



259 Hampton dr. (2<sup>nd</sup> st.) at Rose ave.  
7d: 8a-11p (310) 399-5400

## Breakfast *Organic Eggs*

Served with your choice of an Organic Baby Mixed Green Salad, Roasted Yukon Gold, or Yellow Sweet Potatoes, and Sliced Wheat, Ciabatta, Corn or Flour Tortilla  
Substitute: 5 Egg Whites or Organic Tofu for Eggs for \$2

- |    |  |    |
|----|--|----|
| 1) | <b><u>Mexican</u></b> – Three Organic Eggs filled with Cilantro and Cheddar Cheese, topped with Organic Seasonal Avocado and served with a Roasted Tomato Salsa  | 10 |
| 2) | <b><u>Shiraz Frittata</u></b> – Three Organic Eggs scrambled with Turmeric, Diced Grilled Onions, and Roma Tomato, baked to perfection (fluffy and crispy)       | 9  |
| 3) | <b><u>Italian</u></b> – Two fried Organic Eggs topped with Roasted Tomatoes, Sautéed Mushrooms, Fresh Mozzarella and Basil, served on top of Toasted Wheat Bread | 9  |
| 4) | <b><u>Greek</u></b> – Three Organic Eggs with Sautéed Spinach, topped with Feta Cheese and Kalamata Olives   | 10 |
| 5) | <b><u>Garden</u></b> – Three Organic Eggs with Sautéed Mushrooms, Bell Peppers, Tomato, Garlic and Parsley   | 10 |
| 6) | <b><u>Popeye</u></b> – Five Egg Whites, Baby Spinach, Chicken Breast   | 10 |
| 7) | <b><u>Lean and Clean</u></b> – 8 egg white omelet with Diced Roma Tomatoes and Sautéed Mushrooms   | 10 |
| 8) | <b><u>Lean and Mean</u></b> – 8 egg white omelet with Diced Roma Tomatoes, Sautéed Mushrooms, Fresh Diced Jalapeno, Lean Ground Turkey, and Cheddar Cheese       | 12 |

<b>Sides:</b>	Roasted Potatoes	3.5	Wheat, Ciabatta, Tortilla	1.5
	Sweet Potatoes	3.5	Avocado	2
	Roasted Tomato	3.5	Applewood Bacon	2
	Brown Rice	3.5	Fresh Sliced Tomato	2

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|----|---|--------|
| 1) | <b><u>Super Breakfast Sandwich</u></b> – Two eggs, fried or scrambled, served on sliced wheat with Applewood Bacon, sliced Cheddar, Swiss and Fresh Mozzarella, sliced Roma Tomato, Red Onion, and Aioli served with Roasted Potatoes, Sweet Potatoes, or Salad (on ciabatta add \$1)                               | 10     |
| 2) | <b><u>Breakfast Burrito</u></b> – Brown Rice, Black Beans, Organic Eggs, diced Roma Tomato, Red Onion, and Cheddar Cheese. add Lean Ground Turkey, Pulled Pork, or Chicken Breast for \$2 Avocado for \$1.5   | 9      |
| 3) | <b><u>Irish Steel-Cut Oatmeal</u></b><br>a. Fortified with Flax Meal, with Blueberries and a light drizzle of Omega-3 Flax Oil<br>b. A touch of Cream, Brown Sugar, topped with Sweet and Salty Almonds   | 8<br>7 |
| 4) | <b><u>Traditional Breakfast Plate</u></b> – Three Organic Eggs any style, Applewood Bacon, Roasted Yukon Gold Potatoes, Yellow Sweet potatoes or Salad, Roasted Tomatoes, Ciabatta or Wheat   | 10     |
| 5) | <b><u>Farmhouse Scramble</u></b> – Poached and Seared Local Sausage, on a Bed of Crispy Yukon Gold, or Yellow Sweet Potatoes, with sautéed Red Onion, Red Bell Pepper, Roma Tomato, and Garlic. Finished with our signature Dairy-Free Egg-Free Gluten-Free “hollandaise”, topped with Two Eggs, Fried or Scrambled | 14     |
| 6) | <b><u>Marinated Beef Tenderloin and Eggs</u></b> – Marinated Beef Tenderloin pan-seared with Red Onion, Red Bell Pepper, and Roma tomato, Three Eggs any style, Wheat or Ciabatta, Salad or Potatoes  | 14     |
| 7) | <b><u>Huevos Rancheros</u></b> – Three Eggs any style, with Cheddar, on top or Corn Tortillas, with Fresh Avocado, Black Beans with Applewood Bacon and Mexican Salsa   | 13     |

