

MENU

Breakfast served all day every day 6:00 am to 3:00 pm

Breakfast on the Go

- Sunrise Commuter Sandwich** **\$4.50**
Peppered Bacon, cage free Indiana scrambled eggs, Sharp Cheddar on a butter croissant
- Fusion Breakfast Burrito** **\$4.25**
Indian spices, black beans, brown rice, roasted poblano pepper salsa, and soy cheese in a whole wheat burrito shell
- Lox and Bagel** **\$7.25**
Cured salmon with lemon dill cream cheese spread on a toasted bagel
- Quiche** **\$5.25**
Individual Size
Ask what the quiche of the day is. Made with fresh local eggs.
- Yogurt and Granola** **\$6.45**
Yogurt and crunchy housemade cinnamon, maple, pecan granola
- Breakfast Features**
- Buttermilk Pancakes** **\$5.55**
Cinnamon whipped butter and Pure Maple Syrup Upgrade with seasonal fresh fruit when available -- add .75
- Belgium Waffle** **\$5.75**
Pure Maple Syrup and cinnamon whipped butter
- Organic Oatmeal** **\$3.95**
Made the old fashioned way and served with honey, maple syrup or brown sugar

Gianduja (pronounced Jon doo yah) French Toast **\$7.25**
caramelized almond puree, silky dark chocolate and cream cheese are blended and stuffed inside a piece of buttery brioche, dipped into a batter and griddled until golden and toasty. Served with whipped cream and maple syrup. LUXURIOUS!

Eggs

Third Coast uses cage free Indiana eggs

Happy Scramble **\$4.95**
2 eggs, scrambled, from happy cage free chickens, toast, breakfast potatoes and sausage, ham or bacon with cheese add .75

Sunny side up **\$4.95**
2 eggs from the happiest chickens in America sunny side up with toast, breakfast potatoes, and sausage, ham or bacon

It's Easy over easy **\$4.95**
2 eggs coming right up just for you with toast, breakfast potatoes, and sausage, ham or bacon

Omelet
All omelets are served with hash browns and our special breakfast toast with preserves

Garden **\$6.75**
Caramelized Onions, Roasted Red Bell Peppers, Balsamic Baked Tomatoes, Artichoke Hearts, Spinach, and Swiss Cheese

Third Coast Omelet **\$6.75**
Peppered Bacon, Onion, Avocado, Tomato, Sharp Cheddar Cheese

Mediterranean **\$6.75**
Kalamata Olive Relish, Artichoke Hearts, Caramelized Leeks, Spinach, Feta Cheese

Southwest **\$6.75**
Ham, Roasted Garlic, Sauteed LaMesa Mushroom, Poblano Pepper Salsa, Jack Cheese

Florentine **\$6.75**
Spinach, Balsamic Baked Tomato, Onion, Asiago Cheese

Build Your Own Specialty Omelet **\$6.95**
Pick as many as you want!!
Choose from:
Chef Blends

La Mesa Mushrooms – smoky, chili spices and sautéed mushroom
Kalamata Olive Relish – Kalamata olives, parsley, olive oil, red wine vinegar
Balsamic Baked Tomato – slow roasted tomatoes with balsamic glaze
Caramelized Onions – onions sautéed until their natural sweetness emerges
Artichoke Hearts – marinated in olive oil and Italian spices
Caramelized Leeks – mildly sweet and savory
Pablano Pepper Salsa – low heat full body chili flavor

Fresh Veggie	Meats	Cheese / Dairy
Spinach	Peppered Bacon	Sharp Cheddar
Broccoli	Ham	Swiss
Tomatoes	Sausage	Provolone
Onions	Salmon Lox	American
Scallions		Feta
Mushrooms		Asiago
Bell Peppers		Soy Mozzarella
Avocado		Jack Cheese
Capers		Sour Cream
Jalapenos		Cream Cheese

Lunch

Gold Sandwiches
Comes with choice of chips, fries or carrot sticks

Roast Beef **\$5.95**
Whole Wheat Bread, Iceberg Lettuce, Tomato, Red Pepper Ranch, Sharp Cheddar

Turkey **\$6.25**
Italian Bread, Romaine Lettuce, Provolone, Red Onion, Roasted Tomato Fennel Spread

Chicken Salad **\$6.75**
Butter Croissant, chicken salad, mild curried onion cream, romaine lettuce, tomato

