



BRUNCH

BLOODY MARYS

- THE PETER RABBIT** - mushroom with melted mozzarella + arugula potato + mixed pickled veggies | **15**
THE BUTCHERS BLOCK - corned beef + andouille sausage + bbq drizzled bacon + blue cheese stuffed olive | **16**
TIJUANA MARIA - bacon wrapped hot dog + mexican-style street corn + pickled veggies | **16**
RAGIN' CAJUN - bacon wrapped shrimp + jalapeño + andouille sausage + bacon + pickled veggies | **16**
THE BARN YARD* - enjoy all our specialty bloody mary's in one pitcher topped with a whole roasted chicken | **55**

*Designed for 4 or more people

FRUITS & GRAINS

- HOUSE MADE GRANOLA** - with fresh fruit + milk or fresh strawberry + yogurt | **11 VEG GF V**
SEASONAL FRESH FRUIT PLATE | **11 VEG GF V**
AÇAI BOWL - frozen açai blended super fruit + banana + berries + granola + coconut | **15**

OMELETS & FRITTATAS

All omelets served with house potatoes or organic black beans + choice of bread: english muffin, white, wheat, sourdough, or focaccia. GF bread +\$1. Sub fruit +\$3. Sub truffle arugula parmesan potatoes +3.

- VEGGIE OMELET** - spinach + organic cherry tomato + yellow squash + zucchini + crimini mushroom + fresh mozzarella + baby kale + queso fresco | **15.50 VEG GF**
CHILE RELLENO OMELET - shrimp + poblano + queso fresco + roasted corn + chipotle oaxaca cream | **17.50 GF**
CALI OMELET - fontina + local avocado + bacon + potatoes | **15 GF**
FENNEL SAUSAGE FRITTATA - Broccoli + caramelized onions + organic tomato + goat cheese + pesto | **15**

BENEDICTS

All benedicts served with house potatoes or organic black beans + choice of bread: english muffin or focaccia. Sub fruit +3. Sub truffle arugula parmesan potatoes +3.

- CLASSIC** - canadian bacon + hollandaise sauce | **14.50**
SHORT RIB BENEDICT - Lemon Grass soft polenta + fresh herb hollandaise sauce | **15.50**
TURKEY - sliced turkey + local avocado + hollandaise sauce | **15.50**

EGG DISHES

Served with house potatoes or organic black beans + choice of bread: english muffin, white, wheat, sourdough, or focaccia. GF bread +1. Sub fruit +3. Sub truffle arugula parmesan potatoes +3.

- AMERICAN** - 2 eggs any style + bacon or andouille sausage | **14.50**
EGG SANDWICH - man candy bacon + local avocado + fresh mozzarella + sourdough | **16.50**
BREAKFAST BURRITO - scrambled eggs + bacon + green onion + ortega chili + cheddar + local avocado (not served with bread) | **16**
CHILAQUILES - 3 eggs any style + fried corn tortilla + homemade tomatillo sauce + queso fresco + sour cream | **16.50**
HOUSE-MADE MEATBALL HASH - 3 eggs any style + spinach + pesto + potatoes | **14.50**
JAMBALAYA - 3 eggs any style + andouille sausage + shrimp + spanish rice + scallion + bell pepper + onion | **16.50**
CORNED BEEF SKILLET - 3 eggs any style + bell pepper + caramelized onion + potatoes | **16**

*Not served with bread

FRENCH TOAST, PANCAKES & WAFFLES

GF pancakes available +2 | Cinnamon raisin GF French toast available for +1.

- BUTTERMILK PANCAKES** - add chocolate chips, strawberries, banana, mixed berries, and/or mascarpone cream +2ea | **9.5 VEG**
BRIOCHE FRENCH TOAST - add strawberries & cream +3 | **12.50 VEG**
BANANA FOSTER FRENCH TOAST - banana + brown sugar + rum | **14.50 VEG**
STUFFED FRENCH TOAST - marscapone + caramelized apple | **15.50**
STRAWBERRY BANANA NUTELLA WAFFLE | **15.50 VEG**

SALADS

Add chicken +4 | shrimp +6 | steak +6 | fish +10

- FARMER'S** - wild arugula + candied walnut + feta + fruit + pomegranate vinaigrette | **11 VEG GF**
GARDEN GREENS - cucumber + tomato + balsamic vinaigrette | **10.50 VEG GF**
BABY KALE - Blueberries + dried cranberry + candied bacon + pecan halves + citrus vinaigrette | **10.50**
PECAN CRUSTED CHICKEN - mixed organic greens + pear + gorgonzola + balsamic vinaigrette | **15.50**
GREEK QUINOA - tomato, cucumber + goat cheese + arugula + red onion + lemon + parsley + e.v.o.o. | **12.5 VEG GF**

SANDWICHES & MORE

All sandwiches served with housemade fries or mixed organic greens salad. Sub soup of the day +2. Sub GF bread +1.

