

FROM THE GRIDDLE

Served with Fresh Fruit

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

DOWN HOME BREAKFAST

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

BREAKFAST YOUR WHEY

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

Breakfast Your Whey	4.95
Choose 3 "Different" Items: 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

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

AM OLE'

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

SCRAMBLES

Served with Fresh Fruit, Potatoes and Toast

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

FRUITS, NUTS AND FLAKES

Fresh Seasonal Fruit Bowl	5.95
Baked Granola	5.25
Old Fashioned Oatmeal	5.25

FIELDS OF GREENS

Pacific Whey™ Summer Salad	10.25
Field Greens, Romaine, Medjool Dates, Carrots, Red Onion Goat Cheese, Toasted Walnuts, Strawberries and Grapes Tossed with Strawberry Vinaigrette	
Pacific Cobb Salad	10.95
Field Greens, Romaine, Turkey, Bacon, Avocado, Bleu Cheese and Tomato Tossed with Balsamic Vinaigrette	
Southwestern Salad	10.95
Field Greens, Romaine with Pepperjack Cheese, Roasted Sweet Peppers, Grilled Corn, Tomatoes and Avocado Tossed with Creamy Chipotle Lime Dressing	
Pacific Coast Salad	10.95
Field Greens, Romaine, Sliced Apples, Dried Cranberries, Bleu Cheese and Candied Walnuts Tossed with Champagne Peach Vinaigrette	
Our House Salad	9.25
Field Greens, Romaine, Fresh Mozzarella, Tomatoes, Cucumbers and Carrots Tossed with Balsamic Vinaigrette	
Traditional Caesar Salad	8.95
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

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

BURGERS YOUR WHEY

Start here with the Burger type of your choice	8.95
On a Fresh Sesame Bun with Lettuce, Tomato and Red Onion Served with Caesar Salad or Hand Crafted Potato Chips	
Ground Sirloin • Veggie • Portobello Mushroom (no meat)	
Grilled Chicken Breast • Grilled Atlantic Salmon – Add 3.00	
Then add as many fresh items as you'd like	
Each Item	Add 1.00
• 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	
With French Fries Add 1.50 • Fresh Fruit Add 2.00 • Field Greens Add 1.00	
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 5.95
Panko Crusted Chicken Tenders with Shoestring French Fries

Chicken n' Chips 6.95
Panko Crusted Flaky White Fish with Shoestring French Fries

Fish 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

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