

LUNCH

Lunch Favorites

BURRITOS, QUESADILLAS OR BOWLS

SPICY BBQ CHICKEN chicken, onions, cilantro, jack, spicy BBQ sauce.....	6.95
CARNITAS pork, avocado, onion, cilantro, jack.....	7.75
STOUEMIRE chicken, broccoli, chorizo, brown rice, jack.....	6.95
PHILLY STEAK top sirloin, bell pepper, onion, mushroom, jack.....	7.35
TURKEY SPINACH ground turkey, spinach, potato, green onion, jack.....	6.95
POT ROAST tri-tip, grilled onions, potato, cilantro, cheddar.....	7.35
CHICKEN FAJITA chicken, bell peppers, onion, jack.....	6.95
MR RPV tri-tip, bell pepper, onion, ortega chile, cheddar.....	7.35
SOUL SURFER avocado, pico de gallo, brown rice, cheddar.....	6.95
SOUTH SWELL pork, potato, sour cream, onion, guacamole, jack.....	7.25
HOME-GROWN spinach, mushroom, onion, cheddar.....	6.75
STEAK & MUSHROOM top sirloin, mushroom, onion, cheddar.....	7.35
BEAN & CHEESE pinto beans, cheddar.....	5.95

Build Your Own Lunch

Burritos or Quesadillas: choose flour or wheat tortilla

Bowl: choose brown rice, potatoes, black or pinto beans

<u>PROTEINS</u>	→	<u>VEGETABLES</u>	→	<u>CHEESE</u>
CHICKEN \$6.95		bell pepper		cheddar
PORK \$7.25		green onion		jack
TRI-TIP \$7.35		mushroom		American
TOP SIRLOIN \$7.35		broccoli		provolone
GROUND TURKEY \$6.95		ortega chile		
SPINACH \$6.75		tomato		<u>SALSA</u>
AVOCADO \$6.95		spinach		mild
		white onion		medium
		cilantro		spicy
		lettuce		pico de gallo
		sour cream		side avo or guac \$2
		avocado \$1		side - sour cream .50
		guacamole \$1		

Sides

\$2.75 each, \$1 with a burrito or bowl order

PINTO BEANS BLACK BEANS FRUIT POTATOES BROWN RICE

Drinks

COFFEE	ICED TEA	FOUNTAIN
SM 1.50 LG \$1.95	SM \$1.75 LG \$2.00	SM \$1.50 LG \$1.95

"SOUTH OF PIER"
24 11th Street
310-372-0707



"LONGFELLOW"
3216 Manhattan Ave.
424-247-8282

Mon-Fri 7am - 2:30pm Sat & Sun 7am - 3pm

BREAKFAST

Breakfast Favorites

BURRITOS, QUESADILLAS OR BOWLS

PROTEIN egg whites, chicken, spinach.....	7.40
TCA egg, ground turkey, cheddar, avocado.....	6.90
B.AVOCADO egg, avocado, bacon, green onion, cheddar.....	7.20
VEGGIE egg, mushroom, tomato, broccoli, cheddar.....	5.80
STEAK N EGGS egg, top sirloin, tomato, onion, jack.....	6.75
BLACK N WHITE egg whites, broccoli, black beans, brown rice, cheddar.....	6.45
TURKEY SAUSAGE egg, turkey-maple sausage, onion & mushroom.....	6.45
SPINNAKER egg, spinach, onion, sausage, potato & cheddar.....	6.50
JACKIE O. egg, bacon, sausage, ortega chiles & jack.....	7.20
BACON JALAPENO egg, bacon, jalapeno & Jack.....	6.20
TRIPLE egg, tri-tip, potato, onion & jack.....	6.45
CHORIZO N EGG egg, beef chorizo & cheddar.....	5.90
SCRAMBLER egg, ground turkey, spinach, green onion & jack.....	6.50
BRUNO egg whites, top sirloin & cheddar.....	7.40
DENVER egg, ham, bell pepper, onion & cheddar.....	6.50
KID PRO egg & cheddar.....	4.90

Build Your Own Breakfast

\$4.60, THEN ADD INGREDIENTS

Burritos or Quesadillas: choose flour or wheat tortilla

Bowl: choose brown rice, potatoes, black or pinto beans

PROTEINS	→ VEGETABLES .30 →	CHEESE .30
<u>\$1.00</u>	bell pepper	cheddar
bacon	green onion	jack
sausage	mushroom	American
chorizo	broccoli	provolone
chicken	ortega chile	
ground turkey	tomato	SALSA
ham	spinach	mild
pork	white onion	medium
<u>\$1.25</u>	cilantro	spicy
turkey-maple sausage	lettuce	pico de gallo
tri-tip	sour cream	side avo or guac \$2
top sirloin	avocado \$1	side - sour cream .50
egg whites	guacamole \$1	

Sweets + Grains

FRENCH TOAST SQUARES
made with Kings Hawaiian Bread
\$5.75

YOGURT + FRESH FRUIT
with granola + honey
\$4.75

BOWL OF OATMEAL
with brown sugar + raisins
\$5.35