

## WRAPS

Choice of flour or spinach tortilla and served with a side of fruit

### Turkey Wrap

Roasted turkey, avocado, tomato, baby spinach, tossed in lemon vinaigrette and pesto aioli.....8.25

### Chicken Caesar Wrap

Diced grilled chicken breast, romaine, parmesan and tomato in classic Caesar dressing.....8.25

### Greek Wrap

Diced chicken breast, cucumber, feta, tomato, red onion, kalamata olives, chopped lettuce and lemon vinaigrette..... 8.25

## SALADS

Choice of poppy seed, bleu cheese, vinaigrette, lemon vinaigrette, balsamic or apple pecan dressing

### Come On In! Salad

Organic field greens with caramelized pecans, gorgonzola cheese, green apples and grilled chicken with balsamic dressing..... 10.50

### Arugula Salad

Baby arugula & boston lettuce with shaved parmesan, poached chicken, and fennel tossed with lemon vinaigrette dressing..... 10.50

### Del Mar Salad

Grilled chicken, bacon, gorgonzola cheese, artichokes, avocado and black olives over mixed greens, served with balsamic dressing..... 11.00

### Cobb Salad

Grilled chicken, bacon, hard-boiled eggs, tomato, red onion and bleu cheese crumbles served over organic field greens with bleu cheese dressing..... 11.00

### Tropical Salad

Hearts of palm, avocado, tomato, shaved parmesan cheese & grilled chicken over mixed greens. Served w/ lemon vinaigrette dressing..... 11.00

### Pan Seared Salmon Salad

Over organic field greens, avocado and pineapple salsa..... 14.00

### Garden Greens

Organic field greens with fresh shaved carrots, white mushrooms, cucumbers, red onions, tomato & bell peppers with choice of dressing..... 8.00

### Tuna Salad, Curried Chicken Salad, Chicken Salad or Grilled Chicken

Served on garden greens with your choice of dressing..... 10.50

**Caesar**..... 7.00

With Grilled Chicken..... add 3.00

With Grilled Salmon..... add 6.00

## PASTA

All sauces are made from scratch and are served with fresh bread

### Penne Bolognese

Pasta with meat sauce.....10.00

### Penne Arrabiata

Pasta with spicy marinara sauce & grilled chicken.....10.00

### Fusilli Come On In

Pasta tossed in pesto cream sauce with chicken & sundried tomatoes.....10.00

## THE MEXICAN CORNER

### Crunchy Beef Tacos

Two beef tacos with lettuce and cheese. Served with rice and beans.....8.25

### Street Tacos

Three carne asada tacos w/guacamole. Served with Spanish rice and refried beans..... 8.50

### Carne Asada Chips

Topped with cheese, sour cream, guacamole and salsa fresca..... 8.75

### California Burrito

Carne asada, pico de gallo, guacamole, sour cream, cheddar cheese and french fries served with spanish rice & chips .....9.50

## HOMEMADE SOUPS

### Homemade Soups Of The Day

Made fresh daily. Bowls served with fresh bread.....3.75.....5.00

### Black Bean Chili

Our homemade vegetarian black beans are made with red bell peppers, tomato, onions, herbs and spices topped off with cheddar cheese, sour cream and cilantro..... 3.75.....5.00

### Soup and Salad

Soup or chilli served with fresh bread and small garden greens.....8.00.....9.25

## KIDS MENU

**Penne Pasta with Butter & Parmesan Cheese**.....4.75

**Penne Pasta with Tomato Sauce**..... 5.25

**Penne Pasta with Meat Sauce**..... 6.00

**Quesadilla**..... 4.00

### Grilled Cheese Sandwich

On choice of white, wheat or sourdough bread.....4.00

# LUNCH & BREAKFAST MENU



COME ON IN!  
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## BREAKFAST

Mon. - Fri. 7am - 11:30am Weekends & Holidays 8am - 3pm

### FAVORITE BREAKFAST

Served with fresh fruit and your choice of sourdough, wheat, english muffin or pumpernickel swirl toast

#### Plain & Simple Eggs

Two eggs (any style).....7.50

#### Bacon & Eggs

Two pieces of bacon and two eggs (any style).....8.50

#### Mediterranean

Two steamed eggs, basil, feta cheese and tomato.....8.00

#### The Works

Two steamed eggs, cheddar cheese, tomato, green onions & side salsa fresca.....8.00

