

MontecitoMarket

P i e r r e L a f o n d

Breakfast

A Little Something...

Granola, Yogurt, and Berries 6.00

Bagel with Cream Cheese 4.00

Oatmeal with Dried Cherries & Apricots sm 4.00 lg 5.25

Eggs Any Which Way

In a Sandwich 2 Eggs Choice of Bagel or Toast 5.00 (Croissant Add 2.00)

With Cheese 5.50

With Cheese & Bacon 7.00

With Cheese & Ham 7.00

With Cheese & Italian Sausage 7.00

With Fresh Spinach & Feta 7.00

With Tomato, Avocado & Sprouts 7.00

With Tomato, Avocado, Sprouts and Cream Cheese 7.50

As a Burrito 3 Eggs

Basic Burrito

Eggs, Bacon or Ham, Cheese 9.00

Santa Barbara Burrito 9.00

Eggs Roasted Green Chiles, Avocado, and Jack Cheese

The Popeye Burrito 9.00

Eggs Spinach, Feta and Mushrooms

Country Breakfast Burrito 10.00

Eggs Roasted Potatoes, Italian Sausage & Cheddar Cheese

Summerland Burrito 9.00

Eggs Sautéed Vegetables, Roasted Mushrooms & Jack Cheese

A 2 Egg Burrito 4.50

Jack Cheese, Green Chilies, Cilantro and Tomato

Smoked Salmon on a Bagel

Cream Cheese, Tomato, Red Onion and Capers 14.00

Something Extra...

Eggs 1.75 Toast 1.50 Italian Sausage 5.00 Potato Wedges 3.50 Bacon 4.00

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Panini on Ciabatta

Turkey & Ham Panini 12.00

Shaved Red Onion, Goat Cheese & Sun Dried Tomato Aioli

Grilled Chicken Panini 12.00

Bacon, Shaved Red Onion, Tomatoes, Provolone and Pesto Aioli

Caprese Panini 11.00

Tomatoes, Basil, Fresh Mozzarella, and Vinaigrette

Tacos

3 Tri Tip Tacos

with Tomatoes, Cilantro and Avocado 14.00

3 Chicken Fajitas

with Bell Peppers, Zucchini, Onions, Avocado and Cilantro 11

3 Hawaiian Tacos

Chicken Breast, Pineapple, Bell Pepper, Onions, Avocado and Cilantro 10

Burgers on Sesame Bun

With Cheese and all the fixin's (sorry no 1/2 Burgers)

Char Grilled 1/3lb Angus Beef Burger 10.00

For the Kids

Chicken Strips 6.25 PB&J 4.50

Grilled Cheese 4.50 Cheese Quesadilla 5.50

Peanut Butter and Banana Slices 4.00

Tuna or Turkey between Bread 5.00

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Salads

Deli Greens 9.00

Assorted Local Greens, Fresh Cut Vegetables, Toasted Sunflower Seeds and Sherry Vinaigrette

Traditional Caesar 9.00

Romaine, Housemade Croutons, Shaved Parmesan with Grilled Chicken add 5.00

Spinach 10.00

Pears, Red Onion, Blue Cheese, Spiced Pepitas and Balsamic Vinaigrette – with Grilled Chicken add 5.00

Deli Cobb 13.00

Grilled Chicken, Bacon Lardons, Tomatoes, Olives, Avocado, Egg, Blue Cheese & Ranch Dressing

Greek Shrimp 14.00

Romaine, Tomatoes, Cucumber, Red Onion, Olives, Feta Cheese and Red Wine Vinaigrette

Chopped Salad 12.00

Romaine, Garbanzos, Salami, Provolone, Kalamata Olives, Tomatoes, Parmesan, Artichoke Hearts, Croutons and Vinaigrette

Zaca Taco 12.00

Grilled Chicken Breast, Black Bean Chili, Jack Cheese, Tomatoes, Red Onion, Avocado and Chips on Mixed Greens with House Vinaigrette

