

NOW SERVING
ORGANIC CHICKEN

RUTABÉGORZ



SINCE 1970



A RUTABEGORZ TALE

Back in 1970 this small “hippie joint” opened its doors in Fullerton to an unsuspecting town. Little did this city know what a trendsetter Rutabegorz restaurant would become. Serving only coffee and desserts in the beginning, Rutabegorz has since evolved into one of Orange County’s favorite health food restaurants. With three locations to meet the needs of its “regulars”, it can sometimes seem as if there are not enough “Ruta’s” to go around.

Along with many vegetarian dishes, Ruta’s also serves organic breast of chicken, turkey, albacore tuna and assorted lean deli meats. Our salad dressings are fresh and house made and our condiments are all low in fat. As usual, we use only the finest and freshest fruits and vegetables. And, our homemade desserts, well, they’re sinful but oh-so-hard-to-resist and worth the extra cheating!

Our mission has always been to provide our communities with a healthy alternative to traditional restaurant offerings without sacrificing taste. We provide “old school” vegetarian values – lots of fresh and natural foods. We strive to make your experience here positive, and hope you’ll enjoy our unique food, casual atmosphere, and friendly servers.

Remember: You are what you eat from your head to your feet. Don’t be a fast-food junky. You can feel good and energetic while enjoying all that your body needs.





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WINE & BEER



HOUSE WINES Burgundy, Chablis or Blush

GLASS 4.00

1/2 CARAFE 8.00 • CARAFE 12.00

For Our Latest Selection
of Beer & Wine
Please See Our Wine & Beer List
or Ask Your Server For
What's NEW!



RUTA'S COCKTAILS

SERVED ONLY IN FULLERTON & TUSTIN

MARGARITA 6.25
Tequila, lemon and lime blended with ice.

CAPE COD 6.25
Cranberry juice and Vodka on the rocks - refreshing!

BLOODY MARY 6.25
Tomato juice, Vodka plus a hint of Tabasco and pepper.

MIMOSA 6.25
An orange juice and Champagne classic!

MYERS AND COKE 6.25
Myers Rum and Coke served on the rocks.

TEQUILA SUNRISE 6.25
Tequila and orange juice on the rocks with a dash of Grenadine.

MYERS SHARK BITE 6.25
Myers Rum and orange juice served on the rocks with a dash of Grenadine.

MEXICAN COFFEE 7.25
Coffee with Tequila, Kamora and topped with whipped cream.

THE BEAST 7.25
A Liqueur Cappuccino made with Kamora, steamed milk, espresso coffee, cocoa and whipped cream.

BASIC LUST 7.25
Chocolate and vanilla ice cream, dark rum, Colombian and French roast coffees, and whipped cream.

AMARETTO SHAKE 7.25
Vanilla ice cream, Amaretto liqueur blended together to perfection. Topped with whipped cream and sliced almonds.

THESE ITEMS ARE NOT SERVED
IN OUR ORANGE LOCATION!



OTHER DRINKS

WATER SERVED UPON REQUEST

SODAS	2.50
LEMONADE	2.50
ICED TEA	2.50
BOTTLED WATER	2.50
ICED COFFEE	2.50
COFFEE	2.50
MILK	3.00
HOT CHOCOLATE	3.50
ICED APPLE CIDER	4.50
HOT CIDER	4.50
HOT CHERRY CIDER	4.50
HOT SPICED CIDER	4.50

SHAKES

5.95

Choice of Ice Cream
Vanilla, Chocolate,
Strawberry or
Non-Fat Vanilla
Frozen Yogurt



HOT TEAS

Ask your server
about today's
selection.



JUICES



APPLE - 4.50

ORANGE - 4.50

CRANBERRY - 4.50

FRESH SQUEEZED CARROT - 4.50

BLENDED

Apple and orange juice blended with freshly squeezed carrots.

5.50

VEG-OUT

Carrots, celery, spinach and tomatoes, all freshly squeezed together.

5.50

HALE THE KALE

Lemon and apple juice blended with fresh squeezed kale, spinach, cucumber and pineapple.

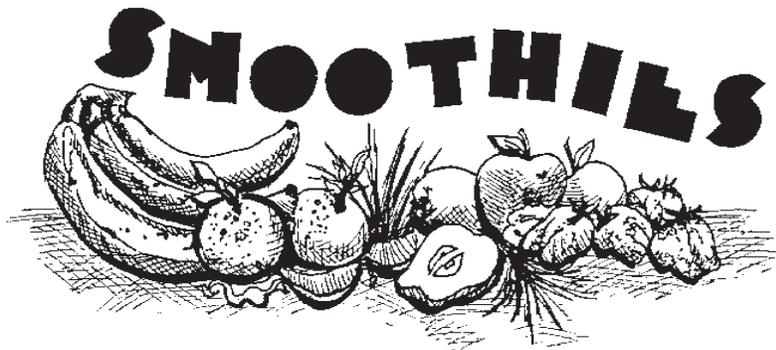
5.50

JUICE ADDITIVES

PROTEIN POWDER - 2 TBLSP - 25 GRAMS

3.00

Whey Protein Isolate - considered to have the highest biological value of any protein source. An ideal source for active individuals with naturally occurring Branched Chain Amino Acids. No Artificial Ingredients. Gluten Free, Wheat Free, Egg Free, Fish Free and Nut Free. Contains Milk and Soy.



