

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>TUSCAN</strong></td>
<td>$7.75</td>
<td>fresh mozzarella, basil, plum spinach, sun dried tomato, lite balsamic dressing</td>
</tr>
<tr>
<td><strong>VEGGIE PANINI</strong></td>
<td>$7.75</td>
<td>fresh mozzarella, eggplants marinated in balsamic vinegar, grilled zucchini</td>
</tr>
</tbody>
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</tbody>
</table>
**Signature Hot Bowl**

**BEEF BI BIM BOB STYLE**
$8.95 / $9.95
beef, carrot, chopped lettuce, cucumber, fried egg, mushroom, steamed veggies, go chu jang

**CIBO SPICY PORK CRUNCH STYLE**
$8.95 / $9.95
spicy pork, cucumber, chopped lettuce, garlic crisp, pickled onion, steamed veggies, wonton crisp, sriracha

**CHICKEN CURRY STYLE**
$8.95 / $9.95
curry chicken, chopped lettuce, cilantro, mixed pepper, steamed veggies, curry sauce

**BURRITO STYLE**
$8.95 / $9.95
beef, black bean, carrot, chopped lettuce, cheese, cilantro, jalapeno, mango, pickled onion, salsa

**TERIYAKI STYLE**
$8.95 / $9.95
grilled teriyaki chicken, chopped lettuce, cucumber, pickled onion, steamed veggies, teriyaki sauce

**THAI STYLE**
$9.95 / $10.95
shrimp, chopped lettuce, cilantro, cucumber, pickled onion, peanut, steamed veggies, thai sauce

**VEGGIE HOT STYLE**
$8.95 / $9.95
fried tofu, chopped lettuce, cucumber, pickled onion, steamed veggies, sesame ginger and oil

**BASE** BROWN RICE, WHITE RICE, SALAD

**PROTEIN** ($2.00 / extra) BEEF, SPICY PORK, CURRY CHICKEN, FRIED TOFU, TERIYAKI CHICKEN, THAI SHRIMP - $1.00, ROASTED SALMON - $1.00

**VEGGIE AND TOPPING** 5 ITEMS - $0.00, 6 ITEMS - $0.50, 7 ITEMS - $1.00, AVOCADO - $1.00

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**Signature Poke Bowl**

**HAWAIIAN STYLE**
$9.95 / $10.95
ahi tuna, chopped lettuce, mango, masago, mixed pickle, seaweed salad, sesame oil, poke sauce

**CIBO CRUNCH COLD STYLE**
$9.95 / $10.95
salmon, chopped lettuce, cilantro, garlic crisp, masago, mixed pickle, wonton crisp, lotus chip, sriracha

**SHRIMP WASABI STYLE**
$9.95 / $10.95
shrimp, chopped lettuce, mango, masago, mixed pickle, seaweed salad, wasabi mayo & soy sauce

**CRAB SALAD & SCALLOP STYLE**
$10.95 / $11.95
crab salad, scallop, chopped lettuce, mango, masago, mixed pickle, seaweed salad, poke & honey mayo sauce

**SPICY SALMON STYLE**
$9.95 / $10.95
salmon, chopped lettuce, jalapeno, masago, mixed pickle, seaweed salad, sesame oil, spicy mayo sauce

**SPICY PONZU TUNA STYLE**
$9.95 / $10.95
tuna, beef, lettuce, masago, mixed pickle, pineapple, seaweed salad, sesame oil, spicy mayo, yuzu ponzu

**VEGGIE COLD STYLE**
$8.95 / $9.95
fried tofu, chopped lettuce, cilantro, mango, masago, mixed pickle, seaweed salad, sesame oil, yuzu ponzu

**SPICY PONZU TUNA STYLE**
$9.95 / $10.95
salmon, chopped lettuce, jalapeno, masago, mixed pickle, seaweed salad, sesame oil, spicy mayo, yuzu ponzu

**BASE** BROWN RICE, WHITE RICE, SALAD

**PROTEIN** ($2.00 / extra) CRAB SALAD, FRIED TOFU, SALMON, SCALLOP, SHRIMP, TUNA

**VEGGIE AND TOPPING** 5 ITEMS - $0.00, 6 ITEMS - $0.50, 7 ITEMS, - $1.00, AVOCADO - $1.00

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**BOWL BAR**
**Signature Hot Sandwich**

**AMERICAN SUPREME** $6.75 / 7.75
american cheese, ham, roasted beef, turkey, lettuce, tomato

**BACON & TURKEY BREAST** $6.75 / 7.75
swiss cheese, bacon, smoked turkey, cherry pepper, apple, lettuce, onion, tomato, spinach