Trio Salad 12.00

Your choice of Three Salads from the Deli Case served on Mixed Greens with House Vinaigrette

Kale'n Quinoa Salad 12.00

Kale, Quinoa, Corn, Artichoke, Sunflower, Tomatoes, Cucumbers, Lemon, Vinaigrette

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Sandwiches

South of the Border Chicken 12.00

Sliced Grilled Chicken Breast with melted Jalapeno Jack Cheese, Ortega Chilies, Lettuce, Cilantro, Red Onion and Avocado served on a Bun with Chipotle Aioli.

PLF Santa Rosa Chicken 13.50

Grilled Chicken Breast, Smoked Bacon, Red Onion, Roasted Red Bell Peppers, Avocado, Provolone, Garlic Aioli on Toasted Sourdough.

Triple Decker 12.50

Roasted Turkey on Toasted Sourdough, Light Mayo, Lettuce, Tomatoes, Bacon and Avocado

BBQ Smoked Pork Tri Tip 12.00

Thin Sliced BBQ Smoked Pork Tri Tip with Cilantro-Lime Coleslaw and house BBQ Sauce on a toasted Sesame Bun and a Pickle.

Montecito Torpedo! 12.50

Genoa Salami, Black Forest Ham, Provolone, Pepperoncinis, Lettuce, Tomato, Red Onions and Italian Vinaigrette on a roll.

Santa Barbara Tri Tip 14.00

Roasted Beef Tri Tip with Carmellized Onions, Roasted Red Peppers and Romaine, on a Torta Roll with Blue Cheese and Horseradish Spread.

San Ysidro Reuben 12.50

Sliced Corned Beef, Sauerkraut, Swiss Cheese on Grilled Rye with traditional Reuben Dressing. Pickle on the side.

PLF Roasted Turkey Breast 12.50

Roasted Turkey Breast, PLF Cranberry Chutney, Avocado, Cheddar, Leaf Lettuce on Sourdough with Roasted Garlic Aioli.

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Wraps

Curry Chicken Wrap 11.00

Red Onion, Celery, Dried Apricots, Raisins, Sunflower Seeds, Mixed Greens and Curried Yogurt in Sun Dried Tomato Tortilla

Falafel Wrap 10.00

Hummus, Red Onion, Cucumber, Tomatoes, Mixed Greens & Tzadziki in a Whole Wheat Tortilla

Greek Chicken Wrap 11.00

Red Onions, Tomatoes, Olives, Cucumbers, Artichokes, Feta, Shredded Romaine and Lemon Vinaigrette in a Spinach Tortilla

Turkey Club Wrap 11.00

Turkey, Bacon, Mixed Greens, Tomatoes, Mayo in a Flour Tortilla

Chicken Caesar Wrap 11.00

Grilled Chicken Breast, Romaine, Tomatoes, Parmesan, Caesar Dressing in a Spinach Tortilla

Tuna Wrap 11.00

Albacore Tuna Salad, Cucumbers, Tomatoes, Sprouts, Mixed Greens, Dijon in a Spinach Tortilla

Veggie Wrap 10.00

Jack Cheese, Avocado, Carrots, Tomatoes, Mixed Greens, Cucumber, Ranch Dressing in a Spinach Tortilla

Thai Chicken Wrap 11.00

Chicken Breast, Sticky Rice, Ginger Mango Slaw, Peanut Sauce, Spinach Tortilla

Kale'n Quinoa Wrap 10.00

Kale, Quinoa, Black Beans, Artichokes, Basil, Tomatoes, Lemon, Vinaigrette in a Spinach Tortilla

Blackened Chicken Wrap 12.00

Avocado, Red Onion, Tomatoes, Black Beans, Corn, Cilantro, Mixed Greens and Red Wine Vinaigrette in a Tomato Tortilla

Many Wraps can be prepared Vegan