

La Petite Café

Serves Up Huge Flavor

In spite of its unconventional location in the middle of the Banner Boswell Memorial Hospital and Medical Center, owners Guillermo and Rhina Rivas have carved out a name for themselves and for their restaurant La Petite Café. Open for breakfast and lunch, La Petite Café is serving up all of your favorites, and then some.

“Anyone who visits La Petite Café should expect to be treated as family,” Rhina explains. “We offer reasonable prices, home-style cooking with everything made to order and no reservations required.”

Head to La Petite Café for breakfast between 7 a.m. and 11 a.m. and start your day off right. Try one of the



heartly Café Omelets, like the Very Veggie Omelet made with green peppers, squash, tomatoes and onions, or the Spanish Omelet made with ground beef, bell peppers, onions, cheese and salsa, served with a side of diced potatoes and toast. Or, if you are craving something hot off the griddle, you can't go wrong with an order of French Toast served with fresh fruit or two eggs, or the delicious Banana & Nut Pancakes served with your choice of sausage links or bacon.

Served from 11 a.m. to 3 p.m., the lunch menu at La Petite Café is guaranteed to fill you up and keep you coming back for more. If you want to keep things

light, try the Chicken Breast Salad made with mixed greens, tomatoes, green onions, Monterey Jack and Parmesan Cheese, and topped with a perfectly grilled chicken breast. Or, try the Stuffed Tomato, made with a whole ripe tomato stuffed with your choice of cottage cheese, tuna, chicken salad or egg salad. Add a cup or bowl of the daily soup or Papa's Chili to round out the meal.

If you're craving something fresh from the grill, La Petite Café has a menu full of scrumptious choices that are sure to satisfy even the heartiest of appetites. You can't go wrong with the Deluxe Bacon Cheeseburger made with 1/3-pound of ground beef and topped with American cheese, freshly-grilled bacon, lettuce, sliced





tomato, red onions and pickles. Or, if you're looking for something a little more unique, try the Sun Healthy, made with lettuce, tomato, cucumber, zucchini, avocado spread, provolone cheese and mayonnaise on nine-grain bread, or the Crown Deluxe chicken salad with apples, celery and a hint of curry, served with lettuce and tomato on fresh raisin bread. All sandwiches are served with your choice of homemade potato salad, macaroni salad, cole slaw or chips.

"What keeps people coming back is our personal service and our delicious home-style cooking," Rivas says. "We also have some great specials, including 99-cent coffee for the early birds with the purchase of any meal \$3.49 and up every Monday to Thursday, and daily \$2.99 meal items from 7 a.m. to 11 a.m. Monday to Friday."

Whether you're looking to dine-in, take out or having a little something delivered to your home or office, La Petite Café has everything West Valley residents are looking for.

La Petit Café
10503 W. Thunderbird Blvd.
Sun City
623.815.9468

**"Named A Top Doctor by
Consumer Research Council of America"**



Find dramatic relief from...

- Leg, Hip & Back Pain
- Fibromyalgia, Carpal Tunnel, TMJ
- Spinal Arthritis, Stenosis & Sciatica
- Headaches, Neck & Muscle Pain
- Neuropathy, Tinnitus, Shingles



Dr. George Kukurin

The results our patients obtain have been...

- Published in the National Library of Medicine
- Presented at Johns Hopkins Medical School
- Seen on ABC, NBC & FOX Affiliate Newscasts

Dr. George Kukurin is board certified in chiropractic neurology and certified in acupuncture. He has studied at Harvard, the Mayo Clinic and Johns Hopkins. He is a preferred provider for most insurance plans including BCBS, Cigna, Aetna & more.

To find out how we can help you or learn more about our award winning doctor and treatments, visit our website at www.kcpv.info or if you need help now, call us at 623.547.4727. **You'll be glad you did!**

Kukurin Chiropractic & Acupuncture
www.kcpv.info

Avondale — 12409 W. Indian School Rd. #C304

Who doesn't love to
receive a
FREE GIFT?

WEST VALLEY
HEALTH & LIVING
Health. Community. Lifestyle



Is giving one away
every month.
It's easy.

See our ad on page 37,
follow the one step and
automatically be entered
to win every month!

August Winner

Sharon Helling
Congrats! Dine out on us!
You won a \$25 Gift
Certificate to Eureka Grill
Restaurant in Surprise.
Contact us to claim
your prize!

www.azhealthandliving.com