Fruit Smoothies - Non-Dairy **5.50**

(Apple or Orange juice blended with your choice of fruits below)

Strawberry
Boysenberry
Orange

Raspberry
Pineapple
Banana

Ice Cream or Non-Fat Frozen Yogurt Smoothies **6.50**

(with vanilla ice cream or frozen yogurt, then topped with whipped cream)

SCREAMIN' SWEETIE, Ice cream or yogurt with orange juice.

THE RASPY RASPBERRY, Raspberry, banana, ice cream or yogurt.

TOP BANANA, Strawberry, banana, ice cream or yogurt.

HAVANA 3 AM, Pineapple, orange, banana, ice cream or yogurt.

MAMBO, Orange juice, banana, ice cream or yogurt.

RUTA'S DELIGHT, Boysenberries, banana, ice cream or yogurt.

VERY BERRY, Blueberries, strawberries, boysenberries, ice cream or yogurt.

Soy and Almond milk available upon request – additional **.75**

COFFEE DRINKS



We are now serving only quality organic coffee from Gavina. To extract our espresso beans to their fullest flavor, we use an Italian elektra machinetta which pressure filters each cup to perfection. "Custom" cafe requires a few moments. Be patient - be rewarded!



Coffee/Iced Coffee 2.75

Espresso 2.95

For all you strong coffee freaks. Add chocolate.

Cappuccino or Latte 4.50

Espresso & steamed milk.

Iced Latte 4.50

Espresso on the rocks with milk.

Seaworth Cold Brew 4.95

Handcrafted single fin sludge.

Iced Mocha 5.25

Double shot of Espresso, on the rocks with cocoa & milk.

Cafe Mocha 5.25

Espresso, steamed milk & cocoa.

Vanilla Latte 5.25

Espresso, steamed milk, vanilla.

Caramel Spice Latte 5.25

Espresso, steamed milk, caramel and a dash of spice.

Chai Spice Latte 5.25

Steamed milk, with Chai spice.

Cafe Milano 5.25

Viennese coffee, cocoa, cinnamon & whipped cream.

Yerba Buena Caliente 5.25

Viennese coffee, hint of mint, cocoa & whipped cream.

COFFEE DRINKS WITH ICE CREAM

Almond Mocha 6.25

Vanilla & chocolate ice cream scoops with almond syrup, coffee & whipped cream.

Cioccologino 6.25

Chocolate ice cream scoops with Viennese coffee & whipped cream.

Hungarian 6.25

Vanilla ice cream scoops with Viennese coffee & whipped cream.

Yerba Buena Frio 6.25

Chocolate ice cream scoops with mint, Viennese coffee & whipped cream.

Frosted Mocha Shake 6.25

Chocolate ice cream blended with Viennese coffee & whipped cream.

Yucatan Shake 6.25

Vanilla ice cream, banana, dash of cinnamon blended with Viennese coffee & whipped cream.

Krakatoa Shake 6.25

Chocolate ice cream, peanut butter, Viennese coffee blended & topped with whipped cream.

Jo Mocha Shake 6.25

Vanilla ice cream blended with Viennese coffee, cinnamon & whipped cream.

Soy and Almond milk available upon request - additional .75

MUNCHILS

Hummus

Garbanzo beans blended with olive oil, garlic and spices - healthy and delicious.

Served with Tortilla Chips

Served with Pita Bread

Served with Veggie Sticks

Chips & Salsa

2.95

Chips & Guacamole

6.25

5.25

6.25

6.50

Nachos

8.95

Jack & cheddar cheeses melted on tortilla chips with guacamole. Served with our freshly made salsa and sour cream.

With our Killer Chili

10.95

With our Black Bean Chili

10.95

Artichoke Dip

Artichoke hearts blended with cheese and mild chiles. Served hot with tortilla chips.

6.95

Garlic Bread

2 slices on Sourdough bread.

3.50

Melted Cheese Bread

2 slices with melted cheddar and swiss on Squaw.

3.50

Quesadilla

6.95

Jack Cheese and mild green chiles melted in a whole wheat tortilla. Served with guacamole, salsa and sour cream.

 with Avocado

8.95

with Chicken

9.50

with Shrimp & Avocado

9.95

Assorted Sliced Fruit

5.50

Fruit & Frozen Yogurt Plate 8.95

Seasonal sliced fruit aside a dollop of non-fat vanilla frozen yogurt.