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## Appetizers

- Yogurt, Persian Cucumber and Herbs** 5  
with Fresh Mint, Dill and Parsley on Toasted Ciabatta
- Herb-Roasted Tomatoes, Prosciutto, Mozzarella** 6  
and a Drizzle of Balsamic on toasted Ciabatta
- Stuffed Mushrooms** with Mozzarella, Parmesan, 6  
Fresh Basil, minced Garlic and Balsamic Vinaigrette over a salad
- Grilled Applewood Bacon-Wrapped Roasted** 6  
**Yukon Gold Potatoes** with Homemade Aioli
- Caramelized Mushroom and Shallot Sauté** 7  
**over Polenta Cakes**
- Grilled Marinated Tiger Shrimp Wrapped with** 9  
**Grilled Applewood Bacon** with Homemade Spicy Aioli
- Pizzadilla** – Our Spinach Flour Tortilla rubbed with 9  
Chimichurri, Parmesan, Mozzarella, Sautéed Mushrooms,  
minced Garlic, Chili Flakes – Perfect light starter...

## Drinks

### COLD

- California Sparkling Water, Rosewater Refresher,  
Homemade Lemonade, Iced Tea, Iced Mint Tea 3
- Organic Pomegranate or Seasonal Lemonade,  
Pomegranate Iced Tea, Strawberry Iced Mint Tea 3.5
- Organic Orange Juice Squeezed PER-ORDER 4/6
- Fresh (Unpasteurized) Organic Pomegranate Juice 5/8
- Protein Shake 5

### HOT

- Organic Drip Coffee 2.5
- Loose Leaf Tea: Fresh Mint, Cardamom Earl Grey,  
Jasmine Green, Japanese Sencha Green, Chamomile 4

## Sweets

- 5
- ☐ Chocolate Chip Roasted Macadamia Nut Cookie topped  
with Vanilla Bean Ice Cream, Homemade Caramel Sauce,  
topped with Sweet and Salty Almonds, Crumbled Cookies
- ☐ Quince baked with Saffron, Rosewater, Cinnamon and  
Brown Sugar served with Fresh Yogurt

## Soups

*Served in a Cup or a Bowl*

- Vegetable Lentil** 4/6
- Turkey Chili** 4/6
- Roasted Tomato** 4/8
- Seasonal** 5/8

## Salads

- California Green** 9  
Organic Baby Spinach, Shaved Fennel and Celery, with  
Roasted Macadamias and Crispy Bacon
- Greek** 9  
Organic Mixed Baby Greens, Fresh Diced Persian  
Cucumber, Roma Tomato and Diced Red Onion, with  
Feta, Kalamata Olives and Extra Virgin Olive Oil
- Chopped** 10  
Organic Chopped Baby Spinach with Julienne Carrots,  
Diced Persian Cucumber, Roma Tomato, Red Onions,  
Bell Peppers, Garbanzo Beans, and Applewood Bacon
- Sicilian** 10  
Organic Baby Spinach topped with Sautéed  
Mushrooms, Shaved Fennel and Celery, Diced Red  
Onion, Fresh Mozzarella and Roasted Tomato
- Garden** 10  
Organic Mixed Baby Greens with Diced Roma Tomato,  
Red Bell Peppers, Red Onion, Carrots, and Shaved  
Celery, with Sweet and Salty Almonds, and Avocado
- Seasonal** 10  
Ask your server for details...

