



PACIFIC HEIGHTS, Sorrento Valley MENU

BREAKFAST

Served Monday to Friday 7:30am to 11:00am

GOURMET BREAKFAST

Served with roasted potatoes or fruit and your choice of wheat, pumpernickel swirl or sourdough toast.

Mediterranean

Scrambled eggs, feta cheese, tomato and basil.....5.25

Bacon & Eggs

Three eggs any style and boar's head crispy bacon.....5.50

Come On In! Omelette

Swiss cheese, prosciutto, sautéed mushrooms and spinach.....6.25

Power Breakfast

Scrambled egg whites, scallions, tomato and basil with a side of black beans.....5.95

OTHER BREAKFAST

Breakfast Burrito

Scrambled eggs, potatoes, black beans, cheddar cheese.....4.95

Parfait

Granola, yogurt and fruit.....3.50

SIDE ORDERS

Bacon.....2.50

Eggs.....2.00

Fruit.....3.50

Potatoes.....1.75

Toast.....1.50



BAGEL SELECTIONS

Onion, Sesame, Plain
With butter and jam, cream cheese or plain....1.75
With cream cheese, fresh tomato and cracked pepper....2.25
With scrambled eggs and cheddar cheese....3.50

LUNCH

Served 10:30am to 2:30pm

Call 858-638-0088 for pick-up or delivery.

HOMEMADE SOUPS

Bowl served with bread and butter
Cup (12 oz)....3.00, Bowl....3.85

Homemade Soup of the Day - Made fresh daily

Black Bean Chili

Our homemade vegetarian black beans are made with vegetables, herbs and spices topped off with cheddar cheese, sour cream and green onions

Soup and Salad (Served with bread and butter)
Cup of soup and small garden greens.....6.50

SALADS

Served with bread and butter

Come On In!

Grilled chicken, romaine, mixed greens, toasted walnuts, gorgonzola cheese, sliced green apples and balsamic vinaigrette.....7.75

Caesar

The classic one.....4.95
Add chicken.....2.50



Baby Spinach

Organic baby spinach, caramelized pecans, blue cheese, sundried tomatoes, mushrooms and apple pecan dressing.....6.50

Healthy Alternative

Oven-roasted seasonal vegetables over organic greens and romaine topped with feta cheese and balsamic dressing.....7.50

Tuna Nicoise

White albacore over romaine with boiled potatoes, kalamata olives, French beans, sweet onions, tomatoes and lemon vinaigrette.....7.75

Cobb

All the traditional stuff, blue cheese dressing and grilled chicken.....7.75

Arugula Salad

Tender poached chicken breast, fennel and shaved parmesan over organic arugula and butter lettuce, tossed with our lemon vinaigrette dressing.....7.75

Garden Greens

Organic mixed greens with fresh seasonal vegetables and balsamic dressing.....5.95

Add a scoop

Select from one of your favorites: tuna salad, curried chicken or waldorf chicken.....1.50

PASTA

Fettuccine Bolognese

Fettuccine pasta with meat sauce.....7.95

Fettuccine Primavera

Fettuccine pasta with seasonal vegetables, marinara sauce and parmesan cheese OR with Alfredo sauce....7.50

Fusilli Come On In!

Fusilli pasta tossed in a pesto sauce with chicken and sun-dried tomatoes.....7.95

Gnocchi

Italian potato dumplings served with either tomato OR Alfredo sauce....7.95



Manicotti
Pasta sheets rolled with spinach and ricotta served with a pink tomato basil sauce.....7.95

Spaghetti & Meatballs
Home-made meatballs over spaghetti pasta with a spicy tomato sauce.....7.95

Lasagna - deep dish
Home-made with Bolognese (meat) sauce.....7.95

PIZZAS

10 inch

Margherita
Fresh tomato sauce, mozzarella and basil.....7.50

Grilled Vegetables
Zucchini, bell peppers, mushrooms, red onions, eggplant, fresh tomato sauce and mozzarella.....
7.75

Come On In!
Artichoke hearts, kalamata olives, forrest ham, fresh tomato sauce and mozzarella.....8.25

Pepperoni
The classic America's favorite.....7.75

Greek
Spinach, feta cheese, kalamata olives and tomato.....7.75

Pizza additions
Pepperoni, sausage, ham, meatballs, chicken, prosciutto, white mushrooms, portobello
mushrooms, artichoke.....0.75 ea.
Bell peppers, extra cheese, onion, eggplant, tomato, fresh garlic, jalapeno, kalamata olives,
spinach.....0.50 ea.



