

BREAKFAST

*add bacon, ham, avocado or soyrizo 2.00 each
add small side of breakfast potatoes 1.50 | substitute egg whites 2.00*

Breakfast Burrito

egg, potatoes, cheese, lime cream, flour tortilla, salsa 6.00

Breakfast Bowl

egg, spinach, potatoes, cheese, tomato, lime cream 5.00

Breakfast Sandwich

egg and cheese on choice of bagel, croissant,
wheat or sourdough 5.00

Breakfast Plate

scrambled egg, potatoes, bacon or ham,
wheat or sourdough 7.00 *substitute bagel or croissant 1.50*

Loaded Breakfast Potatoes

potatoes, cheddar cheese, lime cream, bacon, pico 6.00

Large Side of Breakfast Potatoes 3.00

Smoked Salmon

cream cheese, smoked salmon, capers,
pickled red onion on open faced bagel 9.00

Low Rider

cream cheese, cheddar, bacon, blistered sliced
jalapenos, avocado on open faced bagel 8.00

Mamma Mia

cream cheese, mozzarella, grilled tomato,
pesto on open faced bagel 5.50

Ham on It

cream cheese, grilled ham, swiss, tomato
on open faced bagel 5.50

Bagel

choice of plain, everything or cinnamon raisin
toasted w/ butter or cream cheese 3.00

Avocado Toast #1

avocado, hard-boiled egg, pickled red onions,
cilantro on wheat toast 8.00
add smoked salmon 4.00

Avocado Toast #2

avocado, bacon, hard-boiled egg, blistered sliced
jalapenos, cilantro on wheat toast 9.00

Almond Butter Toast

almond butter, banana, toasted almonds,
honey on wheat toast 7.00

Acai Bowl

acai, house made granola, fresh fruit, honey, coconut 8.00

Oatmeal

oats, fresh fruit, toasted almonds, NH maple syrup 6.00

Yogurt Cup

plain greek yogurt, fresh fruit, honey,
house made granola 6.00

Seasonal Fruit Bowl 4.00

SANDWICHES

add small side salad, potato chips or mac salad 1.50 each

El Cubano

roast pork, ham, swiss, pickles, mustard
grilled on roll 10.00

The Big Hot Tuna

tuna salad, swiss, tomato, pickled red onion
grilled on wheat or sourdough 8.50

The Quatro Queso

cheddar, swiss, mozzarella, american
grilled on wheat or sourdough 7.50

The BLAT

bacon, lettuce, avocado, tomato, mayo
on wheat or sourdough 8.50

The Turkey Bacon Club

turkey, bacon, swiss, lettuce, tomato, mayo
on wheat or sourdough 8.50

The Classic

ham, swiss, lettuce, tomato, mustard, mayo
on wheat or sourdough 6.50

The AB and J

almond butter and strawberry jam on wheat toast 6.00

Wraps

ham & swiss | turkey & cheddar | tuna salad
w/ chopped romaine and tomato 5.50

SALADS

add grilled chicken 4.00 | add bacon, ham, turkey, avocado or tuna 2.00

Spinach Salad

spinach, hard-boiled egg, bacon, avocado,
tomato w/ balsamic 9.00

Chef Salad

chopped romaine, turkey, hard-boiled egg,
cheddar, tomato, cucumber w/ ranch 8.00

Caesar Salad

chopped romaine, parmesan cheese,
house made croutons w/ caesar 6.00

Garden Salad

chopped romaine, carrot, tomato, cucumber,
pickled red onion w/ balsamic 6.00

House Made Cold Deli Salads

including macaroni, pesto penne, potato 4.00

CHEF SPECIALS *inquire at counter or call*

We also have:

Full Coffee & Tea Bar *servicing locally roasted Fair Trade,
Organic coffee from Cafe Moto and Tazo Tea*

House Made Baked Goods | Fresh Pastries *from Bread & Cie*
Cold Beverages | Daily Grab & Go Items
Catering Services *menus and more info on website*

Torrey Gardens Café by Spanglish Eats
10675 Calle Mar De Mariposa, #101, San Diego, CA 92130
Hours: Tues-Fri, 7am-3pm; Sat & Sun, 8am-2pm; Mon, Closed
www.spanglisheats.com/catering | 858-461-0599