**CALIFORNIA CLUB** $6.75 / 7.75
apple wood smoked ham, shaved turkey breast, sprout, avocado, plum, tomato

**CIBO CURRY EGG SALAD** $6.75 / 7.75
egg salad, cherry pepper, lettuce, onion, tomato

**ITALIAN SUPREME** $6.75 / 7.75
provolone cheese, cappicola ham, genoa salami, prosciutto, pepperoni, lettuce, roasted pepper, tomato, oil vinegar

**ROAST BEEF & WASABI COLESLAW** $6.75 / 7.75
roast beef, onion, pepper jack, wasabi coleslaw

**TURKEY & WASABI COLESLAW** $6.75 / 7.75
sliced turkey, provolone, roasted red pepper, wasabi coleslaw

**VEGGIE ARTICHOKE & HUMMUS/PESTO** $6.75 / 7.75
artichoke, black olive, cucumber, hummus/pesto, lettuce, onion, tomato

**TERIYAKI CHICKEN** $6.95 / 7.95
melted american cheese, grilled teriyaki chicken, pepper, sauteed onion, honey mayo

**TERIYAKI MEATBALL BAHN MI** $6.95 / 7.75
teriyaki meatball, carrot, cilantro, jalapeno, pickled cucumber, spicy mayo

**Signature Cold Sandwich**

**TURKEY CLUB W/CRANBERRY** $6.95 / 7.95
melted cheddar, roasted turkey, bacon, lettuce, tomato, mayo

**CHICKEN/STEAK TACO BOWL** $7.95

**Panini**

**CHICKEN CHIPOTLE** $7.75
pepper jack cheese, grilled chicken chipotle, avocado

**CHICKEN FAJITA** $7.75
cheddar, grilled chicken, caramelized onion, roasted pepper, salsa

**CHICKEN PARMIGIANA** $7.75
fresh mozzarella, grilled chicken, basil, parmigiana cheese, marinara sauce

**CUBAN** $7.75
swiss cheese, roasted pork, ham, pickle, mustard

**ITALIANO** $7.75
fresh mozzarella, grilled chicken, roasted pepper, pesto sauce

**MONTE CRISTO** $7.75
swiss cheddar, ham, smoked turkey, lettuce, tomato, honey mustard

**RUSSIAN** $7.75
roast beef, lettuce, muenster caramelized onion, plum tomato, russian dressing

**TUNA MELT** $7.75
cheddar, tuna salad, lettuce, plum tomato

**TUSCAN** $7.75
fresh mozzarella, basil, plum spinach, sun dried tomato, lite balsamic dressing

**VEGGIE PANINI** $7.75
fresh mozzarella, eggplants marinated in balsamic vinegar, grilled zucchini
Grilled Chicken

**CAESAR**
swiss parmesan cheese, grilled chicken, crouton, romaine lettuce, caesar sauce

**CALIFORNIA**
grilled chicken, avocado, cucumber, lettuce, roasted pepper, tomato, ranch

**CHIPOTLE CHICKEN**
melted pepper jack, grilled chicken, avocado, romaine lettuce, chipotle sauce

**CHICKEN W/ BACON & SWISS CHEESE (CBS)**
swiss cheese, grilled chicken breast, bacon, sundried tomato, basil sauce

**PESTO**
fresh mozzarella, grilled chicken, lettuce roasted pepper, pesto dressing

**THE KING**
melted mozzarella, grilled chicken, pepper, bacon, roasted pepper, russian dressing

Cheese Sandwich

**CHEESE SANDWICH**
American/Cheddar/Mozzarella/Pepper Jack/Provolone Swiss

**Cold Cut Sandwich**
Boiled Ham/Hummus

**Breaded Chicken**
Burnside
melted mozzarella, breaded chicken, grilled onion, roasted pepper, honey mustard

**CHICKEN BBQ**
melted american cheese, breaded chicken, mushroom, sauteed onion, BBQ sauce

**CHICKEN CLUB**
breaded chicken, bacon, lettuce, roasted pepper, tomato, mayo

**CHICKEN SUPREME**
melted pepper jack, breaded chicken, bacon, lettuce, russian dressing

**JIMMY T**
melted swiss cheese, breaded chicken, pepper, sauteed onion, honey mustard

**SPICY CHICKEN**
melted swiss cheese, breaded chicken, mushroom, sauteed onion, spicy sauce

**QUESADILLA**
Cheese
monterey jack, cheddar cheese, black olive, jalapenos, onion, roasted pepper

**CHICKEN CAJUN**
monterey jack, cheddar cheese, chicken, onion roasted pepper, mayo

**GRILLED STEAK**
monterey jack, cheddar cheese, beef steak, onion, roasted pepper

