



Fruits & Grains

HOUSE MADE GRANOLA - served with fresh fruit, milk, or fresh strawberries and yogurt	9 veg, gf, v
OLD-FASHIONED OATMEAL - served with brown sugar & choice of milk	7 veg, gf, v
add strawberries \$3	
add blackberries \$3	
SEASONAL FRESH FRUIT PLATE	9 veg, gf, v

Omelets & Frittates

all omelets served with house potatoes or organic black beans + choice of bread: English muffin, white, wheat, sourdough, or focaccia
For GF bread add \$1
sub fruit add \$1...sub arugula-parmesan potatoes truffle oil potatoes add \$2

VEGGIE OMELET - spinach + organic cherry tomato + yellow squash + zucchini + crimini mushrooms + fresh mozzarella + baby kale + queso fresco on top	13 veg, gf
CHILE RELLENO OMELET - shrimp + poblano + queso fresco + roasted corn + chipotle Oaxaca cream	15 gf
CALI OMELET - fontina + local avocado + bacon + potato	14 gf
HEIRLOOM TOMATO FRITTATA - goat cheese + bell pepper + spinach + pesto	14 veg, gf
ZUCCHINI BLOSSOM FRITTATA - yellow squash + ricotta + pesto	15 veg, gf
SANTA FE OMELET- shrimp + cilantro + green onions + bell pepper + fresh mozzarella + cotija cheese + Oaxaca cream + homemade tortilla strips	14 gf
ASIAGO FENNEL SAUSAGE FRITTATA - bell pepper + caramelized onions + jalapeño + fresh mozzarella	14 gf

Benedicts

choice of English muffin or focaccia bread...sub fruit add \$1...sub arugula-parmesan truffle oil potatoes add \$2
*items indicated with an asterisk do not come with bread underneath

CLASSIC - Canadian bacon + hollandaise sauce	12
SHORT RIB* - creamy lemongrass polenta + rosemary hollandaise	15
TURKEY - sliced turkey + local avocado + hollandaise sauce	13
CRAB CAKE - sliced tomato + house-made crab cake + cilantro lime hollandaise	15
FLORENTINE - spinach + artichoke + sun dried tomato + chipotle hollandaise + gf bread	14 veg,gf

Egg Dishes

served with house potatoes or organic black beans + choice of bread: muffin, white, wheat, sourdough, focaccia
sub fruit add \$1...sub arugula-parmesan potatoes truffle oil potatoes add \$2
*items indicated with an asterisk do not come with toast

SOYRIZO & EGGS* - onions + 3 corn tortillas + potatoes on the side	13 veg
HUEVOS RANCHEROS* - queso fresco + homemade ranchero salsa + Spanish rice	12 veg
AMERICAN - 2 eggs any style + house potatoes + bacon or andouille sausage	12
EGG SANDWICH - man candy bacon + local avocado + fresh mozzarella + sourdough	13
BREAKFAST BURRITO* - scrambled eggs + green onions + ortega chilis + bacon + cheddar + local avocado + potatoes on the side	13
HOUSE-MADE MEATBALL HASH - 3 eggs any style + spinach + potatoes + pesto	13
CHILAQUILES* - 3 eggs any style + fried corn tortillas + homemade tomatillo salsa + queso fresco + crema Oaxaqueña	12 veg
NOPALES & SOYRIZO* - 3 eggs any style + cactus + soy chorizo + onions + black beans + corn tortillas	13 veg
JAMBALAYA - 3 eggs any style + shrimp + Spanish rice + bell pepper + onions + andouille sausage + scallions	14
CORNED BEEF SKILLET - bell peppers + roasted potatoes + caramelized onions + 3 eggs any style	13

French Toast & Pancakes & Waffles

GF pancakes available for \$2 more cinnamon and raisin GF french toast available for \$1 more