#### Popeye Omelette

Spinach, fresh parmesan, ham and diced tomato.....8.50

#### Power Breakfast

Scrambled egg whites with scallions, tomato and basil served with fresh fruit and black beans topped with cheddar cheese.....8.50

#### All American Scramble

Two scrambled eggs, cheddar cheese and diced tomato. Served with bacon.....9.00

### SPECIALTY BREAKFAST

#### Breakfast Burrito

Steamed eggs, black beans, potatoes, tomato, green onion & cheddar cheese. Served with pico de gallo.....7.50  
Add Ranchero Sauce on top.....8.50

#### Huevos Rancheros

Corn tortillas, fried eggs, cheddar cheese, ranchero sauce, black beans and pico de gallo.....9.50

#### La Jolla Sampler

Pancakes or french toast, two eggs (any style), two pieces of bacon & fruit or potatoes (no substitutions).....10.50

#### French Toast

Made with mamas home-baked bread and served with fruit or eggs.....8.50

### SIDE ORDERS

Bacon.....3.25

Fruit.....2.75

Potatoes.....2.50

Eggs.....2.50

Sausage.....3.50

## PANCAKES & WAFFLES

### Cornmeal Pancakes - "A Must Try"

Served with your choice of banana & strawberries or two eggs.....8.50

Buttermilk Pancakes.....7.00

Blueberry Pancakes.....7.50

Chocolate Chip Pancakes.....7.50

### Belgian Waffles - Served Friday, Saturday & Sunday Only

Our freshly made crisp waffles

With Fresh Fruit.....8.25

With Two Eggs & Fresh Fruit.....8.95

## OTHER GOODIES

### McGillispie

Eggs, ham & cheddar cheese on english muffin.....4.25

### Breakfast Sandwich

With scrambled eggs, tomato, bacon and cheddar cheese (on choice of bagel or croissant).....4.50

### Bagel or Toast

Plain or with butter and jam or with cream cheese.....2.25

With cream cheese, fresh tomato & cracked pepper.....2.75

### Hot Cereal (add bananas & strawberries for \$1.50)

Made with oatmeal, apples, toasted almonds, dried cranberries and currants served with milk and brown sugar on the side.....6.00

Fresh Fruit Bowl.....4.75

Fruit Parfait.....6.00

## BURGERS

All burgers are served with organic field greens and home made balsamic dressing

### Turkey Burger

With cheddar cheese & mayonnaise.....8.50

### Hamburger

100% Angus beef patties served with all the fixings. Mayonnaise, ketchup and mustard served on request.....8.00

Cheeseburger.....8.50

With bacon.....add 1.25

With avocado.....add 1.25

## SANDWICHES

Choice of sourdough, whole wheat, white, pumpernickel swirl, or roll. All sandwiches served with pasta salad. Substitute greens or fruit for 1.50.

### Curried Chicken Salad

Poached chicken breast, green apple, plump golden raisins and toasted almonds in mild curry.....7.50

### Chicken Salad

Tender chicken breast, apple and pecans lightly mixed with mayo.....7.50

### Roasted Turkey

Boars' Head prime quality roasted turkey breast, tomato, cheddar, green leaf, and mayonnaise.....7.50

### Tuna Salad

White albacore tuna, pickles, celery, fresh parsley lightly mixed with mayonnaise with tomato and green leaf.....7.50

### Egg Salad

Mixed with celery, dijon and mayonnaise. Served with lettuce.....7.25

### Ham & Cheese

Black Forest ham with cheddar cheese, tomato, lettuce and mayonnaise.....7.50

### BLTA

Served with mayo spread.....7.50

### Half Sandwich & Cup of Soup or Black Bean Chili

Any sandwich listed above.....7.50

### Half Sandwich & Garden Greens or Caesar Salad

Any sandwich listed above.....7.50

## HOT SANDWICHES

All sandwiches are served with organic field greens and homemade balsamic dressing on your choice of Roll or Focaccia bread.

### Roasted Eggplant

With grilled zucchini, roasted bell peppers, tomato and mozzarella.....8.00

### The La Jollan

Grilled chicken breast, avocado, swiss, honey mustard, tomato and lettuce.....9.00

### Grilled Chicken Breast

With roasted bell peppers, tomato, lettuce and lemon pesto aioli.....9.00

### Club Trio

Boars' Head prime quality turkey breast, black forest ham, bacon, cheddar cheese, tomato, lettuce leaf & mayonnaise.....8.50

### Grilled Salmon

With bell pepper aioli, tomatoes & arugula.....12.00