Falafel Plate

9.95

Falafel balls, pita bread, brown rice, cucumber and carrots. Served with hummus and low fat herb dressing.

Soups

We make our own soups
- each one is unique.



Chili

Nourishment for the bod,
warmth for the soul,
joy for the spirit.

CUP 3.95
BOWL 5.95
served with a slice of our
squaw bread.

- **COCKIE LEEKY -**
Chicken, brown rice and leeks in
a rich, creamy, non-dairy broth.
- **CHICKEN RICE VEGETABLE -**
Chicken, brown rice and assorted
veggies in a clear broth.
- **CHICKEN TORTILLA -**
Chicken and assorted veggies in
a full flavored broth. Served with
tortilla chips.
- **VEGETARIAN SOUP OF THE DAY-**
Ask about today's special selection!

CUP 4.25
BOWL 6.25
served with bread.

- **RUTA'S KILLER CHILI -**
A vegetarian chili made with pinto
beans, soy protein and seasonings.
Topped with cheddar cheese and
tomato.

- **BLACK BEAN CHILI -**
A vegetarian mix of black
beans, onion, tomato and garlic.
Topped with jack cheese and
tomato.

NEED SOUP FOR THE GROUP?
Now available to-go in 32 oz. and 64 oz. reusable containers!

SOUP/SALAD COMBOS

A lighter alternative. . .

DALA GARDEN SALAD with	LITTLE CAESAR SALAD with
Cup of Soup - 9.75 • Cup of Chili - 10.00	Cup of Soup - 9.75 • Bowl of Soup - 11.25
Bowl of Soup - 11.25 • Bowl of Chili - 11.50	Cup of Chili - 10.00 • Bowl of Chili - 11.50

Choice of Dressings:

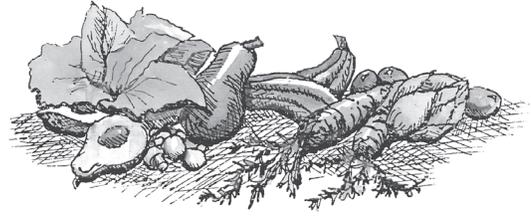
Low Fat Creamy Herb
Chinese Style Honey Ginger
Fat Free
Raspberry Vinaigrette

Balsamic Vinaigrette
Dijon Vinaigrette
Mediterranean Italian

Low Fat Honey Mustard
Blue Cheese
Curry
Thai

Vegetarian Items

SALADS



Our salads are all made with a mixture of green leaf lettuce and fresh spring mix - no iceberg lettuce here. And our veggies are the freshest vegetables the season allows!

-  **Dala Salad** 5.95
A dinner salad with lettuce, carrots, cucumber, celery, tomato and sunflower seeds.
- Chinese Chicken** 11.95
Chicken, lettuce, almonds, oranges, fresh veggies and crunchy noodles. Served with honey ginger dressing.
- Curry Chicken** 11.95
Chicken, lettuce, all the veggies and peanuts. Served with a whole wheat tortilla and curry dressing.
- Summer Salad** 11.95
Turkey, lettuce, crumbled bleu cheese, caramelized walnuts, mandarin oranges, cranberries and carrots. Served with balsamic vinaigrette.
- Italiano** 11.95
Garlic chicken, lettuce, garbanzo beans, red onion, artichoke hearts, Kalamata olives, mozzarella and parmesan cheese and sundried tomatoes. Served with dijon vinaigrette.
- Shrimp & Avocado Salad** 12.95
Shrimp, lettuce, avocado, jack and cheddar cheese and all the veggies.
-  **Vegetarian Chef** 11.95
Lettuce, all veggies possible, jack and cheddar cheese, egg, avocado and olives.
- The Bigger Cobb** 11.95
Chicken, lettuce, assorted veggies, baby corn, egg, avocado and crumbled bleu cheese. Served with Mediterranean dressing.
- Baby Cobb** 10.50
A smaller sized salad with chicken, lettuce, assorted veggies, baby corn, egg, avocado and crumbled bleu cheese. Served with Mediterranean dressing.
-  **Vegetarian Cobb** 11.95
Lettuce, assorted veggies, baby corn, egg, avocado and crumbled bleu cheese. Served with Mediterranean dressing.
-  **Spinach Salad** 11.25
Spinach, eggs, tomato, baco bits (soy based), and lots of fresh veggies.
- Apple Spinach Salad** 11.95
Chicken, spinach, apples, crumbled bleu cheese, caramelized walnuts, carrots and celery. Served with dijon vinaigrette.

**Please note: All substitutions and changes are subject to additional charges.*

Our salad dressings are all homemade with only the freshest ingredients.