**SEA BREEZE**
mozzarella, pepper jack, grilled shrimp, toasted onion, extra virgin olive oil

**VEGGIE QUESADILLA**
monterey jack, cheddar cheese, roasted vegetable, jalapeno, onion,
Burger Menu

**HAMBURGER**
beef, lettuce, onion, pickle, tomato  
$4.00

**CHEESEBURGER**
beef, cheese, lettuce, onion, pickle, tomato  
$4.50

**BACON CHEESEBURGER**
bacon, beef, cheese, lettuce, onion, pickle, tomato  
$5.45

**CALIFORNIA CHEESEBURGER**
beef, alfalfa, avocado, cheese, lettuce, onion, pickle, tomato  
$5.95

**TURKEY BURGER**
turkey, cheese, lettuce, onion, pickle, tomato  
$5.45

**VEGGIE BURGER**
avocado, lettuce, onion, pickle, tomato, veggie patty  
$5.45

**Extra**
AVOCADO - $1.00, BACON - $0.75, CHEESE - $0.50

Grilled Sandwich

**CIBO GRILLED COMBO**
melt provolone cheese, grilled roast beef, grilled turkey, onion, spicy mayo  
$6.95 / $7.95

**CHICAGO SANDWICH**
fresh mozzarella, grilled chicken, green pepper, mushroom, onion, balsamic vinaigrette  
$6.95 / $7.95

**CUBAN**
melted swiss cheese, roasted pork, ham, turkey, grilled bread  
$6.95 / $7.95

**GOLDEN SUB**
pepper jack cheese, turkey, pastrami, lettuce, tomato, russian dressing  
$6.95 / $7.95

**HOT ROAST BEEF**
cheddar, bacon, roast beef, lettuce, tomato, ranch dressing, sauteed mushroom, herb mayo  
$6.95 / $7.95

**MONTE CRISTO**
melted swiss, cheddar, ham, turkey, challah bread  
$6.95 / $7.95

**PASTRAMI DELIGHT**
melted swiss, pastrami, coleslaw, russian dressing  
$6.95 / $7.95

**PHILLY CHEESE STEAK**
melted american cheese, beef, onion, sauteed pepper, toasted hero  
$6.95 / $7.95

**PHILLY SPECIAL**
melted mozzarella, grilled roast beef, lettuce, italian dressing  
$6.95 / $7.95

**REUBEN**
melted swiss cheese, corned beef pastrami, sauerkraut, grilled bread  
$6.95 / $7.95

**TUNA MELT**
melted cheddar cheese, tuna salad  
$6.95 / $7.95

**VEGGIE GRILLED**
fresh mozzarella, grilled vegetable, lite balsamic vinaigrette  
$6.95 / $7.95

Side Order

**CURLY FRIES**  
$2.50

**FRENCH FRIES**  
$2.00

**ONION RINGS**  
$2.95

**SWEET POTATO FRIES**  
$2.95
### White Rice Roll

<table>
<thead>
<tr>
<th>Roll</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Avocado Roll</td>
<td>$4.95</td>
</tr>
<tr>
<td>California Roll</td>
<td>$5.50</td>
</tr>
<tr>
<td>Crab Salad Roll</td>
<td>$5.95</td>
</tr>
<tr>
<td>Cucumber Roll</td>
<td>$4.45</td>
</tr>
<tr>
<td>Green Roll</td>
<td>$4.75</td>
</tr>
<tr>
<td>Eel Roll</td>
<td>$6.50</td>
</tr>
<tr>
<td>Philadelphia Roll</td>
<td>$6.25</td>
</tr>
<tr>
<td>Salmon &amp; Avocado Roll</td>
<td>$6.25</td>
</tr>
<tr>
<td>Shrimp California Roll</td>
<td>$5.95</td>
</tr>
<tr>
<td>Shrimp Tempura Roll</td>
<td>$6.25</td>
</tr>
</tbody>
</table>

### Green/Quinoa Roll

<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td>Spicy Crab Roll</td>
<td>$6.25</td>
</tr>
<tr>
<td>Spicy Salmon Roll</td>
<td>$6.25</td>
</tr>
<tr>
<td>Spicy Tuna Roll</td>
<td>$6.25</td>
</tr>
<tr>
<td>Tuna &amp; Avocado Roll</td>
<td>$6.25</td>
</tr>
<tr>
<td>Vegetarian Roll</td>
<td>$5.95</td>
</tr>
</tbody>
</table>

### Special Roll

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>Fish Salad</td>
<td>$10.95</td>
</tr>
<tr>
<td>Green Chirashi Bowl</td>
<td>$12.95</td>
</tr>
<tr>
<td>Garment District Roll</td>
<td>$9.95</td>
</tr>
<tr>
<td>Rainbow Roll</td>
<td>$9.95</td>
</tr>
<tr>
<td>Salmon/Tuna Don</td>
<td>$11.95</td>
</tr>
<tr>
<td>Sushi Combo Medium</td>
<td>$9.95</td>
</tr>
<tr>
<td>Sushi Combo Large</td>
<td>$12.50</td>
</tr>
</tbody>
</table>