TRIO PANCAKES - marshmallow + oreo cookie + cinnamon	18 veg
BUTTERMILK PANCAKES	8 veg
REESE'S & ICE CREAM PANCAKES - buttermilk pancakes + reese's chunks + reese's spread	12 veg
BONFIRE PANCAKES - marshmallows + graham crackers + chocolate sauce	13 veg
BRIOCHE FRENCH TOAST	9 veg
Add strawberries and cream \$3	
TIRAMISU FRENCH TOAST - coffee recipe with rum-mascarpone cheese	13 veg
BANANA FOSTER FRENCH TOAST - bananas + brown sugar and rum	12 veg
STUFFED FRENCH TOAST - strawberries + mascarpone	12 veg
STRAWBERRY BANANA NUTELLA WAFFLE	12 veg
WAFFLE OF THE DAY - one large waffle with toppings	Market Price

Salads

add chicken \$4, shrimp \$6, steak \$6, fish of the day \$10 to any salad

BABY KALE - oranges + pomegranate seeds + blueberries + candied walnuts + citrus vinaigrette	9 gf, veg
SPINACH - portobello mushroom + red onions + bacon vinaigrette + apple smoked bacon bits	9 gf
FARMER'S - wild arugula + candied walnuts + feta + seasonal fruit + pomegranate vinaigrette	9 gf, veg
ORGANIC GREENS - cherry tomato + balsamic vinaigrette	7 gf, veg
HEARTS OF ROMAINE - homemade caesar dressing + crostini	8 veg
PECAN CRUSTED CHICKEN - mixed organic greens + pears + gorgonzola + pecan crusted chicken + balsamic vinaigrette	13
NOPALES - local avocado + red radish + cilantro + tomato + red onion + feta + honey mustard vinaigrette	10 gf, veg

Sandwiches and More

all sandwiches served with house-made fries or mixed organic greens salad
sub truffle fries, garlic fries, or soup of the day add \$2....sub gluten-free bread add \$1

PULLED PORK TORTA - red & white cabbage cole slaw + BBQ sauce	15
STEAK TORTA - New York steak + chimichurri aioli + butter lettuce + caramelized onions + fresh mozzarella	15
SHAVED TURKEY SANDWICH - rustic sourdough + roasted bell pepper + green onions + fresh mozzarella	14
CATCH OF THE DAY SANDWICH - iceberg lettuce + tomato + red onions + tartar sauce	15

gf=gluten free, veg =vegetarian friendly, v =vegan

* Parties of 6 or more may be charged 18% gratuity

*All gluten free, vegetarian, and vegan items are prepared in an environment where there is gluten, meats, and non-vegan products. *

Warning: Consuming raw or undercooked meats, poultry, shellfish, or eggs may increase your risk of food-borne illnesses.

Sandwiches and More Continued

PECAN CRUSTED CHICKEN - poppy seed bun + garlic aioli + tomato + arugula + gorgonzola + bacon + local avocado	14
PORTOBELLO GLUTEN FREE - GF bread crumb crusted portobello mushroom + wild arugula + jalapeño hummus + jack cheese + balsamic glaze on gluten free multi grain	11 veg, gf
BURGER - 100% angus beef + bacon + cheddar cheese + baby kale + fried egg + brioche bun	14
ROASTED EGGPLANT - caramelized onions + spinach + tomato + fresh mozzarella + goat cheese + ciabatta	12 veg
VEGGIE BURGER - black bean patty + tomato + baby kale + jack cheese + garlic aioli + brioche bun	12 veg

