

## FROM THE GRIDDLE

Served with Fresh Fruit

<b>French Toast Pockets</b>	<b>9.95</b>
Stuffed with Raspberry Cream Cheese and Topped With Seasonal Mixed Berry Sauce	
<b>Lemon Soufflé Cakes</b>	<b>9.25</b>
Served with Raspberry Butter and Lemon Curd	
<b>Pacific Whey™ French Toast</b>	<b>7.95</b>
<b>Buttermilk Heavenly Hots</b>	<b>8.25</b>
<b>Organic Buckwheat Hot Cakes</b>	<b>8.75</b>
Inside: Bananas, Blueberries, Raspberries, Strawberries or Chocolate Chips – Add 1.25 On Top: Seasonal Mixed Berry Sauce - Add 2.00	

## DOWN HOME BREAKFAST

<b>Eggs Benedict</b>	<b>12.95</b>
Freshly Baked Pastry, Topped with Ham, Poached Eggs and Hollandaise. Served with Fresh Fruit and Potatoes	
<b>School Boy Breakfast</b>	<b>9.95</b>
Two Eggs Any Style, Ham, Bacon or Sausage. Served with Buttermilk Heavenly Hots, Fresh Fruit, Potatoes and Toast	
<b>Breakfast Sandwich</b>	<b>8.95</b>
Scrambled Eggs, Cheddar and Choice of Ham, Bacon or Sausage. Served with Fresh Fruit	
<b>Two Eggs - Any Style</b>	<b>7.95</b>
Served with Fresh Fruit, Potatoes and Toast With Bacon, Ham or Sausage add 2.50	
<b>Filet Mignon &amp; Eggs - Any Style</b>	<b>14.95</b>
Served with Fresh Fruit, Potatoes and Toast	
<b>Roast Beef Hash &amp; Eggs</b>	<b>10.95</b>
Topped with Hollandaise. Served with Fresh Fruit and Toast	
<b>Quiche of the Day</b>	<b>9.95</b>
Baked from Scratch ... Everyday. Served with Fresh Fruit	

## BREAKFAST YOUR WHEY

<b>Choose the Breakfast Type You'd Like</b>	<b>8.75</b>
<b>Start Here...</b>	
Each Breakfast Features Farm Fresh Eggs with Cheddar or Pepperjack Cheese	
<b>Omelette • Scramble</b> Served with Fresh Fruit, Potatoes and Toast	
<b>Quesadilla • Burrito</b> Served with Fresh Fruit and a Salsa Trio	
<b>Sandwich</b> Served with Fresh Fruit	

**Then Add...**  
as many fresh items as you'd like. **Each Item – Add 1.00**

- Bacon, Sausage, Ham, Chorizo, Chili, Chicken or Turkey
- Swiss, Goat, Feta, Brie, Bleu, Cheddar, Pepperjack or Provolone Cheese
- Avocado, Basil, Mushrooms, Onions, Tomatoes, Spinach, Grilled Veggies, Sweet Bell Peppers, Green Chiles, Jalapeños, Beans or Potatoes
- "Wet" – Topped with Ranchero Sauce or Tomatillo Salsa

## JUNIORS AND SENIORS

Under 10 and Over 65, Please

<b>Breakfast Your Whey</b>	<b>4.95</b>
<b>Choose 3 "Different" Items:</b> Hot Cakes, French Toast, Scrambled Egg, Toast Potatoes, Bacon, Ham, Sausage or Milk. Served with Strawberries and Bananas.	

Served all day. • We welcome substitutions...prices vary.