**Ingredients:**
- Avocado, cucumber, crabmeat
- Avocado, eel, deep fried shrimp
- Avocado, cucumber, masago, shrimp
- Avocado, cucumber, deep fried shrimp, sesame
- Avocado, cream cheese, smoked salmon
- Avocado, cucumber, crabmeat
- Avocado, cucumber
- Avocado, scallion
- Cucumber, chopped tuna, spicy sauce
- Cucumber, chopped salmon, spicy sauce
- Cucumber, chopped tuna, spicy sauce
- Salmon
- Salmon, tuna
**Udon**

**BEEF UDON** $7.75
beef, carrot, scallion, seaweed, tofu, yubu

**CHICKEN UDON** $7.75
chicken, carrot, scallion, seaweed, tofu, yubu

**CIBO UDON** $8.95
chicken, 2 shrimp dumplings, 2 wasabi pork dumplings

**PORK DUMPLING UDON** $8.50
3 pork dumpling, carrot, scallion, seaweed, tofu, vegetable, yubu

**SHRIMP TEMPURA UDON** $8.50
2 deep fried shrimp, carrot, scallion, seaweed, tofu, yubu

**SHUMAI UDON** $8.50
3 shrimp dumpling, carrot, scallion, seaweed, tofu, yubu

**VEGGIE UDON** $6.95
scallion, seaweed, tofu, vegetable, yubu

**WASABI PORK DUMPLING UDON** $8.50
3 wasabi pork dumpling, carrot, scallion, seaweed, tofu, yubu

**Ramen**

**BEEF RAMEN** $7.25
beef, broccoli, carrot, scallion, seaweed

**CHICKEN RAMEN** $7.25
broccoli, carrot, chicken, scallion, seaweed

**CIBO KIMCHI RAMEN** $7.75
beef, broccoli, carrot, chicken, kimchi, scallion, seaweed

**VEGGIE RAMEN** $7.25
carrot, broccoli, scallion, seaweed, tofu
## Signature Salad

**CIBO HOUSE SALAD**
baby spinach with blue cheese, honey mustard, grape, raisin, sliced apple, sunflower, tomato  
$8.00

**CIBO CLUB SALAD**
mixed lettuce with cheddar, cucumber, boiled egg, grape, honey glazed ham, roasted turkey, smoked bacon  
$8.00

**CIBO COBB SALAD**
mixed lettuce with artisan blue cheese, avocado, boiled egg, grilled chicken, red wine vinegar, smoked bacon  
$8.00

**CIBO GRILLED CHICKEN SALAD**
mixed lettuce with avocado, blue cheese, chickpea, grilled chicken, honey dijon, organic mesclun, walnut  
$8.00

**CIBO MEDITERRANEAN SALAD**
romaine heart with cucumber, herb vinaigrette, feta, grape pepper, red onion, tomato  
$8.00

## Salad

**BASE**
baby spinach, organic mesclun, romaine heart  
$8.00 / $8.50

**PROTEIN** ($2.00 / extra)
albacore tuna, cajun grilled chicken, cajun grilled shrimp, chicken salad, grilled chicken, tuna salad, turkey  
$0.00 / $0.00

**TOPPING**
alfalfa sprout, almond, apple, artichoke heart, asparagus, avocado, bell pepper, black bean, blue cheese crumb, boiled egg, broccoli, carrot, brussels sprout, calamata, celery, cheddar cheese, cherry tomato, chickpea, chinese noodle, corn, crouton, cucumber, dried cranberry, feta cheese, green pea, hearts of palm, jalapeno, kidney bean, raisin, mandarin orange, mozzarella cheese, walnut, mushroom, onion, red beet, parmesan cheese, plum tomato, portobella mushroom, string bean, roasted eggplant, smoked bacon, roasted red pepper, roasted zucchini, sun dried tomato, sunflower seed, toasted pine nut, tofu  
$0.00 / $0.00

**DRESSING**
asian bbq ginger, asian sesame garlic, asian sesame ginger, asian sesame lemon, balsamic vinaigrette, balsamic vinegar, blue cheese, caesar, cream italian, french, honey dijon, lemon juice, lite honey mustard, lite italian, lite ranch, olive oil, ranch, raspberry vinaigrette, russian  
$0.00 / $0.00

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**BYOB (BUILD YOUR OWN BOWL)**

**REGULAR / LARGE**

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**SALAD BAR**