



Lunch Menu

Salads

Flavor 9

Fresh spinach, candied pecans, red onions, seasonal fruit.
Tossed with our honey-lime dressing and topped with shaved parmesan.
Add \$3.00 for chicken breast

Country Cobb 11

Chopped romaine, organic diced chicken, bacon, tomatoes, avocado, shaved egg, crumbled blue cheese.
Served with bacon-blue cheese dressing.

Garlic Duck 13

Field greens topped with sliced Maple Leaf Farm duck breast, dried currants, sliced almonds and oven-roasted beets.
Served with Italian pomegranate dressing.

Seafood Salad 14

Chef's choice of rotating assorted greens, fresh seafood and housemade dressing
selections vary depending on season

Noodles

Surfer 11

House-made noodles in slow-cooked vegetarian broth, flavored with a special blend of spices and condiments.
Served with seared tofu, bean sprouts, shredded carrots, and shitake mushrooms.

Maverick 13

Surfer ingredients + organic shredded chicken, seasoned hard-boiled egg, avocado slices.

Please specify:

Low Tide= No Spice High Tide= Spicy

Mac n Cheese 9

Elbow macaroni mixed with our custom 3-cheese blend.
Add any topping for an additional \$0.75

Roasted Cauliflower	Peas	Butternut Squash
Broccoli Florets	Roasted Shallots	Fire Roasted Jalapenos
Scallions	Bacon (\$1.50)	Chicken (\$2.00)

Pot Pies

Vegetarian 14 /Chicken 14 /Seafood 20

Classic pot pie filled with fresh herbs and vegetables topped with a housemade buttery puff pastry.

Sandwiches

*Served with house-cut fries or side salad.
Substitute Garlic Fries or Zucchini Chips (\$2).*

Pulled Pork 11

Slow-cooked, Niman Ranch organic pork shoulder topped with BBQ sauce and a celery seed slaw.
Served on a house-baked burger bun.

California Tri-Tip 11

Thinly sliced tri-tip served with a warm au-jus with cured pickles and house slaw.
Served on a fresh house-bake baguette.

Cold Chicken 10

Chicken salad tossed with currants, caraway seeds, toasted pine nuts, and red onions.
Served on herbed foccacia bread.
add cheese (\$1) and avocado (\$2)

Seafood 12

Chef's choice of pan-seared seafood with wild arugula and Meyer lemon aioli.
Served on a house-baked dutch crunch roll.

Burgers

*Served with lettuce, tomato, onion, smoked paprika aioli and house-cut fries.
Substitute Garlic Fries or Zucchini Chips (\$2).*

The Flavor Burger 10

Fresh double grind beef brisket burger on a house-baked burger bun. Add cheese (\$1).

Devil's Slide 12

Double grind beef brisket burger topped with pepper jack cheese, roasted garlic and fire-roasted jalapenos on a house-baked burger bun.

The El Granada 13

Double grind beef brisket burger topped with gruyere cheese, bacon, mushrooms and grilled onions on a house-baked burger bun.

No Fly Zone 11

Seasoned ground organic turkey burger topped with jack cheese and avocado verde on a house-baked burger bun.

Hwy1 (Vegetarian) 11

Fried parmesan polenta cutlet topped with fresh pesto and roasted red peppers on a house-baked bun.