## OMELETTES

Served with Fresh Fruit, Potatoes and Toast

<b>S.M.O.C. Omelette</b>	<b>8.95</b>
Spinach, Mushrooms, Onions and Cheddar	
<b>A.B.C. Omelette</b>	<b>9.25</b>
Avocado, Bacon and Cheddar	
<b>California Omelette</b>	<b>9.25</b>
Avocado, Diced Tomatoes and Swiss	
<b>Southwestern Omelette</b>	<b>9.95</b>
Homemade Chili and Cheddar	
<b>West Coast Omelette</b>	<b>10.95</b>
Turkey Breast, Brie and Caramelized Onions	
<b>Country French Omelette</b>	<b>9.95</b>
Sauteed Eggplant, Leeks, Oven Dried Tomatoes and Goat Cheese	
<b>Grilled Vegetable Omelette</b>	<b>8.95</b>
Zucchini, Yellow Squash and Sweet Bell Peppers	
Egg Whites Only - Add 1.00. No Carbs • Double Fruit and Sliced Tomatoes - Add 2.00	

## AM OLE'

<b>Breakfast Quesadilla</b>	<b>9.95</b>
Spinach, Mushrooms, Tomatoes, Eggs and Pepperjack. Served with a Salsa Trio and Fresh Fruit	
<b>Chorizo Burrito</b>	<b>8.95</b>
Chorizo, Eggs and Cheddar. Served with a Salsa Trio and Fresh Fruit	
<b>Breakfast Burrito</b>	<b>9.25</b>
Eggs, Potatoes, Ham and Onions. Served with a Salsa Trio and Fresh Fruit	
<b>Huevos Rancheros</b>	<b>9.25</b>
Corn Tortillas Topped with Eggs and Ranchero Sauce Served with Fresh Fruit, Rice and Beans	
<b>Green Chile &amp; Cheddar Omelette</b>	<b>8.95</b>
Topped with Tomatillo Salsa and Sour Cream Served with Potatoes, Fresh Fruit and Toast	
<b>Chorizo Scramble</b>	<b>8.95</b>
Spicy Spanish Sausage. Served with Fresh Fruit, Potatoes and Tortillas	
<b>Breakfast Potato Nachos</b>	<b>7.95</b>
Red Rose Potatoes Smothered in Cheddar Cheese, Pico de Gallo, Tomatillo Salsa, Avocado and Sour Cream	

## SCRAMBLES

Served with Fresh Fruit, Potatoes and Toast

<b>Pacific Scramble</b>	<b>8.95</b>
Fresh Spinach, Roma Tomatoes and Basil	
<b>Skinny Boy Scramble</b>	<b>9.95</b>
Egg Whites and Grilled Veggies	
<b>Spinach &amp; Feta Scramble</b>	<b>9.25</b>
<b>Husky Boy Scramble</b>	<b>11.95</b>
Bacon, Ham, Sausage, Tomatoes, Onions and Parmesan	
Egg Whites Only - Add 1.00. No Carbs • Double Fruit and Sliced Tomatoes - Add 2.00	

## FRUITS, NUTS AND FLAKES

<b>Fresh Seasonal Fruit Bowl</b>	<b>5.95</b>
<b>Baked Granola</b>	<b>5.25</b>
<b>Old Fashioned Oatmeal</b>	<b>5.25</b>

## FIELDS OF GREENS

<b>Pacific Whey™ Summer Salad</b>	<b>10.25</b>
Field Greens, Romaine, Medjool Dates, Carrots, Red Onion Goat Cheese, Toasted Walnuts, Strawberries and Grapes Tossed with Strawberry Vinaigrette	
<b>Pacific Cobb Salad</b>	<b>10.95</b>
Field Greens, Romaine, Turkey, Bacon, Avocado, Bleu Cheese and Tomato Tossed with Balsamic Vinaigrette	
<b>Southwestern Salad</b>	<b>10.95</b>
Field Greens, Romaine with Pepperjack Cheese, Roasted Sweet Peppers, Grilled Corn, Tomatoes and Avocado Tossed with Creamy Chipotle Lime Dressing	
<b>Pacific Coast Salad</b>	<b>10.95</b>
Field Greens, Romaine, Sliced Apples, Dried Cranberries, Bleu Cheese and Candied Walnuts Tossed with Champagne Peach Vinaigrette	
<b>Our House Salad</b>	<b>9.25</b>
Field Greens, Romaine, Fresh Mozzarella, Tomatoes, Cucumbers and Carrots Tossed with Balsamic Vinaigrette	
<b>Traditional Caesar Salad</b>	<b>8.95</b>
Crisp Romaine, Shaved Parmesan and Fresh Croutons	
With a Scoop of Tuna or Herb Roasted Chicken Salad Add 3.25 Grilled Chicken Breast Add 3.95 • Portobello Mushroom Add 2.95 Grilled Atlantic Salmon Add 6.95	

