

## Breakfast-Lunch Menu 8am to 11am main kitchen

### **Build your own Breakfast Bowl**

Choose 1 starch/grain – Yukon Gold Potato, Sweet potato, black beans, white rice, brown rice

Choose 2 veg – Bell pepper, Tomato, Avocado, Maui onion, Pickled Red onion, Jalapeno, Zucchini, Spinach

Choose 2 protein – Scrambled egg, Over easy-hard egg, Sunny side up egg, Egg white scramble, Bacon, Breakfast Sausage, Ham, Turkey Bacon, Diced Chicken, Smoked Salmon

Choose 2 topping – Pico de gallo, Guacamole, Fire roasted Salsa, Shredded Cheese, Feta, Greek yogurt

\*Turn any bowl into a burrito for a \$2 upcharge

**Full Isthmus Breakfast** – Two eggs your choice, Applewood smoked Bacon, Breakfast Sausage links, black beans, tomato, mushroom, sourdough toast

**Stuffed French Toast** – Texas Toast stuffed with Nutella and Strawberry topped with a Banana syrup

**Roasted Vegetable Frittata** – Oven roasted Tomato, Zucchini, Bell Peppers, and Shitake Mushroom topped with Gruyere cheese

**The E Bay Sandwich** – Everything Bagel, Fried egg, Bacon, American Cheese

**Steak and Eggs** – Tender Hangar steak marinated and grilled to temp topped with Bacon and Tomato Jam served with two eggs any style and Potatoes O'Brien

**Carnita Chilaquile** – Carnita meat, Scrambled egg, and fried tortillas tossed in a Salsa Rojo, topped with pickled red onion, avocado, and queso fresco

**Lunch 11 am to 5pm main kitchen**

**Loaded Quesadilla**

Melted Cheddar and Monterey cheese with Carnitas, Black beans, and Roasted Bell Peppers served with a side of sour cream and salsa roja

**Classic Caesar Salad**

Crisp Romaine, Shaved parmesan, and house croutons Full or half size. Add chicken or shrimp Or steak

**Roasted Beet Salad**

Roasted seasonal beets on a bed of Arugula with Pepitas, Dried Cranberry, Spiced Pecans, and artisanal goat cheese with a Pomegranate vinaigrette

**Two Harbors Burger**

Certified Angus beef, Butter lettuce, tomato, shaved red onion, dill pickle and 1000 island. Choice of Sea Salt fries, Tater tots or Coleslaw Add cheese \$2 Add bacon \$2 Add egg \$2 Add avocado \$2

**Reef Special Patty Melt**

Half pound blend of seasoned Bison and Wagyu beef seared and served on sourdough bread topped with sautéed mushrooms and caramelized onions and steak sauce drizzle

**Fried Fish Sandwich**

Crispy beer Tempura-battered fillet on soft French Roll spread with a Creole remoulade and thin-cut crispy sea salt fries and coleslaw.

**The Isthmus Club**

Sourdough bread, Shaved Turkey breast, Applewood smoked Bacon, Avocado, Crisp Butter lettuce, Thick sliced tomato, Mayo. Choice of Sea Salt Fries or Coleslaw.