Low Fat Creamy Herb
Chinese Style Honey Ginger
Fat Free
Raspberry Vinaigrette

Balsamic Vinaigrette
Dijon Vinaigrette
Mediterranean Italian

Low Fat Honey Mustard
Blue Cheese
Curry
Thai

The Ultimate

Ham, salami, shrimp, lettuce, jack and cheddar cheese, lots of fresh veggies and avocado.

12.95

Chicken & Avocado Salad

Chicken, lettuce, jack and cheddar cheese, avocado, walnuts and all the fresh veggies.

12.25

BBQ Chicken Fiesta Salad

Chicken, romaine lettuce, BBQ sauce, black beans, red onion, jack cheese, cilantro, tomato, corn, avocado and chips. OLE! Served with our special Southwestern Bleu Cheese dressing.

12.25

California Mediterranean

Turkey, lettuce, artichoke hearts, feta cheese, Kalamata olives and veggies. Served with pita bread and Mediterranean dressing.

12.25

The Smaller Greek Salad

Salami, romaine lettuce, tomato, cucumber, pepperoncinis, kalamata olives, red onion and feta cheese. Served with Mediterranean dressing.

10.50

Salad of the Deep Blue Primo

Delicately blended tuna along with lettuce, jack and cheddar cheese and lots of fresh veggies.

12.25

Garlic Chicken Salad 10.50

A smaller sized salad with our garlic chicken, lettuce, tomato, cucumber, carrot, avocado, crunchy noodles and caramelized walnuts. Served with balsamic vinaigrette.

Need the larger size? **12.50**
Extra walnuts (add) **1.50**
With feta cheese (add) **1.00**



Caesar Salad 10.25

A larger sized classic salad - romaine lettuce, tomato, croutons, parmesan cheese, and tossed with Caesar dressing. Served with garlic bread. With chicken, add \$2.00 extra.



Little Caesar 6.95

A smaller version of our classic Caesar to enjoy as a compliment to your meal. With chicken, add \$2.00 extra.



Mexican Caesar Salad 11.50

Romaine lettuce with tomato, cucumbers, feta cheese, tortilla chips and pepitas. Served tossed with Mexican Caesar dressing. With chicken, add \$2.00 extra.

Thai Salad 12.95

Chicken, shrimp, lettuce, veggies, peanuts and crunchy noodles. Served with Thai dressing.



Veggie Thai 12.25

Lettuce, rice, raisins, veggies, peanuts and crunchy noodles. Served with Thai dressing.

BAGELS



SERVED ON A PLAIN BAGEL

I SAID BAGEL, NOT BUGLE!



- | | |
|--|-------------|
| Tuna Bagel | 9.50 |
| Albacore Tuna on a bagel with melted swiss and cheddar cheese, tomato and sunflower seeds. | |
|  Avocado Bagel | 9.50 |
| Melted cheddar cheese topped with sliced avocado, tomato and sunflower seeds. | |
| Bagel Array | 9.50 |
| Ham and swiss on one side, salami and cheddar on the other. Served hot and melted. | |
|  Greek Bagel | 9.50 |
| Feta cheese, tomato, olives and red onion on a toasted bagel. Mediterranean dressing on side. | |
| Pizza Bagel | 5.95 |
| Tomato sauce, cheese and pepperoni. | |
|  Veggie Pizza Bagel | 5.95 |
| Tomato sauce, cheese, mushrooms and olives. | |
|  Peanut Butter Bagel | 3.95 |
| With or without jelly. | |
|  Melted Cheese Bagel | 3.95 |
| One side swiss, the other side cheddar. | |
|  Cream Cheese Bagel | 3.95 |
| With or without jelly. | |
|  Parmesan & Garlic Bagel | 3.50 |
|  Butter Bagel | 1.95 |

RUTA'S WRAP-UPS

*These are served in our whole wheat tortillas.
With dressing on the side.*

Garlic Chicken Wrap 10.50
Garlic chicken, cucumber, tomato, lettuce and feta cheese. Served with balsamic vinaigrette.

Curry Chicken Wrap 10.50
Chicken, peanuts, baby corn, spinach and brown rice. Served with Curry dressing.

Turkey Avocado Wrap 10.50
Turkey, avocado, lettuce, tomato and blue cheese crumbles. Served with Mediterranean dressing.

Chicken Caesar Wrap 10.50
Chicken, romaine, parmesan cheese, Caesar dressing, tomato and croutons.

Falafel Wrap 10.50
Falafel patties, lettuce, tomato, cucumber, onion and our creamy herb dressing. Served with hummus on the side.

Italiano Wrap 10.50
Salami, pepperoncini, mozzarella, onion, lettuce and tomato. Served with dijon vinaigrette.

