

2977 UPAS STREET  
SAN DIEGO, CA 92104  
OPEN EVERY DAY  
7AM TO 2 PM  
619.546.5609



BREAKFAST SERVED ALL DAY  
ALL BREADS, PASTRIES, SAUCES  
AND EVERYTHING ELSE ARE HAND  
CRAFTED AND BAKED FRESH  
IN HOUSE DAILY.

## Egg Dishes

*All served with roasted rosemary potatoes, substitute fruit - .50,  
and choice of toast: Whole wheat, rosemary  
semolina, English muffin, squaw, or corn/flour tortillas.  
Substitute croissant - 1.00*

**TWO EGGS YOUR WAY** - 6.95  
add turkey bacon, grilled turkey, or chicken apple sausage for 1.00

**NORTH PARK OMELET** - 8.95  
Grilled onions, mushrooms, bell peppers, cheddar cheese & chicken  
apple sausage.

**SEAFOOD OMELET** - 11.50  
shrimp & crab, drizzled with creamy lobster sauce

**ANYTHING OMELET** - 8.50  
Comes with choice of cheese and two items: onions, grilled  
onions, tomatoes, mushrooms, scallions, bell peppers, jalapeños, or  
spinach. Add more items for .50. Add turkey-bacon, sausage, or  
turkey 1.00  
Add avocado 1.25.

**CHORIZO OR SOYRIZO OMELET** - 8.95  
with jalapeño cream cheese.

**HERB & ASIAGO OMELET** - 7.50

**TRUE BLUE OMELET** - 7.95  
spinach, mushrooms, tomato, and blue cheese.

## Warm 'n Fluffy

*add two eggs and turkey bacon or sausage for 2.75*

**BRIOCHE FRENCH TOAST** - 10  
with real maple syrup

**CROISSANT FRENCH TOAST** - 10  
two slices of our brioche French toast filled with Swiss cheddar and  
grilled black forest turkey. Served with fresh fruit.

**CHOCOLATE HAZELNUT BRIOCHE FRENCH TOAST** - 11.50  
with toasted hazelnuts, Belgian chocolate & real maple syrup.

**BLISS CAKES** - 8.75  
Cardamom crepe-like hotcakes with honey mascarpone cheese and  
real maple syrup.

**BUTTERMILK PANCAKES** - 7.00  
with real maple syrup. Add chocolate chips, strawberries,  
blueberries, or bananas for 1.25.

**APPLE CINNAMON PANCAKES** - 8.95

**CARDAMOM BRAID FRENCH TOAST** - 9.95  
our signature Cardamom bread is sliced and prepared using our  
vanilla French toast batter, served with Jacky's Jams Triple Berry  
Compote.

**PIGGY PANCAKES** - 9.95  
Two buttermilk pancakes filled with crumbled bacon pieces &  
topped with two eggs cooked your way. Served with real maple  
syrup.

## Breakfast Favorites

*All served with roasted rosemary potatoes. Substitute fruit for .75.  
Add turkey bacon, Black Forest turkey, or sausage for 1.25  
or bacon for 2.50*

**EGG CROISSANT SANDWICH** - 8.75  
handmade croissant filled with scrambled eggs and your  
choice of cheese.

**MONTE CRISTO** - 10  
need description

**ENGLISH MUFFIN SANDWICH NO. 1** - 8  
one egg, grilled turkey, avocado and smoked Gouda.

**ENGLISH MUFFIN SANDWICH NO. 2** - 7.50  
one egg, asiago cheese, and sautéed spinach and mushrooms.

**QUICHE** - 8  
spinach, mushrooms and cheddar.

**THE QUEEN'S QUICHE** - 8.95  
House-made quiche with crumbled bacon and sliced tomato  
sprinkled with asiago cheese. Served with roasted rosemary  
potatoes or spring mix salad.

## Benies

*All benedicts come with two poached eggs on top of an English Muffin,  
and drizzled with hollandaise sauce. Served with rosemary potatoes,  
substitute fruit - .75*

**EGGS BENEDICT** - 9.95  
with grilled Black Forest turkey

**BACON BENNY** - 11.95  
Two poached eggs & bacon on  
top of house made English muffins, smothered in  
hollandaise sauce. Served with roasted rosemary potatoes.

**CALIFORNIA BENEDICT** - 9.95  
with tomato and avocado

**EGGS FLORENTINE** - 9.50  
with sautéed spinach.

**SEAFOOD BENEDICT** - 11.95  
with crab and shrimp

**SEAFOOD LOBSTER BENEDICT** - 11.95  
crab and shrimp mixed with sautéed spinach and  
drizzled in lobster sauce.



## Heart Healthy Bites

**ORGANIC CHIA SEED PUDDING** - 4.95  
Organic chia seeds with unsweetened almond milk and fresh  
seasonal fruit.

**CREAMY OATMEAL** - 3.95  
with brown sugar and milk on the side. Add dried apricots,  
coconut, and pecans .75. Add fresh strawberries and  
bananas 1.00. \*Made with milk, substitute soy milk for .1.00

**CARDAMOM CINNAMON GRANOLA BOWL** - 5.95  
fresh fruit topped with non-fat Greek yogurt.

**GRANOLA CEREAL BOWL** - 5.95  
Served with fresh seasonal fruit and your choice of milk  
(regular, almond, soy).



## Sides & Half Orders

**ONE PIECE OF TOAST** - 1.50  
**TWO PIECES OF TOAST** - 2.00  
**ONE PANCAKE** - 2.50 **ADD FRUIT OR  
CHOCOLATE CHIPS** - .50  
**TWO PANCAKES** - 4.75 **ADD FRUIT OR  
CHOCOLATE CHIPS** - .50  
**HALF ORDER OF FRENCH TOAST  
OR CROISSANT FRENCH TOAST** - 5.00  
**REAL MAPLE SYRUP** - 1.50  
**ONE EGG** - 1.25  
**TWO EGGS** - 2.25  
**SAUSAGE OR TURKEY BACON** - 2.25  
**FRUIT CUP** - 3.75  
**STRAWBERRY CUP** - 4.25  
**COTTAGE CHEESE** - 1.75  
**TOMATO SLICES** - 1.75  
**SMALL SALAD** - 3.75  
**AVOCADO** - 1.25

## Cali Breakfast

### **BREAKFAST BURRITO** - 6.75

scrambled eggs, grilled onions, potatoes and choice of cheese.

