

BREAKFAST

*add bacon, ham, avocado or soyrizo 2.00 each
substitute egg whites 2.00*

Breakfast Burrito

egg, potatoes, cheese, lime cream, flour tortilla, salsa 7.00

Breakfast Bowl

egg, spinach, potatoes, cheese, tomato, lime cream 6.00

Breakfast Sandwich

egg and cheese on choice of bagel, croissant,
wheat or sourdough 6.00

Breakfast Plate

scrambled egg, potatoes, bacon or ham,
wheat or sourdough 8.00 *substitute bagel or croissant 1.50*

Loaded Breakfast Potatoes

potatoes, cheddar cheese, lime cream, bacon, pico 6.50

Side of Breakfast Potatoes 3.50

Smoked Salmon

cream cheese, smoked salmon, capers,
pickled red onion on open faced bagel 10.00

Low Rider

cream cheese, cheddar, bacon, blistered sliced
jalapenos, avocado on open faced bagel 9.00

Mamma Mia

cream cheese, mozzarella, grilled tomato,
pesto on open faced bagel 7.00

Ham on It

cream cheese, grilled ham, swiss, tomato
on open faced bagel 7.00

Bagel

choice of plain, everything or cinnamon raisin
toasted w/ butter or cream cheese 3.50

Avocado Toast #1

avocado, hard-boiled egg, pickled red onions,
cilantro on wheat toast 9.00
add smoked salmon 4.00

Avocado Toast #2

avocado, bacon, hard-boiled egg, blistered sliced
jalapenos, cilantro on wheat toast 10.00

Almond Butter Toast

almond butter, banana, toasted almonds,
honey on wheat toast 8.00

Acai Bowl

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

Oatmeal

oats, fresh fruit, toasted almonds, NH maple syrup 7.00

Yogurt Cup

plain greek yogurt, fresh fruit, honey,
house made granola 7.00

Seasonal Fruit Bowl sm. 3.00 | lg. 5.00

SANDWICHES

add potato chips or small mac salad 1.50

El Burger

1/3 lb. angus burger w/ lettuce, tomato, pickled red onion
on brioche bun 12.00
add cheese 1.00
add bacon, avocado or egg 2.00

El Cubano

roast pork, ham, swiss, pickles, mustard
grilled on roll 12.00

The Turkey Bacon Club

turkey, bacon, swiss, lettuce, tomato, mayo
on wheat or sourdough 10.00

The Big Hot Tuna

tuna salad, swiss, tomato, pickled red onion
grilled on wheat or sourdough 9.50

The BLAT

bacon, lettuce, avocado, tomato, mayo
on wheat or sourdough 9.50

The Quatro Queso

cheddar, swiss, mozzarella, american
grilled on wheat or sourdough 8.00

The AB and J

almond butter and strawberry jam on wheat toast 8.00

The Classic

ham, swiss, lettuce, tomato, mustard, mayo
on wheat or sourdough 7.00

Wraps

ham & swiss | turkey & cheddar | tuna salad
w/ chopped romaine and tomato 7.00

SALADS

add bacon, ham, turkey, avocado or tuna 2.00

Spinach Salad

spinach, hard-boiled egg, bacon, avocado,
tomato w/ balsamic 10.00

Chef Salad

chopped romaine, turkey, hard-boiled egg,
cheddar, tomato, cucumber w/ ranch 9.00

Caesar Salad

chopped romaine, parmesan cheese,
house made croutons w/ caesar 8.00

Garden Salad

chopped romaine, carrot, tomato, cucumber,
pickled red onion w/ balsamic 7.00

House Made Cold Deli Salads

sm. 1.50 | med. 3.00 | lg. 4.50

CHEF SPECIALS *inquire at counter or call*

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