BBQ Fiesta Wrap 10.50
Chicken, black beans, BBQ sauce, jack cheese, onion, cilantro, tomato, corn, and guacamole. Served with Southwestern Bleu Cheese dressing.

Thai Wrap 10.50
Chicken, shrimp, peanuts, lettuce, brown rice and cilantro. Served with Thai dressing.

Greek Wrap 10.50
Artichoke hearts, red onion, cucumber, tomato, lettuce and feta cheese. Served with Mediterranean dressing.

Tuna Wrap 10.50
Albacore Tuna, shredded carrots, tomato and spinach. Served with balsamic vinaigrette.





*Our Bread Selection:
Squaw, French Roll,
Sourdough and Pita*

Ham it Up 9.95

Ham, swiss cheese, lettuce, tomato and onion.
Served on sourdough bread.

The Salami Sandwich 9.95

Salami, cheddar cheese, lettuce and tomato.
Served on squaw bread.

Tuna Sandwich 9.95

Albacore Tuna blended with mayo, tomato and onion served
on squaw bread with cheddar cheese, tomato and sunflower seeds.

The Walnut that Kissed the Chicken 9.95

A salad-like blend of chicken, mayo, walnuts and celery.
Served with lettuce and tomato on squaw bread.

 **Avocado Sandwich 9.95**

Avocado, tomato, cheddar cheese and sunflower seeds.
Served on squaw bread.

You Turkey 9.95

Turkey breast, lettuce, tomato, swiss cheese on squaw bread.

 **Eggcredible Sandwich 9.95**

Not an egg salad, but instead a delicious layering of sliced
egg, cucumber, tomato, mayo and onion. Served on squaw bread.

1/2 Sandwich Combo's from This Page Only!

with Cup of Soup - 9.95	with Dala Salad - 11.25
with Cup of Chili - 10.25	with Caesar Salad - 11.25

Your choice of Soup:
Cockie Leeky, Chicken Tortilla, Chicken Rice Vegetable, or the Soup of the Day.

**Veggie Burger****10.25**

Vegetarian pattie served on sourdough garlic bread, with melted cheddar cheese, lettuce and tomato. Mustard and mayo on the side.

Mediterranean Delight 10.50

Shrimp, cream cheese, artichoke hearts, lettuce, tomato and feta cheese. Stuffed in pita bread.

Shrimp and Avocado Sandwich**11.25**

Shrimp, cheddar cheese, cream cheese, tomato and avocado stuffed in pita bread.

The Heap**11.25**

Hot turkey, ham and salami served open face on squaw bread, topped with melted cheese! Want more?

For a small charge, try some additional toppings:

Tomato, mushroom, onion, Ortega chile, and/or sunflower seeds. Truly a heap-o-fun!

**Cream Cheese & Olive Sandwich****9.95**

Cream cheese, black olives, onion and tomato. Served on squaw bread

With Pepperoni

11.95**The Ruta's Club****10.50**

Ham, turkey, avocado, swiss cheese and tomato. Served on sourdough bread.

Garlic Chicken Sandwich 10.50

Our garlic chicken along with melted jack cheese, avocado, lettuce and tomato. Served on a toasted french roll.

Joe's BBQ Chicken Sandwich**10.50**

Warm BBQ chicken, served on toasted squaw with melted Jack cheese, lettuce, tomato, red onion and avocado.

**Vegetarian Sandwich 10.50**

A hot, open faced sandwich with lots of fresh veggies and melted cheese, then topped with tomato, parmesan cheese and sunflower seeds. Served on squaw bread.

**Melted Cheese****6.95**

Jack and cheddar cheese melted on squaw bread with tomato inside. Served warm.

**Peanut Butter Sandwich 6.95**

Peanut butter with jelly or honey. Served on squaw bread.



Vegetarian Items



 **Peasant Mushrooms** 11.75

Mushrooms stuffed with a vegetable medley of zucchini, bell pepper and carrots. Served on a bed of brown rice. Topped with cheese and broiled to perfection. Served with cheese bread.

 **Veggie Mu Shu Medley*** 11.25

Asian inspired veggies - water chestnuts, broccoli, carrots, snow peas and mushrooms - atop a bed of brown rice, then topped with slivered almonds, crunchy noodles and Mu Shu Sauce.

 **The Veggie Surprise** 11.25

A combo of fresh veggies and melted cheeses on top of a mound of brown rice. Served hot and with a side of salsa.

 **Stew You*** 10.25

Loads of fresh veggies in a simple tomato sauce. Topped with melted cheese and sunflower seeds. Served with a slice of squaw bread.

 **Mexican Casserole*** 10.50

A Mexican style casserole with brown rice, zucchini, olives, cilantro and mushrooms. Topped with cheese, onion and tomato. Served with a whole wheat tortilla on the side.

