THOUGHTFULLY SOURCED * REGIONALLY INSPIRED

COASTAL HARBOR SMOKED SALMON \$14

Sliced tomatoes, red onion, capers, toasted bagel

SD EGG WHITE FRITATA \$14

Egg whites, San Marcos mushrooms, Drakes Farm goat cheese, avocado & baby spinach

CORNED BEEF HASH \$15 Poached eggs, chipotle sauce



WHENEVER POSSIBLE WE USE FRESH PRODUCE GROWN AT LOCAL FARMS E

BUTTERMILK PANCAKES \$14 Blackberries, mascarpone cream, sugar and oat crust

CHALLAH FRENCH **TOAST** \$14 Three citrus marmalade, spiced whipped butter, Orange County Vermont maple

REGION

BELGIAN WAFFLE \$14 Mixed berry compote and toasted almonds

MISSION BAY WRAP \$14 Chorizo, scrambled egg, Oaxaca cheese, cilantro tortilla with tomato relish

BLUE CRAB HASH \$19 Yukon gold potatoes, sweet onion, Old Bay hollandaise

THE BENEDICT \$16 Traditional Canadian bacon, toasted muffin and hollandaise

STEEL CUT OATMEAL \$9

- Organic peanut butter, Cordillera bittersweet chocolate, Vermont syrup
- MF Macerated berries, orange
 - blossom honey cream
 - Brown sugar, raisins and milk

CARAMELIZED ONIONS AND **ROASTED PORTOBELLO OMELET \$14** Fiscalini cheddar

SPINACH & FETA OMELET \$14 Church's baby spinach, Roma tomato and local feta cheese

TWO CAGE FREE EGGS ANY **STYLE** \$14

Breakfast potatoes, choice of meat 🙀

HAM AND WHITE CHEDDAR **PANINI** \$14 Fried egg, shaved ham, dijon spread

OINK & MOO OMELET \$14 Ham, all natural bacon and aged cheddar



QUENCH

Torrefazione Italia[®] Coffee ^{\$6}

Cafe Latte or Cappuccino \$4

Espresso ^{\$}3

Organic Orange or Grapefruit Juice ^{\$6}

ALTERNATIVES

easons Best Fruit ^{\$}10 Granola Parfait \$9 Einstein's Bagel Schmear ^{\$6} Gluten Free English Muffin ^{\$5} Bacon, Sausage or Ham ^{\$6}

🔞 StayFit Cuisine

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