

# PIERRE LAFOND

MONTECITO

## BREAKFAST

**BAGEL** with cream cheese 6.00

**EGG SANDWICHES** made with 2 eggs

two eggs served on a choice of bagel or toast *croissant add 2.00*

**EGG & CHEESE** 9.25

**EGG, CHEESE & BACON** 12.00

**EGG, CHEESE & HAM** 11.00

**EGG, CHEESE & ITALIAN SAUSAGE** 11.00

**EGG, FRESH SPINACH & FETA** 11.00

**EGG, TOMATO, AVOCADO & SPROUTS** 11.00

**BREAKFAST BURRITOS** made with 3 eggs

**EGGS, BACON, CHEESE** 13.00

**EGGS, HAM, CHEESE** 12.00

**SANTA BARBARA BURRITO** 12.00

eggs, roasted green chiles, avocado, and jack cheese

**THE POPEYE BURRITO** 12.00

eggs, spinach, feta, and mushrooms

**COUNTRY BREAKFAST BURRITO** 13.00

eggs, roasted potatoes, italian sausage, and cheddar cheese

**SUMMERLAND BURRITO** 12.00

eggs, sautéed broccoli, zucchini, roasted peppers,  
mushrooms, and jack cheese

**SMALL 2 EGG BURRITO** 8.50

eggs, green chiles, cilantro, tomatoes, and jack cheese

**SMOKED SALMON ON A BAGEL** 20.00

cream cheese, tomato, red onion and capers

## SIDE ORDERS

eggs 3.00

toast 3.00

bacon 8.00

potato wedges 7.00

italian sausage 8.00

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## SALADS

### DELI GREENS 11.00

assorted local greens, fresh cut vegetables, toasted sunflower seeds with house vinaigrette

### TRADITIONAL CAESAR 11.00

romaine, housemade croutons, parmesan

*add grilled chicken 5.00*

### SPINACH 13.00

pears, red onion, blue cheese, spiced pepitas with balsamic vinaigrette

*add grilled chicken 5.00*

### DELI COBB 18.00

grilled chicken, bacon lardons, tomatoes, olives, avocado, egg, blue cheese,  
over a bed of fresh local greens with housemade ranch dressing

### GREEK SHRIMP 18.00

romaine, tomatoes, cucumber, red onion, olives, feta cheese, and red wine vinaigrette

### CHOPPED SALAD 16.00

chopped romaine with garbanzos, salami, provolone, kalamata olives, tomatoes,  
parmesan, artichoke hearts, croutons, and vinaigrette

### ZACA TACO SALAD 16.00

grilled chicken breast, black bean chili, jack cheese, tomatoes, red onion, avocado,  
and tortilla chips on mixed greens with house vinaigrette

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## PANINI

TURKEY & HAM PANINI 16.00

shaved red onion, goat cheese, and sun dried tomato aioli on ciabatta

GRILLED CHICKEN PANINI 16.00

bacon, shaved red onion, tomatoes, provolone and pesto aioli on ciabatta

CAPRESE PANINI 15.00

tomatoes, basil, fresh mozzarella, and vinaigrette on ciabatta

## TACOS

3 TRI TIP TACOS 20.00

tomatoes, cilantro and avocado

3 CHICKEN FAJITAS 18.00

bell peppers, zucchini, onions, avocado and cilantro

## THE PL BURGER

char-grilled 1/3lb beef patty with cheese and all the fixins

*(sorry, no 1/2 burgers)*

15.00

## FOR THE KIDS

CHICKEN STRIPS 8.00 GRILLED CHEESE 8.00

CHEESE QUESADILLA 6.00 PB&J SANDWICH 7.00

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## WRAPS

### CURRY CHICKEN WRAP 16.00

red onion, celery, dried apricots, raisins, sunflower seeds, mixed greens, and curried yogurt in sun dried tomato tortilla