## SOUPS & SCOOPS

<b>Soup of the Day</b>	<b>4.95</b>
<b>Homemade Chili</b>	<b>7.95</b>
Tender Chunks of Filet Mignon, No Beans with Cheddar and Tortilla Chips. It's Got a Little Heat!	
<b>Soup or Chili with Half Sandwich</b>	<b>8.95 - 13.95</b>
<b>Daily Scoop</b>	<b>5.25</b>
Albacore Tuna or Herb Roasted Chicken Salad on a Bed of Lettuce with Sliced Tomato	
<b>All Mixed Up ... Your Whey</b>	
<b>Choose 2 or 3 "Different" Items</b>	<b>6.45 - 18.25</b>
Soup, Chili, Scoop of Tuna or Chicken Salad, Ceasar Salad, Field Greens or Hand Crafted Potato Chips	

## BURGERS YOUR WHEY

<b>Start here with the Burger type of your choice</b>	<b>8.95</b>
On a Fresh Sesame Bun with Lettuce, Tomato and Red Onion Served with Caesar Salad or Hand Crafted Potato Chips	
<b>Ground Sirloin • Veggie • Portobello Mushroom</b> ( no meat )	
<b>Grilled Chicken Breast • Grilled Atlantic Salmon</b> –Add 3.00	
<b>Then add as many fresh items as you'd like</b>	
<b>Each Item</b>	<b>Add 1.00</b>
• Bacon, Chili • Grilled Veggies, Sweet Bell Peppers, Green Chiles, Avocado, Jalapeños, Mushrooms, Spinach, Caramelized Onions • Swiss, Cheddar, Provolone, Pepperjack, Brie, Bleu, Feta or Goat Cheese	
<b>With French Fries Add 1.50 • Fresh Fruit Add 2.00 • Field Greens Add 1.00</b>	
Served After 10:30am. • We welcome substitutions...prices vary.	

## UNDER THE COVERS

Served with Caesar Salad or Hand Crafted Potato Chips  
With Shoestring French Fries Add 1.50 • Fresh  
Fruit Add 2.00 • Field Greens Add 1.00

**Panini of the Day** 8.95  
Inquire about Today's Selections

**Pacific Cobb** Half 7.95 Full 9.95  
Turkey, Bacon, Avocado, Tomato, Romaine,  
Bleu Cheese, Dijon, Balsamic Vinaigrette on a Baguette

**Chicken or Tuna Salad** Half 6.95 Full 8.95  
Herb Roasted Chicken or Pacific Albacore Tuna Salad  
with Romaine Lettuce and Roma Tomatoes

**Fresh Mozzarella** Half 6.95 Full 8.95  
Roasted Sweet Bell Peppers, Tomatoes,  
Red Onion and Field Greens on a Baguette

**Oven Roasted Turkey** Half 7.25 Full 9.25  
Fresh Mozzarella, Tomato, Red Onion, and  
Field Greens with Balsamic Vinaigrette

**B.L.T.A.** Half 6.95 Full 8.95  
Bacon, Lettuce, Tomato, Avocado, Balsamic Vinaigrette

**Grilled Pastrami** Half 7.95 Full 9.95  
Melted Swiss, Lettuce, Tomato, Red Onion and Dijon

**Philly Cheese Steak** Half 8.95 Full 10.95  
Sautéed Mushrooms, Bell Peppers, Onions and Provolone

**BBQ Shredded Pork** 11.95  
Crispy Onion Straws on a Sesame Seed Bun

**Roast Beef & Feta** Half 7.95 Full 9.95  
Grilled and Served with Lettuce, Tomato,  
Avocado, Red Onion and Balsamic Vinaigrette

**Grilled Ham & Cheddar** Half 7.25 Full 9.25  
Roma Tomatoes, Avocado and Red Onion with Dijon

**Grilled Cajun Chicken Breast** 9.95  
Pepperjack Cheese, Roasted Sweet Bell Peppers  
with Lettuce, Tomato and Red Onion with Chipotle Aioli