 **The Taste-Bud-Tickl'n** 11.25

Tostada *

A toasted, flat whole wheat tortilla layered with brown rice and your choice of either Black Bean or Killer Chili. Topped with lettuce, cheese, avocado and tomato.



**HOU
FAVOR**

 **Veggie Burrito*** 11.95

All our fresh veggies - carrots, celery, mushrooms, broccoli, zucchini & cauliflower - mixed with brown rice and salsa, served in a whole wheat tortilla. Topped with melted cheddar cheese and avocado.

 **The Chili Burrito*** 11.95

Our meat free killer chili and brown rice stuffed into a whole wheat tortilla, then smothered with cheddar cheese.

 **Black Bean Burrito*** 11.95

Black bean chili and brown rice stuffed in a whole wheat tortilla, then topped with melted jack cheese & avocado.

Gringo Burrito 11.95

Chicken, brown rice and broccoli stuffed in a whole wheat tortilla and topped with melted jack cheese.

 **Mu Shu Burrito*** 11.95

Snow peas, carrots, broccoli, brown rice and almonds wrapped in a wheat tortilla and smothered in our wonderful Mu Shu sauce.

*** Add Chicken or Shrimp for \$2.50 extra**

SE ITLS

**NOW
FEATURING
GLUTEN FREE
LINGUINI!**

**Ask your server
about a
substitution!**

 **Veggie Twocos** **10.95**
Two soft corn tortillas filled with black beans, jack cheese, lettuce, tomato, onion, cilantro and avocado.

Chicken Twocos **11.95**
Two soft corn tortillas with chicken, cheddar cheese, lettuce, tomato, onion, cilantro and avocado.

 **Veggie Enchiladas** **11.95**
A veggie blend of corn, carrots, zucchini, potato and tomato, stuffed in 2 corn tortillas and covered with cheese and a mild red sauce. Topped with avocado and served with brown rice, beans & chips.

Chicken Enchiladas Verde **12.95**
Chicken, cheese, olives and onions stuffed in 2 corn tortillas and covered with cheese and green sauce. Topped with avocado and served with brown rice, beans & chips.

Seafood Enchiladas **13.95**
Two corn tortillas stuffed with shrimp, corn, carrots, zucchini, potato and tomato, covered with cheese and a mild red sauce. Topped with avocado and served with brown rice, beans & chips.

 **Veggie Lasagna** **10.95**
Made with three cheeses, spinach and marinara sauce. Served with garlic pita bread.

 **Pasta Marinara** **10.95**
Penne pasta in marinara sauce. Topped with mozzarella, parmesan, and tomato. Served with garlic bread.

Chicken Cacciatore **12.95**
Chunks of white meat chicken served on top of penne pasta, then covered with our marinara sauce, mozzarella cheese, parmesan and tomato. Served with garlic bread.

Pasta Con Pollo **12.95**
Penne pasta and chunked chicken breast in a white alfredo sauce. Topped with mozzarella, parmesan and tomato. Served with garlic bread.

Garlic Chicken Pasta **12.95**
Penne pasta with garlic chicken, feta cheese, sun dried tomatoes and pine nuts in a white alfredo sauce. Served with garlic bread.

Shrimp Alfredo **13.95**
Tender shrimp with penne pasta in a white alfredo sauce. Topped with mozzarella, parmesan and tomato. Served with garlic pita bread.

 Vegetarian Items

KIDS MENU

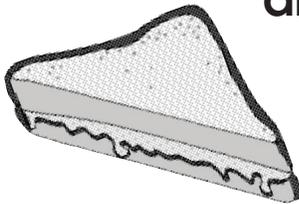
Available Only to kids 12 years and younger.

Choice of...

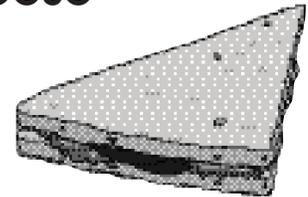
Melted Cheese Sandwich on Squaw Bread

Pasta:

Choice of Red Sauce, White Sauce or Butter,
all topped with Parmesan Cheese



Mac 'n' Cheese



Snackers Delight:

Turkey, Fruit & Cheese Slices

Peanut Butter & Jelly Sandwich on Squaw Bread

Kids Quesadilla

Pizza Bagel:

Cheese or Pepperoni

Kids Nachos:

Just Cheese & Chips!



6.95

Price Includes Choice of:

Soda or Milk

(want juice? 1.00 extra)





RUTAS BAKED GOODIES

ASK ABOUT OUR FRESH BAKED DESSERTS OF THE DAY!

Carrot Cake 5.25

So fresh and moist, with a light cream cheese frosting and topped with a sprinkling of walnuts.

Cheesecake 5.50
with fresh fruit 6.25

Whipped and baked to a creamy, smooth perfection! Topped with a cool sour cream frosting!