GOURMET SANDWICHES

On your choice of wheat, sourdough, French roll or pumpernickel swirl. Served with pasta salad or sub green salad or fruit for \$0.75 more.

Veggie and Cheese

Cucumber, tomato, onion, red bell pepper, Swiss cheese, green leaf, Dijon and mayonnaise.....5.25

Basil and Parmesan Chicken Salad

Tender poached chicken breast, maixed with a basil dressing topped with fresh arugula and a mayo spread.....6.25

Waldorf Chicken Salad

Tender poached chicken breast tossed with green apples, toasted pecans and a light mayo mix topped with lettuce leaf and mayo spread..... 6.25

Curried Chicken Salad

Tender poached chicken breast, green apples, toasted pecans and a light mayo mix topped with a lettuce leaf and mayo spread..... 6.25

Roasted Turkey

Boar's head prime quality turkey breast, cheddar cheese, tomato, lettuce leaf and mayo spread.... 6.25

Roast Beef

Medium rare Boar's head prime quality roast beef, Swiss cheese, tomato, red onions, lettuce leaf with a Dijon and mayo spread.....6.25

Forrest Ham

Black Forrest Ham, cheddar cheese, tomato, lettuce leaf and mayo spread.....6.25

Tuna Salad

White albacore tuna, pickles, parsley, and celery, with tomato, lettuce leaf and mayo spread..... 6.25

Egg Salad

Freshly made with chopped celery, served with green lettuce leaf and mayo spread.....5.25

Bleu Cheese & Spinach

Tender organic baby spinach, tossed with bleu cheese crumble and French lemon dressing, served on toasted bread with a walnut mayo spread.....5.50



BLTA - The Classic One
Boar's Head bacon, lettuce leaf, tomato and avocado, served on toasted bread with a mayo spread.....5.95

Meatball Sub
Home-made meat balls with marinara sauce and shredded mozzarella cheese, served on a French roll.....6.50

Half Sandwich & Cup of Chili or Soup
Any sandwich listed above (except sub).....6.50

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DAILY SPECIALS

**Enjoy a variety of featured specials every day, including:
Soup of the Day ~ Pizza Special ~ Pasta Special
Entree Special ~ Sandwich Special**

BEVERAGES

All coffee drinks available in decaffeinated.

Bottled Water.....1.25

Canned Sodas.....1.50

Fresh Brewed Ice Tea.....1.50

Milk.....1.50

Coffee - Fresh roasted blend, decaf or regular.....1.35 / 1.75

Hot Chocolate - Chocolate, steamed milk, fresh whip cream.....1.95

Assorted Hot Teas.....1.50

Assorted Snapples & Bottled Drinks.....1.50



SPECIALTY COFFEE DRINKS made with Lavazza

Add any syrups to your LATTE or MOCHA for an even better taste:
Vanilla, Hazelnut, Caramel, Raspberry or Almond.....\$0.50

Espresso.....single 1.50 double 2.00

Cappuccino
Espresso, foamed milk.....single 2.25 double 2.75

Caffe Latte
Espresso, steamed milk, foamed milk.....single 2.50 double 2.95

Café Mocha
Espresso, steamed milk, chocolate, whipped cream.....single 2.75 double 3.25

Espresso Macchiato
Espresso topped with a light scoop of foam....single 1.75 double 2.25

Caramel Macchiato
Light amount of vanilla syrup with espresso, steamed milk and foam, topped with a generous amount of caramel sauce....single 2.75 double 3.25

Milky Way
Espresso and steamed milk mixed with chocolate and caramel sauce, topped with whipped cream....single 2.75 double 3.25

Chai Tea Latte
A spicy black tea mixed with nutmeg, cinnamon and many other spices, steamed milk and topped with foamsingle 2.50 double 2.95

Mexican Hot Chocolate
A traditional hot chocolate mixed also with cinnamon and other spices to give it an authentic taste, topped with whipped cream....2.50

Café Au Lait
Coffee, steamed milk.....single 1.95 double 2.25



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SPECIALTY DESSERTS

Available with 48 hour notice

Cinnamon Pecan Coffee Cake (8")....18.95

Cranberry Walnut Coffee Cake (8").....18.95

Layered Banana Cake (9", 4 layers).....30.00

Layered Carrot Cake (9" , 4 layers).....30.00

Chocolate Bundt Cake.....30.00

Chocolate Ganache Layered Cake (9", 4 layers).....35.00

Single layer half sheet cakes (Serves 20-24 small slices).....45.00