

BREAKFAST



FOOD.
THOUGHTFULLY SOURCED.
CAREFULLY SERVED.

Good for your health, our communities
and our planet.

*The Department of Public Health advises that eating raw or undercooked beef, poultry, eggs, fish, lamb, pork or shellfish poses a health risk to everyone, but especially the elderly, young children under four, pregnant women, and other highly susceptible individuals with compromised immune systems. Thorough cooking of such animal foods reduces the risk of illness.

griddled

BUTTERMILK OR
WHOLEGRAIN PANCAKES 20

ROMPOPE FRENCH TOAST 20
BELGIAN WAFFLE 20

all items served with maple syrup, whipped cream, local seasonal berries or bananas

on the light

CALIFORNIA HARVEST
FRUIT BOWL 16

STEEL CUT OATMEAL 18
brown sugar, milk, mixed berries,
chopped almonds

GREEK YOGURT PARFAIT 16
seasonal berries, house-made granola,
raspberry coulis

STRAWBERRY BANANA
OR
AVOCADO, KALE, APPLE
SMOOTHIE 12

EGG WHITE OMELET 18
cage-free egg whites, fresh mozzarella,
spinach, and roasted tomato

regional

HUEVOS CON CHORIZO
RANCHEROS 21

Eggs any style, queso fresco, ranchero
salsa, pork chorizo, corn tortilla

BURRITO 20

cage-free scrambled eggs, white cheddar
cheese, pico de gallo, potatoes, wheat flour
tortilla, fresh salsa

HARVEST OMELET 20

tomatoes, spinach, mushrooms, onions,
breakfast potatoes, goat cheese

MACHACA CHILAQUILES 18

cage-free scrambled eggs, shredded beef,
avocado, fried tortillas, green salsa

classics

AMERICAN BREAKFAST 22

cage free eggs any style, your choice of
bacon, chicken sausage or grilled black
forest ham, hash brown potatoes

BALMORAL SMOKED
SALMON 22

tomato, capers, red onion,
cream cheese, lemon, bagel

CALIFORNIA OMELET 20

cage free eggs, tomato, avocado,
jack cheese

EGGS BENEDICT 20

cage free poached eggs, canadian bacon,
hollandaise sauce, english muffins, asparagus

SIDES

Choice of Toast 5
Bagel with Cream Cheese 8
Chicken Sausage or Turkey Bacon 8
Bacon or Pork Sausage 8
Gluten Free, Nut Free Bread 5

QUENCH

Freshly Brewed Starbucks 6
Tazo® Hot Teas 6
Latte or Cappuccino 7
Espresso 7
Super Greens Juice 7
Selection of Fresh Juice 6
Whole, Skim or Soy Milk 6
Sparkling Water 6
Soft Drinks 6

LUNCH & DINNER



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DESSERTS

Apple Tart 9
Tiramisu 9
Carrot Cake 9
Cheesecake 9
Ice Cream or Sorbet 8
Vanilla Cup Cake 9 (Vegan, Gluten Free)

QUENCH

Freshly Brewed Starbucks 6
Tazo® Hot Teas 6
Latte or Cappuccino 7
Espresso 7
Super Greens Juice 7
Selection of Fresh Juice 6
Whole, Skim or Soy Milk 6
Sparkling Water 6
Soft Drinks 6

starters

VEGGIE TORTILLA SOUP OR CHEF SOUP OF THE DAY 12

AVOCADO TOAST 18

grilled sourdough, cherry tomatoes, ciliegine, fresh basil and balsamic

BAJA POKE 20

ahi tuna, brown rice, grilled onion, garlic, avocado, black and white sesame seeds, micro radish

LETTUCE SHRIMP WRAP 18

sauteed shrimp, lime vinaigrette, cabbage slaw, mango black bean salsa

STREET TACOS 20

choice of two asada, chicken, or fish, corn tortilla, queso fresco, avocado slaw, pickled red onion, tomatillo salsa

specialty greens

add your choice of protein to a specialty salad: free range chicken breast 8, wild caught salmon 8, or grass fed beef 10

WAVE SALAD 20

romaine lettuce, strawberry, avocado, apple, corn, cucumber

NICOISE SALAD 20

mixed greens, roasted fingerling potatoes, green beans, hard boiled eggs, baby tomatoes, tarragon-caper dressing

SUPERGREEN CAESAR SALAD 20

romaine, kale, spinach, tomatoes, shaved parmesan, ciabatta chips

COBB 20

romaine, iceberg, naturally cured bacon, blue cheese crumbles, heirloom tomato, avocado, hard boiled eggs, white balsamic dressing

sandwich board

served with french fries, sweet potato fries, fruit or side salad

GRASS FED BEEF BURGER 21

flame broiled grass fed beef patty, cheddar cheese, lettuce, tomato, red onions, and brioche bun

TURKEY BURGER 20

grilled turkey patty, sprouts, tomato, red onions, avocado and wheat bun

FRENCH DIP 22

shaved natural beef sirloin, caramelized onions, swiss cheese, au jus, sub roll

ALBACORE TUNA PANINI 20

avocado, tomato, caramelized onions, white cheddar, ciabatta bread

BEYOND BURGER 22

grilled plant-based patty, cheddar cheese, lettuce, tomato, red onions, aioli, and brioche bun

NEWPORT "CLUB" 20

turkey or free range chicken, naturally cured bacon, kale and apple slaw, provolone cheese, honey Dijon spread, ciabatta bread

VEGAN QUINOA WRAP 20

cucumber, bell peppers, kale, avocado, spiced bean spread, watercress citrus salad

main street

SEARED SKUNA BAY SALMON 28

orange-fennel cilantro relish, asparagus, brown quinoa salad

SHRIMP SCAMPI 28

angel hair pasta in lemon butter cream sauce, asparagus, roasted tomatoes, garlic bread

SEAFOOD BROCHETTE 28

bell peppers, pineapple, onions, green beans, brown rice, citrus dressing

CHARCOAL GRILLED NY STEAK 38

peppercorn sauce, crispy onion, green beans, poblano chile potato puree

FREE RANGE CHICKEN AL CARBON 26

black bean corn salsa, chives mashed potatoes, fried brussel sprouts

FLAT IRON STEAK 30

grilled asparagus, demi glaze, gorgonzola potato puree