Apple Pie 4.95

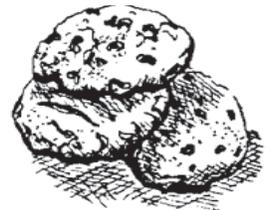
A La Mode 6.25

Deep dish style with a sugar crumb topping.

Cookies?

Fresh baked every day.....

Ask about our selection and price!



ICE CREAM & FROZEN NONFAT YOGURT

BROWNIE SUNDAE

6.75

Served warm with Vanilla ice cream, chocolate syrup, whipped cream & nuts

SINGLE SCOOP 2.50

with syrup & whip cream **3.50**

DOUBLE SCOOP 4.95

with syrup & whip cream **5.95**

WHOLE CHEESECAKES, CARROT CAKES AND PIES
AVAILABLE UPON REQUEST



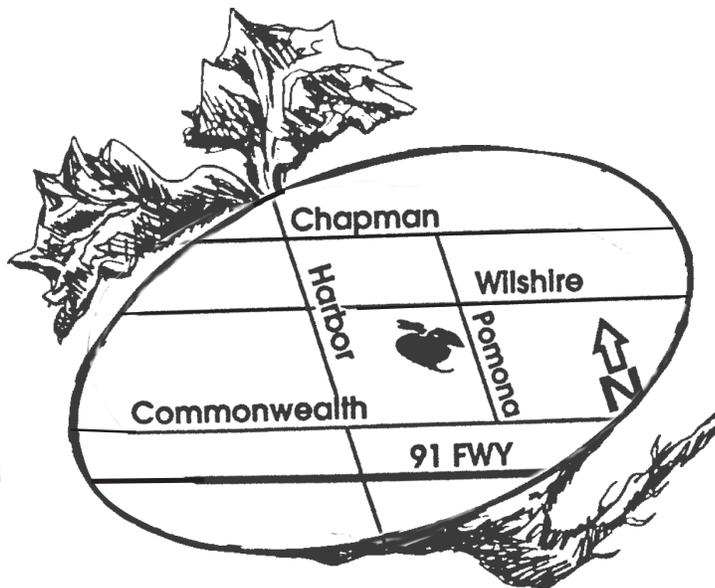
RUTA'S Fullerton

RUTABEGORZ FULLERTON, the first of three locations, was originally the office and residence of Dr. Olsen, a local well known physician who practiced medicine out of the building for over 40 years.

In 1970, it was decided that the town needed a coffee house. . . a place to hang out and discuss the world's problems. RUTA'S was born. When it first opened, RUTA'S served only coffee, bagels, ice cream, carrot cake and of course, our famous cheesecake. Business was great and customers demanded more, causing RUTA'S to evolve into today's full service restaurant.

RUTABEGORZ' nearly 50 year history is rich. Once threatened in 1973 to become a parking lot, the faithful Fullerton community got together and signed petitions, marched and raised Cain. RUTA'S prevailed!

Today the current restaurant has expanded into the building next door and continues to be a favorite hang out for customers of all ages.



Hours:
Monday - Thursday
 10:30am - 9pm
Friday & Saturday
 10:30 am - 10 pm
Closed Sunday

211 North Pomona, Fullerton
714-738-9339
FAX 714-871-1580

RUTA'S Orange & Old Town Inn

RUTABEGORZ ORANGE, is our newest location. Situated just north of the charming plaza district in Old Towne, the Orange restaurant continues on in RUTA'S tradition of being located in historic buildings.

Built in 1915, the site was originally home to Daniel and Annie Crawford. The Crawfords were early citrus ranchers in the Orange area.

Through the years the building has had a variety of uses. For awhile, the building housed a Mexican restaurant and then, more recently served as another restaurant that featured South American fare.

RUTA'S Orange has the look and feel of a turn of the century home, lots of built in cabinetry and beautiful woodwork. Out front, facing Glassell, is the "finest patio dining" in all of Old Towne Orange.