### **Add to the Salad...**

- Organic Seasonal Avocado** 2
- Grilled All-Natural Chicken Breast** 4
- Seared Ahi Tuna** 5
- Pan-Seared Flaxseed Tempeh** 5
- Marinated Grilled Tiger Shrimp** 5
- Grilled Cypress Island Salmon** 6

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All served with your choice of an Organic Mixed Green Salad, Light Red Cabbage Slaw, Roasted Yukon Gold Potatoes, or Roasted Yellow Sweet Potatoes  
Substitute a cup of soup instead, add \$2; Just the Sandwich, subtract \$2

**On a Whole Wheat Bun...**

All topped with sliced Tomato, Baby Spinach, thinly sliced Red Onions, Homemade Aioli and Dijon Mustard

- Cast-Iron Grilled Grass-fed Hamburger**
- Turkeyburger, Chicken Breast, Veggieburger**
- ☐ **Classic, done right** - Cheddar, Applewood Bacon 10
- ☐ **Swiss** - Swiss Cheese, Sautéed Mushrooms 9
- ☐ **Red, Wheat, Bleu** -Bleu Cheese, Grilled Onions 9
- ☐ **Gilda's Garden** - Grilled Zucchini, Avocado 10
- ☐ **Club** - Swiss, Applewood Bacon, Avocado 11
- ☐ **Sauce** - Cheddar, Applewood Bacon, Sautéed Mushrooms, Avocado, Spicy Aioli 11
- ☐ **Pan-Seared Ahi Tuna Sandwich** 12  
Seared Medium, With Spicy Aioli, and Cabbage Slaw

**On Ciabatta**

- ☐ **Charleston Char Shiu Pulled Pork** 11  
with Baby Spinach and Sliced Red Onions on Ciabatta
- ☐ **Pan-Seared Fennel-seed Andouille Sausage** 11  
with Sauteed Red Bell Peppers, Red Onions and Tomatoes
- ☐ **Prosciutto Caprese Sandwich** 12  
Roasted Tomatoes, Balsamic Vinaigrette, Fresh Mozzarella, Parma Prosciutto, Parmesan, and Basil

**On Sliced Wheat** (on Ciabatta, add \$1)

- ☐ **BLTAA** 8  
Applewood smoked Bacon, Baby Spinach, Red Ripe Tomatoes, Seasonal California Avocado, and Aioli
- ☐ **Super Grilled Cheese** 8  
Swiss, Cheddar, and Fresh Mozzarella, Applewood Bacon, Sliced Tomato and Red Onion, Aioli
- ☐ **Pacific Chicken Salad Sandwich** 10  
Turmeric-Grilled Chicken Breast, Diced and Marinated with Dijon Mustard and Homemade Aioli, Diced Celery, Carrots, and Red Onions, Toasted Almonds, finished with Baby Spinach, Sliced Tomato and Cheddar

**In A Wrap...** (or not...)

- ☐ **Chicken or Flaxseed Tempeh Spicy Fried Rice** 11  
Grilled All-Natural Chicken, or Pan-Seared Flax Tempeh, with Seven Vegetables, Brown Rice, Soy Sauce, Sriracha Chili Paste, Fresh Mozzarella, and Organic Scrambled Egg
- ☐ **Grilled Ahi Tuna, Chicken, Flaxseed Tempeh** 13
  - a) Roasted Tomatoes, Quinoa w/ Seasonal Vegetables, Fresh Mozzarella, Sweet and Salty Almonds
  - b) Fresh Diced Persian Cucumber, Roma Tomato, Red Onion, Baby Spinach, Feta Cheese, Kalamata Olives and Dijon Mustard
- ☐ **Meatloaf Hash with Yukon Gold Potatoes** 12  
with Diced Red Onion and Red Bell Pepper, Garlic, Fresh Mozzarella, Sliced Roma Tomato, Baby Spinach and our Homemade Chilean Chimichurri
- ☐ **Melt: Grilled Grass-Fed Burger patty or All-Natural Chicken, with Cheddar and Bacon** 12  
On a bed of Baby Spinach, with Sliced Roma Tomato, Diced Red Onion, and Spicy Aioli
- ☐ **Grilled Cypress Island Salmon** 15  
On a bed of Baby Spinach, with Sliced Roma Tomato, Feta Cheese and Fennel-Citrus Salsa and Avocado
- ☐ **Spicy Grilled Marinated Shrimp Shirazi** 14  
Grilled and Split Tiger Shrimp on a bed of Baby Spinach and Avocado, with Diced Persian Cucumber, Roma Tomato, Red Onion and Parsley Marinated in Fresh Lemon Juice and EV-Olive Oil, with Sriracha Chili Paste
- ☐ **Spicy Marinated Beef Fajitas with Quinoa** 13  
Our Persian-Marinated Beef Tenderloin, Pan-Seared with Sliced Red Bell Peppers, Red Onion, Roma Tomato, and Zucchini, with Quinoa and Fresh Mozzarella, finished with Sriracha Chili Paste
- ☐ **Pan-Seared Flaxseed Tempeh Garden Crunch** 12  
Sautéed Mushrooms, Avocado, Diced Persian Cucumber, Roma Tomato, Parsley, Lemon Juice and EV-Olive Oil

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### On a Plate...