### GREEK CHICKEN WRAP 16.00

red onions, tomatoes, olives, cucumbers, artichokes, feta, shredded romaine and lemon vinaigrette in a spinach tortilla

### TURKEY CLUB WRAP 16.00

turkey, bacon, mixed greens, tomatoes, and mayo in a flour tortilla

### CHICKEN CAESAR WRAP 16.00

grilled chicken breast, romaine, tomatoes, parmesan, caesar dressing in a spinach tortilla

### TUNA WRAP 16.00

tuna salad, cucumbers, tomatoes, sprouts, mixed greens, and dijon in a spinach tortilla

### VEGGIE WRAP 15.00

jack cheese, avocado, carrots, tomatoes, mixed greens, and cucumber with ranch dressing in a spinach tortilla

### VEGAN WRAP 15.00

humus, avocado, spring lettuce, tomato, roasted red peppers, grilled onion, cucumber, and vinaigrette dressing in a sundried tomato tortilla

### BLACKENED CHICKEN WRAP 16.00

avocado, red onion, tomatoes, black beans, cilantro, mixed greens, and red wine vinaigrette in a sundried tomato tortilla

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## SANDWICHES

### SOUTH OF THE BORDER CHICKEN 16.00

sliced grilled chicken breast with melted jalapeno jack cheese, ortega chilies, lettuce, cilantro, red onion and avocado served on a bun with chipotle aioli

### PL SANTA ROSA CHICKEN 17.00

grilled chicken breast, smoked bacon, red onion, roasted red bell peppers, avocado, provolone, garlic aioli on toasted sourdough

### EAST VALLEY CLUB 17.00

roasted turkey on sourdough, light mayo, lettuce, tomato, bacon and avocado

### PL VEGAN 15.00

toasted whole grain bread, avocado, hummus, tomato, cucumber and pickles

### MONTECITO TORPEDO 16.00

genoa salami, black forest ham, provolone, pepperoncinis, lettuce, tomato, red onions and italian vinaigrette on a fresh roll

### SANTA BARBARA TRI TIP 20.00

roasted beef tri tip with carmellized onions, roasted red peppers and romaine served on a torta roll with blue cheese and horseradish aioli

### SAN YSIDRO REUBEN 16.00

sliced corned beef, sauerkraut, and swiss cheese on grilled rye with traditional reuben dressing and a pickle on the side

### PL ROASTED TURKEY BREAST 16.00

roasted turkey breast, plf cranberry chutney, avocado, cheddar, and leaf lettuce on sourdough with roasted garlic aioli

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## BUILD YOUR OWN SANDWICH

### MEAT

house roasted turkey  
grilled chicken breast  
house-roasted chicken  
black forest ham  
italian dry salame  
corned beef *add 2.50*  
bacon *add 3.00*  
tri tip *add 4.00*  
curried chicken salad  
egg salad  
tuna salad  
chicken salad

### CHEESE

pepper jack  
cheddar  
provolone  
swiss  
goat cheese *add 1.00*

### HALF SIZE

8.00

### WHOLE SIZE

16.00

### BREAD

gluten free *add 2.00*  
sourdough whole  
wheat whole grain  
baguette  
croissant *add 2.00*  
rye  
roll  
ciabatta *(no halves)*

### SPREADS

spicy brown mustard  
dijon mustard  
mayo  
ketchup  
chipotle aioli  
pesto aioli  
vinaigrette  
hummus *add 1.00*

### TOPPINGS

avocado *add 2.00*  
fresh tomatoes  
shaved red onion  
roasted peppers  
cucumber sprouts  
jalapeno chiles  
pepperoncinis  
lettuce  
pickles

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## COFFEE

COFFEE REGULAR 3.50 | LARGE 4.50

*bring your own cup or mug 3.00*

HOT TEA 3.00

*green, herbal or black*

TROPICAL ICED TEA 3.50

### ESPRESSO DRINKS

ESPRESSO

CAPPUCCINO

LATTE

BREVE LATTE

*espresso with half and half*

AMERICANO

*equal portions espresso and hot water*

MACCHIATO

*espresso topped with dallop of foamed milk*

CAFÉ CON PANNA CARAMEL

*espresso topped with whipped cream and drizzled with caramel*

MOCHA LATTE

*espresso, chocolate, and steamed milk with whipped cream*

GRASSHOPPER

*espresso, chocolate, mint syrup, steamed milk with whipped cream*

COCONUT SOY LATTE

*espresso, coconut and steamed soy milk*

ICE BLENDED MOCHA, VANILLA OR CARAMEL

SINGLE	DOUBLE	TRIPLE
2.75	4.00	5.00
5.00	6.00	6.75
5.00	6.00	7.00
5.50	6.50	7.25
3.50	4.25	5.00
4.75	5.25	5.75
4.00	4.50	5.50
6.00	7.00	7.75
6.50	7.50	8.00
6.50	7.50	8.00
7.00	7.50	8.00

### MILK UPGRADES

*almond add 1.00, oat add 1.00, soy add 1.00 or hemp add 2.00*

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## SPECIALTY DRINKS

	12 OZ	16 OZ
<b>CAFÉ AU LAIT</b>	4.50	5.50
equal parts coffee and hot milk		
<b>RED EYE</b>	5.50	6.50
coffee with one shot espresso		
<b>BLACK EYE</b>	6.50	7.50
coffee with two shots espresso		
<b>BULLS EYE</b>	7.00	8.00
coffee with three shots espresso		
<b>CHAI LATTE</b>	6.50	7.50
<b>CHAI CHARGER</b>	7.00	8.00
chai latte with one shot espresso		
<b>ICE BLENDED VANILLA CHAI LATTE</b>		8.00
<b>HOT CHOCOLATE</b>	6.00	7.00
<b>ICE BLENDED</b> (no coffee)	6.50	
chocolate, caramel, or vanilla with milk		
<b>ICED MATCHA GREEN TEA</b>	7.25	
<b>MATCHAFUL</b>	8.00	
<b>ARNOLD PALMER</b>	5.00	
half lemonade, half iced tea		
<b>MILK UPGRADE</b>		
almond, oat, soy, half & half <i>add 1.00</i>		
hemp <i>add 2.00</i>		
<b>EXTRA SHOT</b> <i>add 1.00</i>		
<b>FLAVORED SYRUP</b> <i>add 1.00</i>		

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## JUICE

freshly squeezed fruit and vegetable juices  
see order form for full list of ingredient options

**LULU'S SPECIAL** 8.00 12 oz | 10.00 16 oz

pineapple, apple, spinach, kale, parsley, ginger, lemon and celery

**FLOWER'S FAVORITE** 8.00 12 oz | 10.00 16 oz

apple, ginger, beet and lemon

**ORANGE YOU GLAD** 9.00 16 oz

ice blended orange juice with vanilla powder

**ORANGE JUICE** 7.00 12 oz | 9.00 16 oz

**CARROT JUICE** 7.00 12 oz | 9.00 16 oz

**BUILD YOUR OWN** 8.00 12 oz | 10.00 16 oz

## SMOOTHIES

frozen fruit blend with fruit juice (no ice)

**STRAWBERRY, BLUEBERRY, BANANA** 8.00 16 oz

**MANGO, RASPBERRY, STRAWBERRY** 8.00 16 oz

**STRAWBERRY, BANANA** 8.00 16 oz

**PINEAPPLE, MANGO, BANANA** 8.00 16 oz

**CHOCOLATE CHIMP** 9.00 16 oz

chocolate, banana, milk, peanut butter and ice

**HOTSHOT** 4.00

lemon, ginger, turmeric, and cayenne

**SMOOTHIE AND JUICE SPECIALTY ADDITIONS** add 1.00

hemp protein, whey protein, bee pollen, flax seed,  
chia seed, hemp seed, vitamin c, powdered spirulina  
or chocho protein add 3.00