Pizza and Flat Breads

available after 11A.M

gluten free crusts available add \$2

TRUFFLE - radicchio + ricotta + caramelized onions + fresh mozzarella + truffle oil + fennel sausage	17
SHORT RIB - fresh mozzarella + scallions + red bellpeper + caramelized onions	15
PROSCIUTTO - fresh mozzarella + wild arugula + shaved parmesan + EVOO	14
FENNEL SAUSAGE - roasted cherry tomato + fresh basil + fresh mozzarella	13
PORK BELLY - pesto + fresh mozzarella + local baby kale + goat cheese	14
FARMERS - fresh tomato sauce + natural ham + fresh mozzarella + artichokes hearts + mushrooms + olives	12
ROASTED CHICKEN- broccoli rapini + goat cheese + fresh mozzarella + roasted garlic + pesto + roasted cherry tomato	13
SPECK - pear + blue cheese + green onions + fresh mozzarella	14
VEGGIE - roasted eggplant + seasonal zucchini + bell peppers + portobello + roasted tomato + fresh mozzarella + basil	12 veg
MARGHERITA - fresh tomato sauce + fresh mozzarella + fresh basil	10 veg
HEIRLOOM TOMATO - fresh mozzarella + fresh basil + roasted garlic	12 veg
CALZONE - organic spinach + parmesan + ricotta + natural ham *no gluten free available*	13
NUTELLA - banana + powdered sugar + candied pecans	10 veg

Sides

MAN CANDY BACON - paprika + brown sugar	5
BACON OR TURKEY BACON	4
CHICKEN SAUSAGE	5
ASIAGO FENNEL SAUSAGE	5
ANDOUILLE SAUSAGE	5
HOUSE POTATOES	4 veg
ARUGULA PARMESAN TRUFFLE OIL POTATOES	6 veg
TRUFFLE FRIES - arugula + parmesan	7 veg
HOUSE-MADE FRIES	3 veg
HOUSE-MADE GARLIC FRIES	4 veg
SEASONAL VEGGIES	5 veg
SIDE MIXED ORGANIC GREENS SALAD	4 veg
SIDE AVOCADO	2.5 veg
SIDE TOMATO	1.5 veg

Drinks

SOFT DRINKS		HOT DRINKS		JUICES	
COKE	2.5	HOUSE ORGANIC COFFEE	3	SM 9.5 oz	LG 13 oz
SPRITE	2.5	HOT TEA	3	ORGANIC FRESH OJ	4 5
DIET	2.5	HOT CHOCOLATE	3.5	COLD PRESS APPLE	5 6
LEMONADE	2.5	CAPPUCCINO	4	COLD PRESS TANGERINE	5 6
ICED TEA	2.5	LATTE	4	COLD PRESS GRAPEFRUIT	5 6
PLAIN SODA	2	ESPRESSO	2	"KOMBUCHA" with probiotics	6
PANNA WATER	5	DOUBLE ESPRESSO	3		
SAN PELLEGRINO	5	MEXICAN MOCHA	4.5		

Mimosas

FRESH SQUEEZED ORANGE JUICE	6/20
TANGERINE	6/20
GRAPEFRUIT	6/20
CRANBERRY	6/20

Bloody Marys

THE PETER RABBIT - mushroom with melted mozzarella, arugula potato + mixed pickled veggies	12
THE BUTCHERS BLOCK - braised short rib, andouille sausage, bbq drizzled bacon + blue cheese stuffed olive	15
TIJUANA MARIA - bacon wrapped hot dog + Mexican-style street corn + pickled veggies	15
RAGN' CAJUN - bacon wrapped shrimp + jalapeño, andouille sausage, bacon + pickled veggies	15
THE BARN YARD* - enjoy all our speciality bloody mary's in one pitcher topped with a whole roasted chicken *designed for 4 or more people	45

We are proud to work with the following companies:

Specialty Produce (San Diego) - Fruits, Vegetables, Greens	Living Tea Brewing Co. (Oceanside, San Diego County) - Kombucha
Cafe Moto (Barrio Logan, San Diego) - Coffee	Charlie's Best Bread (San Diego) - Breads
Eben-Haezer Poultry Ranch (Ramona, San Diego County) - Eggs	South Bay Fishery (San Diego) - Sea food

Merchandise

Fuzzy Blanket	20	Farmer's Table Assorted Pastas	5	White Mug	7
Hats	15	Olive Oil Large	9	Black Mug	8
Shirts	20	Olive Oil Small	7	Logo Pitcher	15
Hoodies	45			Logo glass	6