Includes any Two sides, Seasonal add \$1 each  
Double Chicken Breast add \$4

**Grilled Marinated All-Natural Chicken Breast** 11

**Marinated and Grilled All-Natural Chicken Dijon** 12

Finished with a touch of Butter, Fresh Lemon Juice, Fresh Herbs, and Dijon Mustard

**Lightly Breaded Marinated Chicken Schnitzel** 13

Finished with a squeeze of fresh Lime Juice - So comforting!

**All-Natural Chicken Parmesan** 15

Lightly breaded Chicken Breast Pan-Fried, with Homemade Tomato Sauce, Fresh Mozzarella, Parmesan, and Basil

**Grass-Fed 10oz Salisbury Steak** 14

Lean, Ground Grass-fed Beef with Sautéed Mushrooms, Fresh Garlic, Applewood Bacon, a touch of Soy Sauce, lightly Breaded and Pan-Seared, served with Chilean Chimichurri

**All-Natural Turkey Meatloaf** 13

Moist and full of fresh flavor, served with Chilean Chimichurri

**Charleston Char Shiu Pulled Pork** 12

Cantonese flavor meets Carolina tradition; Cooked for half-a-day, Served in its own Reduced, Pureed Broth

**Pulled Pork Taco Plate** 13

Three Tacos filled with our Signature Pulled Pork topped with Red Cabbage Slaw, Diced Red Onion, Cilantro, and Lemon Juice

**Ahi Tuna Steak** 13

Seared Med-Rare, served with Spicy Aioli

**Pan-Seared Fennel Seed Andouille Sausage** 15

Sautéed Red Onion, Red Bell Pepper, Roma Tomato and Garlic, finished with our Signature Gluten-Free, Dairy-Free Gravy

**Firecracker Shrimp** 16

Tiger Shrimp Marinated in Chimichurri, Cast-Iron Grilled and Served with a Spicy Tapatio-Butter Sauce

**Fennel-Citrus Cypress Island Salmon** 17

Cast-Iron Grilled, Topped with our Fennel-Citrus-Tomato Salsa

**Pan-Seared Local Sea Bass** 20

Topped with a Slow-Roasted Tomato-Sage Sauce, Finger Limes

**Braised Beef Shortribs** 18

Seasonal preparation - Nov-Feb: Pumpkin Molé. Dried and Fresh Peppers, Mexican Chocolate, Coffee, Pumpkin/Squash pureed.

Coming Soon: Persian Herb stew; Moroccan-spiced with Carrots; Merlot-Rosemary Reduction

### Fajitas

**Topped with Pan-Seared Red Onion, Bell Pepper, Roma Tomato, with your choice of any Two sides, and Spinach Flour or Corn Tortillas**

▣ Grilled Marinated All-Natural Chicken 13

▣ Pan-Seared Marinated Beef Tenderloin 15

▣ Chimichurri-Marinated Grilled Tiger Shrimp 17

▣ Grilled Cypress Island Salmon 17

### Sides

3.5

Roasted Yukon Gold Potatoes

Roasted Yellow Sweet Potatoes

Black Beans with Applewood Bacon, Tomato, Onion

Quinoa with Seasonal Vegetable Medley

Brown Rice Steamed with Fresh Onion

Sautéed Mushrooms with Caramelized Onion and Garlic

Simply Roasted Tomatoes

Homemade Red Cabbage Light Coleslaw

Organic Baby Mixed Greens, Tomato, Cucumber, Carrot

Garlic-sautéed Baby Spinach with Chili Flakes

### Seasonal

4.5

Roasted Green Beans with Almonds, Garlic and Chili

Garlic-sautéed Baby Broccoli with Chili Flakes

Simply Sautéed Shaved Fennel

Braised Organic Kale with Caramelized Onion

Garlic-sautéed Sugar Snap Peas with Chili Flakes

Roasted Spaghetti Squash finished with cold butter

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