**Patty Melt ... Our Why** 9.95  
Ground Sirloin, Green Chiles, Caramelized Onions  
and Provolone with Chipotle Aioli

## COMFORT FOODS

Start with Soup or Caesar Salad – Add 3.00

**The Pilgrim ... Turkey Day Every Day!** 12.95  
Open Faced Fresh Turkey and Stuffing Sandwich  
Topped with Gravy and Cranberry

**Pacific Whey™ Pot Pie** 10.95  
Lots of Chicken and Vegetables in a Flaky Pastry Bowl

**Beef Stroganoff** 11.95  
Filet Mignon in a Traditional Sour Cream Brown Sauce

**Made from Scratch Lasagna** 11.95  
Traditional Ground Sirloin or Spinach and Artichoke

**Pasta with Grilled Chicken** 12.95  
Tomato Cream Sauce

**Old Fashioned Meatloaf** 11.95  
With Mushroom Gravy

Sample Menu. Menu items and prices are subject to change. Revised 01.08

## SAVORIES

Start with Soup or Caesar Salad – Add 3.00

**Grilled Atlantic Salmon** 15.95  
Four Citrus Sauce

**Filet Mignon over Biscuits** 16.95  
Topped with Mushroom Sauce or Béarnaise

**Chicken Florentine Marinara** 12.95  
Stuffed with Spinach, Basil and Tomatoes

**Chicken Primavera** 12.95  
Grilled Veggies with Feta Herb Sauce

**Chicken Piccata or Marsala** 13.95  
• Sautéed with White Wine, Lemon, Butter and Capers  
• Sautéed with Dry Marsala Wine and Mushrooms

**Chicken n' Chips** 11.95  
Chicken Tenders with Shoestring Fries and Peanut Coleslaw

**Fish n' Chips** 13.95  
Flaky White Fish with Shoestring Fries and Peanut Coleslaw

## PM OLE'

**Grilled Vegetable Quesadilla** 7.95  
Pepperjack Cheese, Zucchini, Yellow Squash and Sweet Bell Peppers  
With Grilled Chicken Breast Add 3.95

**Chicken or Salmon Tacos** 8.95  
Sautéed with Red Onions and Pico de Gallo

**Chicken Fajitas** 10.95  
Sautéed with Sweet Bell Peppers and Onions

## JUNIORS AND SENIORS

Under 10 and Over 65, Please

**Turkey or Ham Sandwich** 4.95  
Lettuce, Tomato and Mayo

**Grilled Cheese Sandwich** 4.25  
**Cheese Quesadilla** 4.25

**Macaroni and Cheese** 5.95  
**Pasta of The Day** 5.95  
Plain, Buttered or Marinara Sauce

**Chicken Tacos** 5.95  
Soft Corn Tortillas with Grilled Chicken and Cheddar

**Chicken n' Chips** 6.95  
Panko Crusted Chicken Tenders with Shoestring French Fries

**Chicken n' Chips** 7.95  
Panko Crusted Flaky White Fish with Shoestring French Fries

**Old Fashioned Meatloaf** 6.95  
Mashed Potatoes and Vegetables

**Chicken Piccata** 7.95  
Sautéed with White Wine, Lemon, Butter and Capers

**Chicken Marsala** 7.95  
Sautéed with Dry Marsala Wine and Mushrooms

**Chicken Primavera** 7.95  
Grilled Veggies with Feta Herb Sauce

Served After 10:30am. • We welcome substitutions...prices vary.



# BREAKFAST

# LUNCH

# DINNER

DELICIOUSLY LOCATED

.....  
Newport Hills Shopping Center  
2622 San Miguel Drive  
Newport Beach, CA 92660  
949.644.0303

Crystal Cove Promenade  
7962 E. Coast Highway  
Newport Coast, CA 92657  
949.715.2200

Mercantile West Shopping Center  
25672 Crown Valley Parkway  
Ladera Ranch, CA 92694  
949.542.7744

South Coast Plaza  
3333 Bear Street  
Costa Mesa, CA 92626  
714.641.9911

Sample Menu. Menu items and prices  
are subject to change. Revised 05.08