

BREAKFAST TIDES

LONG BEACH

KITCHEN

FULL BREAKFAST BUFFET 23.00

cage free scrambled eggs, natural bacon, sausage, smoked salmon, cured meats, cheese, fresh fruit, steel cut oatmeal, bakery items and much more

STEAK AND EGGS* 19.00

natural brandt beef, two eggs sunny side up, tomato and hash browns



FRESH LOCAL INGREDIENTS THAT REFLECT
THE SEASON AND THE LOCAL FLAVORS

FOOD. THOUGHTFULLY SOURCED. CAREFULLY SERVED.

EGG WHITE OMELET 15.00 stay fit

mushroom and pepper, low fat mozzarella cheese, roasted tomato, asparagus

GOOD FOR YOUR HEALTH, OUR COMMUNITIES AND OUR PLANET

REGIONAL

CRAB AND AVOCADO OMELET 18.00

sautéed crab, chives, roasted red peppers, hollandaise

LAREDO OMELET 16.00

chorizo, onion, green chili pepper, jack cheese, guacamole, sour cream, pico de gallo - *gluten free*

CARAMELIZED ONION AND ROASTED

PORTOBELLO OMELET 16.00

grifton cheddar, cranberry pecan toast

SAL'S BURRITO 14.00

tofu, soy chorizo, bell pepper, onion, red potatoes - *vegan*
classic breakfast burrito also available

HUEVOS RANCHEROS NAPOLEON 16.00

cage free eggs, corn tortilla, refried beans, avocado, queso fresco, house made ranchero sauce and cilantro *tofu available - gluten free*

CHILAQUILES 16.00

corn tortillas, scrambled eggs, chorizo, cheddar and jack cheese, sour cream, pico de gallo - *gluten free*

QUICHE OF THE DAY 13.00

baby green salad or fruit

x

COMFORT

IRISH STEEL CUT OATMEAL 9.00

macerated berries, brown sugar, raisins, milk

BUTTER MILK OR WHOLE GRAIN PANCAKES 14.00

maple syrup or agave nectar, local fresh berries - *gluten free available*

CINNAMON CRUNCH FRENCH TOAST 14.00

corn flake crusted, seasonal fruit and maple syrup *waffles also available*

BLT EGGS BENEDICT 16.00

bacon, sautéed spinach, roasted tomato, hollandaise
classic benedict also available

ALL AMERICAN BREAKFAST TWO CAGE FREE EGGS

ANY STYLE* 16.00

hash browns, choice of: chicken sausage, pork sausage, bacon or ham steak and toast - *omelets also available*

LOX AND BAGEL 15.00

plain or whole wheat bagel, cream cheese, sliced tomato, lemon and capers

CHICKEN AND WAFFLE 16.00

dark meat and warm maple syrup

x

x

QUENCH

Farmers Market Smoothies with Beet, Cucumber, Apple, Strawberry,

Celery, Lemon 4.00 *small / 7.00 large*

Strawberry Banana Smoothie with Almond Milk 4.00 *small / 7.00 large*

Kale and Apple Smoothie honey, avocado, cucumber 4.00 *small / 7.00 large*

Fresh Brewed Torrefazione Italia Coffee 4.00

Selection of Hot Tea 4.00

Selection of Juice:

Fresh Squeezed Orange or Grapefruit juice, Apple, Cranberry, Pineapple, Tomato or V-8 4.50

Mimosa 8.00

Bloody Mary 10.00

x

ALTERNATIVES

Continental Buffet 16.00

Farmers Market Fruit and Berries - *vegan* 10.00

Greek Yogurt Parfait with House Made Granola and Fresh Berry Salsa 9.00

Organic Kashi Protein Cereals 6.00

Chicken Sausage 5.00

Naturally Cured Bacon 5.00

x

WE ONLY SERVE CAGE FREE EGGS, HORMONE-FREE MILK AND NATURALLY CURED BACON

PLEASE NOTIFY YOUR SERVER IF YOU HAVE FOOD ALLERGIES

* CONSUMING RAW OR UNDERCOOKED MEATS, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS