

LEFT COAST

Kitchen

CAFÉ MENU

MORNINGS 8a-12p

LIGHTER STARTS

Mixed Bowl of Fruit 6.5/11

Melon, Pineapple, Grapes, Berries & Seasonal Additions

Yogurt and Berries 9

Organic Whole Milk Greek Yogurt, Mixed Macerated Berries in Natural Sugar
Add Almonds or Granola 11

Overnight Chia-Oats with Coconut Milk 9

Chilled Raw Oatmeal with Coconut Milk, Toasted Coconut, Sliced Banana & Italian Cherries
Add Greek Yogurt 11

Steel Cut Hot Oatmeal & Barley 9.5

With Pecans, Macerated Berries & Cream
with Brown Sugar & Raisins 9

GRIDDLED FUN

Buttermilk Pancakes 11

Butter & Warm Syrup
with Macerated Berries 13
with Banana / Pecans 13.5

Randell Family Corncakes 10.5

Butter & Warm Syrup
with Jalapenos & Honey 11.5
with Cheddar, Bacon & Honey 13

Thick Cut French Toast 11

Old Fashioned Vanilla/Cinnamon with Butter & Warm Syrup
with Peanut Butter & Berry Jam 13
with Banana & Caramel Walnuts 13

POWER! Cakes 15

20g of Plant Based Protein added to our Buttermilk Pancakes with Chia Seeds, Whole Oats, Dried Fruits, Chopped Almonds & Side of Butter n Honey

Blast Your Yogurt, Oats, Polenta or Porridge with 20g of Plant Based Protein Powder...add 2

BREAKFAST BOWLS

No Substitutions Please

Creamy Slow Cooked Polenta 12

Slow Cooked for Hours with Creamy Mascarpone, Two Poached Eggs, Tomato Bruschetta, Basil, Arugula

Corned Beef Hash 14

Ground In House This Diner Style Specialty Has Fresh Corned Beef, Yukon Potato, Red Onion & LCK's Hash Seasoning. It is Pan Fried and Topped With Two Sunny Eggs and a Side of Dijonaise

Baja Breakfast 13.5

Braised Black Beans, Roasted Adobo Chicken, Scrambled Eggs, Salsa Roja, Queso Fresco, Avocado & Pico de Gallo...With Two Soft Flour Tortillas

A FEW BREAKFAST SPECIALTIES

*Please no Substitutions. You may remove Items.
We appreciate your confidence in our menu!
All Served with Chunk of Corn Bread unless Noted with**

Egg White Frittata 13.5

Four Egg Whites, Tomatoes, Broccoli, Spinach Baked Together Topped with Basil Pesto & Arugula / Parm Salad

Weekday Omelet 13.5

Mushrooms, Spinach, Tomatoes & Cheddar Three Egg Omelet
With LCK Home Fries

Bacon / Tomato / American Omelet 14

With LCK Home Fries

Chesapeake Omelet 15.5

French Style Omelet with Lump Crab, Cream Cheese, Cheddar, Chives & "Super Greens" Salad

Dave's Eggs 14*

Grandpa's Smoothly Soft Scrambled Eggs with Sweet Corn, Roasted Garlic, Scallions & Cream Cheese over Toast with Arugula
ADD ACME SMOKED SALMON \$5

"Off the Carbs" Breakfast 15.5*

Grilled Ham, Pork Sausage, Maple Bacon, Cheesy Scrambled Eggs with Sliced Tomatoes

Very Cheesy Potatoes 13.5

LCK Gluten Free White Cheese Sauce, Home Fries
And Two Sunny Side Eggs

AVOCADO TOASTS

Jane's Plain Toast 12

Thick Rustic Toast, Fresh Avocado, Olive Oil, Sea Salt, Fresh Pepper & "Super Greens" Side Salad

H. Dumpty's 13.5

with Soft Poached Egg

The Sophia 13.5

with Blistered Grape Tomatoes, Shallots and Basil

"Everything" Toast 15

with Acme Smoked Salmon, Red Onion, and Sliced Tomato

The Starlet 14

with Super Crunch Root Salad & Goat Cheese

SIDES

Five Slices of Crispy Bacon 7

Three Plump Pork Sausage Links 7

Griddled Cornbread & Honey 6

Country Toast & Jam 4/6

LCK Home Fries 6

BEVERAGES

Hot Coffee / Tea 2.5

Soda / Iced Tea 2.5

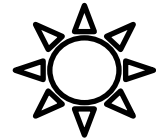
Pint of Orange Juice 5

Apple, Cranberry, Grapefruit 4

Mimosa 7

Bloody Mary 8

LEFT COAST Kitchen



CAFÉ MENU LUNCH

BREAKFAST UNTIL 2PM

Yogurt and Berries 9*

Organic Whole Milk Greek Yogurt, Mixed Macerated Berries in Natural Sugar
Add Almonds or Granola 11

Overnight Chia-Oats with Coconut Milk 9*

Chilled Raw Oatmeal with Coconut Milk, Toasted Coconut,
Banana Chips & Italian Cherries
Add Greek Yogurt 11

Thick Cut French Toast 12

Old Fashioned Vanilla/Cinnamon with Butter & Warm Syrup
with Peanut Butter & Berry Jam 14
with Banana & Caramel Walnuts 14

Lunch Omelets 15*

Choose Three Items
Served with LCK Hand Cut French Fries

Bacon
Sausage
Tomato
Spinach
Mushroom
American
Cheddar
Swiss

Corned Beef Hash 16*

Ground In House This Diner Style Specialty
Has Fresh Corned Beef, Yukon Potato, Red Onion
& LCK's Hash Seasoning. It is Pan Fried and Topped
With Two Sunny Eggs and a Side of Dijonaise

"Off the Carbs" Breakfast 15.5*

Grilled Ham, Pork Sausage, Maple Bacon,
Cheesy Scrambled Eggs with Sliced Tomatoes

AVOCADO TOASTS

Jane's Plain Toast 13.5

Thick Rustic Toast, Fresh Avocado, Olive Oil,
Sea Salt, Fresh Pepper & "Super Greens" Side Salad

The Sophia 14.5

Add to Jane's Blistered Grape Tomatoes, Shallots and Basil

"Everything" Toast 15

Add to Jane's Acme Smoked Salmon, Red Onion,
and Sliced Tomato

The Starlet 14.5

Add to Jane's Super Crunch Root Salad & Goat Cheese

LUNCH STARTERS

French Onion Chowder 9

½ Chowder, ½ Onion Soup, all the Best of Both

The New Nosh Platter ^ 15

Bowl of Creamy Hummus Loaded with EVO, Feta & Almonds,
Warm Pita, Cucumber, Olives, Tomatoes & Red Beet "Caponata"

Cast Iron Spicy Black Bean Dip for Two ^ 15

Guajillo Chiles, Sweet Corn & Queso Fresco Fondue,
With Tostadas, Fresh Avocado, Chips & Salsa

Skillet Roasted Edamame *10.5

Full lb. of Soybeans, EVO, Sea Salt, Japanese Spicy Mayo

Brown Derby Wedge *13

Iceberg, Tomatoes, Cracked Pepper "Ranch", Bacon & Danish Bleu

Classic Caesar ^ 11

BRUTUS STYLE WITH CRUSHED PEPPER & FRIED GALRIC Add 50

Tuna Poke "Toscana" 14

Fresh Diced Raw Yellow Fin Tuna in Balsamic Soyu, EVO,
Fresh Basil & Mint, Shallots, Blistered Tomatoes & Sea Salt
All Served on a Warm Bed of Molten Creamed Polenta

WINGS

Buffalo Turkey *14

(Traditional but Giant)
Or

Nashville Hot Chicken 13

(Breaded, Dry Rub, Honey, Pickles)

PLATES

"Two By Four" Burger 16

Built to Satisfy with Twin Angus Smash Patties, American Cheese,
Tomato, Fried Onion and Commercial Grade Bacon-Shallot Jam
On a Seeded Challah Bun with Slaw & LCK Fries *(No Permit Needed)*

North Coast Non-Burger 16

Cali-Style Veggie Burger with Swiss, Slaw, Tomato, Pickle & Fries

The Roadhouse 21

Open Faced with Grilled & Sliced Hanger Steak on Garlic Toast
With Mushrooms, Mozzarella, Demi-Glace & Fries

Roasted Chicken Melt ^ 16

Open Faced Sandwich with Garlic Toast, Roasted Chicken,
Tomato, Maple Bacon, Mozzarella & Spicy Mayo with LCK Fries

Crab Burger 18.5

Whole Grain Burger Bun with a Thick Crispy "Burger" of our
Lump Crab Cake with Pesto Mayo, Marinated Tomato, Arugula
Crispy Onions and LCK Fries

Low Country White Shrimp n' Grits 21*

Creamy Grits, Creole Lemon Butter Sauce, Dressed Arugula

G.F.Y. MAC (GLUTEN FREE YUMMY) 12.5**

Skillet Baked Brown Rice Ziti, Five Cheeses,
Gluten Free Béchamel, Gluten Free Bread Crumbs



**denotes Gluten Free Ingredients*

^ denotes Gluten free with Simple Alterations