SHAVED TURKEY - roasted bell pepper + green onion + fresh mozzarella + rustic sourdough | **15**

PECAN CRUSTED CHICKEN - tomato + arugula + gorgonzola + bacon + local avocado + garlic aioli + poppy seed bun | **15**

BURGER - 100% angus beef + bacon + cheddar cheese + baby kale + fried egg + brioche bun | **16**

CAPRESE FOCACCIA - fresh mozzarella + tomato + basil + artichoke + pesto | **14 VEG**

PIZZA & FLATBREADS

Available after 11AM. GF crust available +2.

Our imported Stefano Ferrara oven creates authentic Italian pizza with a delicate, thin crust with wood fire edges best enjoyed with a knife and fork.

TRUFFLE - fresh mozzarella + bacon + radicchio+ caramelized onion + asparagus+ black truffle | **18**

PROSCIUTTO - fresh mozzarella + shaved parmesan + wild arugula + e.v.o.o. | **15**

FENNEL SAUSAGE - fresh mozzarella + roasted cherry tomato + fresh basil | **14**

PORK BELLY - fresh mozzarella + goat cheese + pesto + local baby kale | **15**

FARMER'S - fresh mozzarella + tomato sauce + natural ham + artichokes heart + mushroom + olive | **14**

ROASTED CHICKEN - fresh mozzarella + goat cheese + pesto + broccoli + roasted garlic + roasted cherry tomato | **14**

VEGGIE - fresh mozzarella + roasted eggplant + seasonal zucchini + bell pepper + portobello mushroom + roasted tomato + fresh basil | **13 VEG**

MARGHERITA - fresh mozzarella + tomato sauce + fresh basil | **12 VEG**

SHRIMP FRA DIAVOLA - fresh mozzarella + spices tomato sauce + basil | **15**

SIDES

MAN CANDY BACON - paprika + brown sugar | **7**

BACON | **6**

ANDOUILLE SAUSAGE | **6**

TRUFFLE ARUGULA PARMESAN POTATOES | **7 VEG**

HOUSE POTATOES | **6 VEG**

HOUSEMADE FRIES | **6 VEG**

SIDE MIXED ORGANIC GREENS SALAD | **4 VEG**

SIDE AVOCADO | **3.5 VEG**

SIDE TOMATO | **1.5 VEG**

MIMOSAS

7 GLASS | 22 BOTTLE

Fresh Squeezed Orange Juice, Cold Pressed Tangerine, or Cold Pressed Grapefruit

SOFT DRINKS

COKE, SPRITE, DIET | **2.5**

ICED TEA | **2.5**

LEMONADE | **2.5**

PANNA WATER | **6**

SAN PELLEGRINO | **6**

KOMBUCHA | **6**

JUICES

5 SML | 6 LRG

Fresh Squeezed Orange Juice, Cold Pressed Apple, Cold Pressed Tangerine, or Cold Pressed Grapefruit

HOT DRINKS

ORGANIC COFFEE | **3**

HOT TEA | **3**

HOT CHOCOLATE | **3**

MEXICAN MOCHA | **4.5**

CAPPUCCINO | **4**

CHAI LATTE | **4.5**

LATTE | **4**

ESPRESSO | **2.5 SGL | 3.5 DBL**

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.

MERCHANDISE

PICNIC BLANKET | **20**

HATS | **15**

SHIRTS | **20**

HOODIES | **45**

BLACK MUG | **8**

GLASS | **6**

PITCHER | **15**

OLIVE OIL | **7 SML | 9 LRG**

We are proud to work with the following companies:

SPECIALTY PRODUCE (San Diego) - Fruits, Vegetables

GREENS LIVING TEA BREWING CO. (Oceanside) - Kombucha

CAFE MOTO (San Diego) - Coffee

CHARLIE'S BEST BREAD (San Diego) - Breads

EBEN-HAEZER POULTRY RANCH (Ramona) - Eggs

SOUTH BAY FISHERY (San Diego) - Seafood

LA MESA

8141 LA MESA BLVD,
LA MESA, CA 91942
(619) 724-6465

BAY PARK

3055 CLAIREMONT DRIVE,
SAN DIEGO, CA 92117
(619) 359-4485

LITTLE ITALY

550 DATE STREET, SUITE #A,
SAN DIEGO, CA 92101
(619) 255-0958

Chula Vista

330 F St Chula Vista,
CA 91910
(619) 207-0325

FARM - TO - FORK

Farmer's
TABLE

A NEIGHBORHOOD EATERY
ESTD. 2016

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