Ham **\$5.95**
Multi grain Bread, Romaine Lettuce, Swiss Cheese, Red Onion, Tomato, Grenada Mustard Spread

Muffaletto **\$6.95**
Italian Bread, Salami, Pepperoni, Ham, Kalamata Olive Relish, Provolone, Lettuce, Tomato, Mediterranean Spiced Vinaigrette

Shrimp Salad **\$6.95**
Butter Croissant, Tomato, Lettuce, Bloody Mary Mayonnaise

Cobb Sandwich **\$6.95**
Italian Bread, Garlic Grilled Chicken, Iceberg Lettuce, Tomato, Peppered Bacon, Avocado, hard boiled egg, Smoked Paprika Blue Cheese Spread

Tuna Salad **\$7.25**
Butter Croissant, Lettuce, Tomato, Lemon-Wasabi Mayonnaise

Griddle Sandwiches
Comes with choice of chips, fries or carrot sticks

Bayou Chicken **\$6.75**
Multi Grain Bread, Chicken breast, Romaine Lettuce, Cajun Caramelized Onion, Cheddar Cheese

Durango Chicken **\$6.95**
White Bread, Chicken Breast, Peppered Bacon, Roasted Poblano Salsa, Jack Cheese, Cilantro Lime Mayonnaise

Mediterranean Chicken **\$6.95**
Italian Bread, Chicken Breast, Artichoke Hearts, Roasted Red Peppers, Feta Cheese, Hummus Spread

49er Hoagie **\$6.25**
Italian Bread, Ham, Turkey, LaMesa Mushrooms, Caramelized Onions, Tomato, Provolone

The Farmer's Market **\$6.75**
Whole Grain Bread, Portabella Mushroom, Spinach, Tomato, Roasted Bell Peppers, Avocado, Provolone, Hummus Spread

Salads
Served with Croutini (a giant crouton that you can use to scoop every last bit of salad)

Bloody Mary Shrimp Salad **\$7.95**
Marinated Grilled Shrimp, Romaine, Field Greens, Cucumber, Tomato, Red Onion, Bloody Mary Cream

Seared Sesame Crusted Ahi Tuna **\$7.95**
House Blend Greens, Carrot, Cucumber, Sugar Snap Peas, Lemon – Ginger Vinaigrette

Cobb Salad **\$6.25**
Garlic Grilled Chicken, Romaine, Iceberg Lettuce, Peppered Bacon, Avocado, Hard Boiled Egg, Green Onion, Tomato, Smoked Paprika Blue Cheese Cream

da Vinci
priceless, but we'll only charge you \$6.50
Portabella Mushroom, House Blend Greens, Artichoke Hearts, Balsamic Roasted Tomatoes, Asiago Cheese, Pesto Dressing

Primavera Salad **\$5.95**
Penne Pasta, Caramelized Leek, Marinated Artichoke, Roasted Tomatoes, Cucumber, Lemon Basil Vinaigrette

Soups
Served with a Croutini for dipping and scooping

Chili La Mesa **cup - \$2.95 bowl - \$3.95**
w/cheese add .75 w/onion add .25

Chicken Gumbo **cup - \$2.95 bowl - \$3.95**

Soup of the Day **cup - \$2.95 bowl - \$3.95**

Cup and a Half Cold Sandwich **\$6.25**

Cup and a Half Salad **\$6.25**

Kids Menu Breakfast

Tot Cakes **\$3.00**
Kid size portion of Buttermilk pancakes
add fresh fruit .75

The One Egger **\$3.50**
One egg, breakfast potatoes, toast and jam, bacon, sausage or ham

French Toastette **\$3.50**
French Toast, whipped cream and maple syrup
add fresh fruit .75

Yogurt & Granola Cup **\$3.00**
Organic yogurt and housemade granola

Lunch

Comes with choice of chips, fries or carrot sticks

Grilled Cheese **\$3.50**
Natural Ovens Better White Bread, American cheese

Grilled Ham and Cheese **\$3.50**
Natural Ovens Better White Bread, Ham, American cheese

Peanut Butter and Jelly **\$3.50**
Natural Ovens Better White Bread, Natural Peanut Butter, Grape Jelly

Kid's Cobb **\$3.95**
Chicken Breast, Carrot Sticks, Celery Sticks, Tomato Slices, Cucumber, Toast Points, Ranch Dressing

