

TO-GO

breakfast daily 9am-1pm

eggs served with our famous home fried potatoes unless otherwise stated

French Toast \$12.95

thick cut Texas Toast topped with fresh fruit, powdered sugar & served with whipped butter & syrup
add 100% maple syrup \$1.25

GF Basic Breakfast \$12.95

three eggs scrambled, bacon or sausage

GF Garden Scramble \$15.95

three eggs scrambled with sundried tomatoes, yams butternut squash, red onion, broccoli, with feta cheese
add avocado \$2

GF Huevos Rancheros \$14.95

three eggs over-medium, refried beans, tomatoes, green onions, roasted corn & black bean salsa with cheese on corn tortillas
add avocado \$2

Big Breakfast \$16.95

french toast, 2 scrambled eggs, 2 strips of bacon, 2 pork sausage links, with whipped butter & syrup

GF Chilaquiles \$11.95

tortilla chips with a spicy salsa cruda, two eggs scrambled, cotija cheese garnished with sour cream
add carnitas pork \$5 | add avocado \$2

kids

Kids Eggwich \$6.95 (9-1pm)

toasted english muffin scrambled eggs, cheese served with fresh fruit

Frenchy's Toast \$6.95 (9-1pm)

Eggs & homefries \$6.95 (9-1pm)

Corn Dog \$7.95

served with french fries

Fish & Chips \$8.95

Chicken Strips \$8.95

served with french fries

Turkey & Cheese Sandwich \$7.95

Grilled Salmon \$12.95

served with french fries & veggies

dessert

Coconut Cheesecake \$8

Farm Fresh Pie \$8

Lava Cake \$8

all day 9am-close

Fried Calamari \$16.95

served with lemon, cocktail & tartar sauce

Gilroy Garlic Fries \$7.95

crispy fries tossed with gilroy garlic & parsley

GF Ceviche \$14.95*

tilapia cured in lime juice with tomato, cilantro, onion & pepper, served with corn tortilla chips

Sweet Potato Fries \$7.95

crispy fries served with a chipotle aioli

Ahi Poke \$15.95*

sashimi grade ahi mixed with a lemon wasabi citrus soy sauce tossed with macadamia nuts & cucumber over cold organic soba noodles with crispy wontons **add avocado \$2**

New England Clam Chowder

2019 Santa Cruz Chowder Cook-Off

Most Tasted Professional 1st pl.

cup \$6.95 | bowl \$8.95

sourdough bread bowl \$12.95

quart \$19.95

Asian Chicken Salad \$18.95

panko crispy chicken served atop mixed greens, cucumbers, cabbage, carrots, sprouts & crispy soba noodles, sliced almonds with peanuts and a Thai peanut dressing

GF Buddha Salad \$15.95

mixed greens, edamame hummas, carrots, sliced apple, roasted beets, sweet potatoes, sliced almonds & tahini dressing on the side

add grilled chicken \$5

add grilled salmon or steak \$10

GF Mixed Greens &

Gorgonzola \$15.95

balsamic vinaigrette, gorgonzola, glazed walnuts & fresh fruit

Caesar Salad \$13.95

garlic croutons, shaved parmesan, classic dressing

add grilled chicken \$5

add grilled salmon or steak \$10

Buddha Salad \$15.95

mixed greens, edamame hummus, carrots, sliced apples, roasted beets, sweet potatoes, sliced almonds and tahini dressing on the side

add grilled chicken \$5

add grilled salmon \$10

Fish & Chips

\$18.95day | \$22.95dinner

Alaskan cod breaded and fried (not beer battered) served with french fries--served with veggies and french fries for dinner portion

Seafood Platter

\$21.95day | \$25.95dinner

lightly breaded fish, coconut prawns and crispy calamari, served with french fries

lunch 9am-5pm

"TBA" Turkey, Bacon

Avocado Sandwich \$15.95

bacon, red onion, avocado, tomato, mixed greens with a pesto aioli on sliced whole wheat, served with coleslaw

Make it vegetarian? -bacon & turkey and we'll add edamame hummus, carrots & cucumbers!

Ideal Burger \$14.95

Braveheart black angus burger on a potato bun, served with lettuce, tomato, sliced red onion and pickles on the side with french fries. **add cheese \$1.50**

Pulled Pork Sandwich \$14.95

fresh pork carnitas, BBQ sauce, red onion, creamy kale coleslaw, pineapple salsa on a potato bun with french fries

Seafood Melt \$17.95

shrimp, crab and green onion salad mixture grilled with jack cheese on sliced sourdough and served with coleslaw

GF Salmon Salsa \$21.95

grilled salmon topped with a pineapple salsa, served with coleslaw & island rice

GF Island Seabass \$22.95

grilled seabass topped with a cilantro lime buerre blanc & roasted pineapple salsa served with coleslaw & island rice

dinner

4pm-close

Baby Back Ribs half rack \$18.95

pork ribs cooked tender & basted with a mesquite BBQ sauce served coleslaw with french fries

GF Steak "Santa Cruz" \$27.95

8oz flat iron steak charbroiled and topped with sauteed prawns, artichoke hearts, scallions, mushrooms and a garlic bulb, served with mashed potatoes & vegetables

GF New York Simply Grilled \$28.95

12oz New York Steak charbroiled and served with mashed potatoes & vegetables

Ideal Chicken Parmesan \$22.95

breaded chicken served over penne with spinach, classic marinara and topped with jack and parmesan cheese in a basil pesto sauce

GF Chicken Castrovilla \$20.95

sauteed chicken seasoned with fresh herbs, then sauteed with garlic, olive oil and white wine, artichoke hearts, capers and olives served with mashed potatoes and vegetables

Ideal Fettucine Alfredo \$19.95

served classic style with a hint of nutmeg & black pepper
add grilled chicken \$5
add grilled steak \$10

Pesto Chicken Penne \$21.95

chicken breast sauteed in olive oil, white wine, light cream, roasted garlic, basil, tomatoes and kalamata olives tossed with penne and topped with pine nuts and sundried tomatoes