### **SOYRIZO AND POTATO BURRITO** - 7.50

add eggs for 1.25

### **DRAGON BURRITO** - 7.75

eggs, potatoes, chicken apple sausage and jalapeño cream cheese.

### **BACON BURRITO** - 9.95

Bacon, eggs, potatoes, and your choice of cheese.

### **BREAKFAST QUESADILLA** - 7.95

asiago & cheddar cheese, sautéed mushrooms, grilled onions, tomatoes & scrambled eggs served with pico de gallo, sour cream & black beans.

### **CLASSIC HUEVOS RANCHEROS** - 8.95

two eggs on top of two corn tortillas & black beans, covered in ranchero sauce and cheese. Served with Mexican rice & pico de gallo.

### **LOADED POTATO BOWL** - 6.95

roasted rosemary potatoes topped with melted jack & cheddar cheeses, black beans, Mexican rice, guacamole, pico de gallo, and sour cream. Add chorizo or Soyrito for 1.00. Add one egg for 1.00 add two eggs for 2.00.

### **CHORIZO OR SOYRIZO BREAKFAST PLATE** - 9.50

beef chorizo or soyrito mixed with scrambled eggs, topped with avocado, queso fresco, and salsa verde. Served with Mexican rice, rosemary potatoes, and corn or flour tortillas.



## Sandwiches

On your choice of bread: whole wheat, rosemary semolina, squaw, ciabatta, or croissant with your choice of sea salt and pepper potato chips, or a side salad. Substitute fruit -.50

### **FARMERS MARKET SANDWICH** - 8.50

Avocado, tomato, sprouts, and almond spread.

### **CHICKEN SALAD SANDWICH** - 8.50

Absolutely the best! Tossed tarragon dressing, toasted almonds and cranberries.

### **CURRY CHICKEN SALAD SANDWICH** - 8.50

Tossed with house-made curry dressing, cashews, chopped raisins, and shredded carrots.

### **THE REAL DEAL BLT** - 9.95

Bacon, lettuce, tomato served on your choice of toasted bread with mayo. Served with salt & pepper potato chips.

### **TBLT** - 7.50

Turkey-bacon, lettuce, tomato, and mayo.

### **BLACK FORREST TURKEY SANDWICH** - 8.50

Jack cheese, sliced tomatoes, and romaine lettuce tossed with our creamy Green Goddess Dressing.

### **GRILLED CHEESE** - 6.50

cheddar or jack cheese, add turkey - 1, add avocado - 1.25, add tomato - .50

### **MESSY GRILLED CHEESE** - 6.50

Swiss and goat cheeses, basil and scallions with a roasted tomato spread.

### **GOAT CHEESE SANDWICH** - 7.50

goat cheese, avocado, and mixed greens with citrus vinaigrette on ciabatta.

### **PB&J** - 6.50

classic peanut butter and jelly with your choice of jams from Jackie's Jams.

## Soups & Salads

All served with ciabatta bread

### **SOUP OF THE DAY**

cup - 7.5

bowl - 5.95

Made from scratch of course, just like everything else.

### **FARMERS MARKET SALAD** - 8.50

seasonal greens with Chef's choice of veggies and your choice of dressing.

### **GREEN GODDESS SALAD** - 8.50

romaine lettuce with black forest turkey, hard boiled eggs, scallions, tomatoes, avocado, crumbled blue cheese, with our Green Goddess Dressing.

### **BLT SALAD** - 8.50

romaine lettuce with bacon, tomatoes, and homemade buttermilk ranch dressing.

### **CURRY CHICKEN OR TARRAGON CHICKEN SALAD** - 8.50

served on a bed of romaine lettuce with your choice of dressing.

### **LENTIL & QUINOA SALAD** - 8.50

with hummus and served with fresh ciabatta.

### **BABY GREENS SALAD** - 7.50

mixed greens, goat cheese, toasted walnuts, cranberries, with our citrus vinaigrette.

## HALF & HALF

half of any sandwich with a cup of soup or house salad  
7.95

## Pastries

### **BLACK FOREST TURKEY, JALAPEÑOS** - 3.75

### **BLACK FOREST TURKEY & ASIAGO CROISSANT** - 3.75

### **SPINACH WITH BLUE CHEESE CROISSANT** - 3.50

### **ALMOND CROISSANT** - 3.50

### **BELGIAN DOUBLE CHOCOLATE CROISSANT** - 3.50

### **CREAM CHEESE CROISSANT** - 3.50

### **BUTTER CROISSANT** - 2.50

### **CINNTWIST** - 3.00

### **APPLE TURNOVER** - 3.75

### **CARDAMOM COFFEE CUPCAKE** - 3.00

### **STICKY'S** - 3.75

### **STICKY'S WITH PECANS** - 3.75

### **ENGLISH MUFFINS** - 1.50 each or 4/5.50