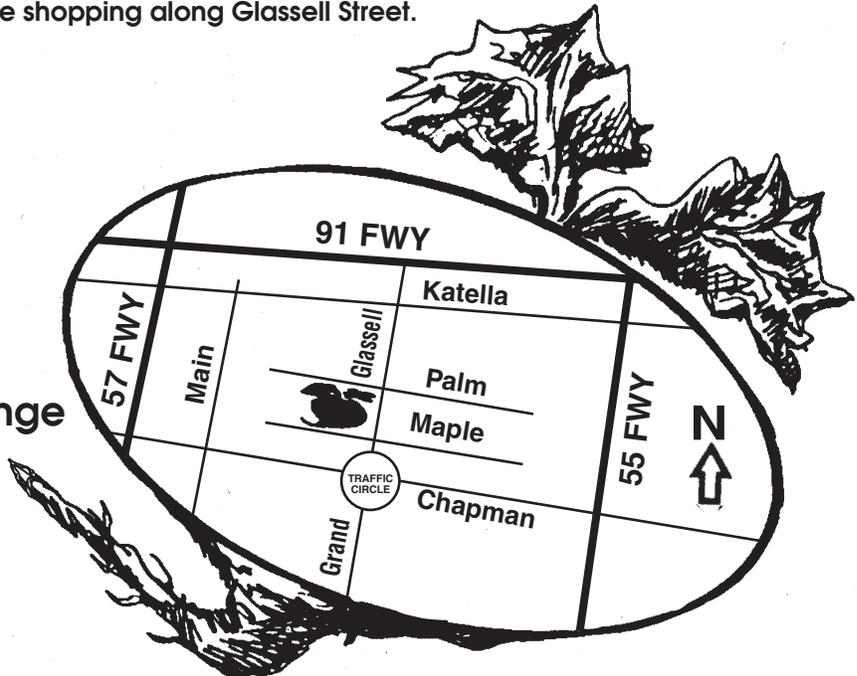
RUTA'S OLD TOWN INN Located in the historic district of Old Towne Orange, and right next door to Rutabegorz Restaurant, Ruta's Old Town Inn offers a romantic, charming setting with warm hospitality.

This historic Inn, built in 1910, is a Sears Craftsman home in a quaint Victorian setting. Whether your visit is for pleasure or for business, Ruta's Old Town Inn offers its guests outstanding accommodations and amenities. Guests can choose from three gracious rooms offering private bathrooms and a queen bed for single or double occupancy.

Relax in the comfortable front porch enjoying the quaint Old Towne Orange District or take a short walk to enjoy unique antique shopping along Glassell Street.

Hours:
Monday - Saturday
10:30am - 9pm
Closed Sunday

264 N. Glassell St., Orange
714-633-3260
FAX 714-633-3573



**HISTORIC BUILDING
BUILT IN 1914**



RUTA'S Tustin

RUTABEGORZ TUSTIN, is housed in a historic building with a neoclassic colonnaded front at the corner of Main and C Streets in "Historic Old Town Tustin".

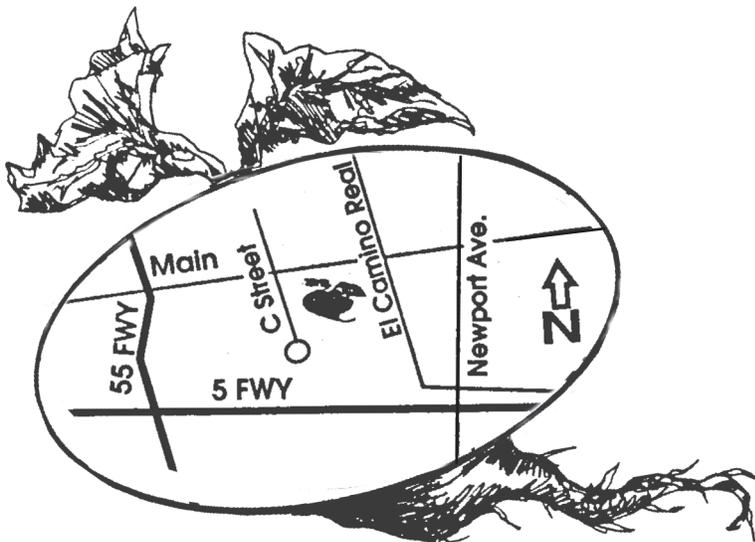
Placed on the Register of National Historic Places in 1994,

our location was built in 1914 by the son of Columbus Tustin. It is one of the oldest buildings in town.

The building first served the community as a general store owned by Charles Artz, and has since been home to many various businesses. During the Depression, the building for a short time even became a classroom for local school kids.

RUTA'S TUSTIN opened its doors in June of 1978. At first, only occupying one half of the building, customer demand and Tustin's booming population caused us to take over the whole structure.

RUTA'S has been serving the community of Tustin for almost 40 years. Long term employees often comment that kids they first saw in high chairs, are now bringing in their husband or wife and their own children!



Hours:

Monday - Saturday

11am - 9pm

Sunday

11am - 8pm

158 West Main, Tustin

714-731-9807

FAX 714-544-3325

Visit Our Web Site at: www.rutabegorz.com

NOT RESPONSIBLE FOR LOST OR STOLEN ITEMS. NO SMOKING PLEASE!

We reserve the right to refuse service to anyone!

We are not responsible for allergic reactions to food additives or seasonings (ie: shellfish, nuts, or lactose intolerant items). Please be responsible in making your food selections. Our tuna is only the finest quality, however expectant mothers, seniors and those with a possible reaction to mercury levels should use caution when ordering these items.