

PIERRE LAFOND  
MONTECITO MARKET

## Breakfast

### A Little Something...

- Granola, Yogurt, Bananas and Berries 6.00
- Bagel with Cream Cheese 5.00

### Egg Sandwiches with 2 Eggs...

- 2 Eggs served on a choice of Bagel or Toast 5.00 | Croissant *add 2.00*
- Additional Egg Sandwich options...*
- Egg & Cheese 6.00
- Egg & Cheese & Bacon 8.00
- Egg & Cheese & Ham 8.00
- Egg & Cheese & Italian Sausage 8.00
- Egg & Fresh Spinach & Feta 8.00
- Egg & Tomato, Avocado & Sprouts 8.00

### Breakfast Burritos with 3 Eggs...

- Eggs, Bacon, Cheese 9.00
- Eggs, Ham, Cheese 9.00
- Santa Barbara Burrito 9.00
  - Roasted Green Chiles, Avocado & Jack Cheese
- The Popeye Burrito 9.00
  - Spinach, Feta and Mushrooms
- Country Breakfast Burrito 10.00
  - Roasted Potatoes, Italian Sausage & Cheddar Cheese
- Summerland Burrito 9.00
  - Sautéed Broccoli, Zucchini, Roasted Peppers, Mushrooms, Green Peppers & Jack Cheese
- Simple 2 Egg Burrito 6.00
  - Green Chiles, Cilantro, Tomatoes & Jack Cheese

### Smoked Salmon on a Bagel 15.50

- Cream Cheese, Tomato, Red Onion and Capers

### Something Extra

- Eggs 1.75    Toast 2.00    Italian Sausage 6.00    Potato Wedges 6.00    Bacon 6.00

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## Salads

Deli Greens 10.00

Assorted Local Greens, Fresh Cut Vegetables, Toasted Sunflower Seeds  
and House Vinaigrette

Traditional Caesar 10.00

Romaine, Housemade Croutons, Shaved Parmesan  
with Grilled Chicken *add 5.00*

Spinach 11.00

Pears, Red Onion, Blue Cheese, Spiced Pepitas and Balsamic Vinaigrette  
with Grilled Chicken *add 5.00*

Deli Cobb 15.00

Grilled Chicken, Bacon Lardons, Tomatoes, Olives, Avocado, Egg,  
Blue Cheese and Ranch Dressing

Greek Shrimp 15.00

Romaine, Tomatoes, Cucumber, Red Onion, Olives, Feta Cheese  
and Red Wine Vinaigrette

Chopped Salad 13.00

Romaine, Garbanzos, Salami, Provolone, Kalamata Olives, Tomatoes, Parmesan,  
Artichoke Hearts, Croutons and Vinaigrette

Zaca Taco 13.00

Grilled Chicken Breast, Black Bean Chili, Jack Cheese, Tomatoes,  
Red Onion, Avocado and Chips on Mixed Greens with House Vinaigrette

Trio Salad 12.00

Your choice of Three Salads from the Deli Case served on Mixed Greens with  
House Vinaigrette

Kale'n Quinoa Salad 12.00

Kale, Quinoa, Corn, Artichoke, Sunflower, Tomatoes, Cucumbers, Lemon, Vinaigrette

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## Wraps

Curry Chicken Wrap 12.00

Red Onion, Celery, Dried Apricots, Raisins, Sunflower Seeds, Mixed Greens and Curried Yogurt in Sun Dried Tomato Tortilla

Greek Chicken Wrap 13.00

Red Onions, Tomatoes, Olives, Cucumbers, Artichokes, Feta, Shredded Romaine and Lemon Vinaigrette in a Spinach Tortilla

Turkey Club Wrap 13.00

Turkey, Bacon, Mixed Greens, Tomatoes, Mayo in a Flour Tortilla

Chicken Caesar Wrap 13.00

Grilled Chicken Breast, Romaine, Tomatoes, Parmesan, Caesar Dressing in a Spinach Tortilla

Tuna Wrap 13.00

Tuna Salad, Cucumbers, Tomatoes, Sprouts, Mixed Greens, Dijon in a Spinach Tortilla

Veggie Wrap 12.00

Jack Cheese, Avocado, Carrots, Tomatoes, Mixed Greens, Cucumber, Ranch Dressing in a Spinach Tortilla

Vegan Wrap 13.00

Humus, Avocado, Spring Lettuce, Tomato, Roasted Red Peppers, Grilled Onion, Cucumber, Vinaigrette Dressing in a Sundried Tomato Tortilla

Kale'n Quinoa Wrap 12.00

Kale, Quinoa, Black Beans, Artichokes, Basil, Tomatoes, Lemon, Vinaigrette in a Spinach Tortilla

Blackened Chicken Wrap 13.00

Avocado, Red Onion, Tomatoes, Black Beans, Corn, Cilantro, Mixed Greens and Red Wine Vinaigrette in a Sundried Tomato Tortilla

Many Wraps can be prepared Vegan

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## Sandwiches

South of the Border Chicken 13.00

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 14.00

Grilled Chicken Breast, Smoked Bacon, Red Onion, Roasted Red Bell Peppers, Avocado, Provolone, Garlic Aioli on Toasted Sourdough.

Triple Decker 14.00

Roasted Turkey on Sourdough, Light Mayo, Lettuce, Tomato, Bacon and Avocado

PL Vegan 12.00

Toasted Whole Grain Bread, Avocado, Hummus, Tomato, Cucumber and Pickles.

Montecito Torpedo 12.50

Genoa Salami, Black Forest Ham, Provolone, Pepperoncinis, Lettuce, Tomato, Red Onions and Italian Vinaigrette on a roll.

Santa Barbara Tri Tip 14.00

Roasted Beef Tri Tip with Carmellized Onions, Roasted Red Peppers and Romaine, on a Torta Roll with Blue Cheese and Horseradish Aioli.

San Ysidro Reuben 13.50

Sliced Corned Beef, Sauerkraut, Swiss Cheese on Grilled Rye with traditional Reuben Dressing. Pickle on the side.

PL Roasted Turkey Breast 13.50

Roasted Turkey Breast, PLF Cranberry Chutney, Avocado, Cheddar, Leaf Lettuce on Sourdough with Roasted Garlic Aioli.

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## Panini on Ciabatta

Turkey & Ham Panini 13.00  
Shaved Red Onion, Goat Cheese & Sun Dried Tomato Aioli

Grilled Chicken Panini 13.00  
Bacon, Shaved Red Onion, Tomatoes, Provolone and Pesto Aioli

Caprese Panini 12.00  
Tomatoes, Basil, Fresh Mozzarella, and Vinaigrette

## Tacos

3 Tri Tip Tacos  
Tomatoes, Cilantro and Avocado 14.00

3 Chicken Fajitas  
Bell Peppers, Zucchini, Onions, Avocado and Cilantro 11.00

## Burger on Bun

with Cheese and all the fixin's (sorry no 1/2 Burgers)  
Char Grilled 1/3lb Shalhoob Beef Burger 10.00

## For the Kids

Chicken Strips 6.25      PB&J 5.00  
Grilled Cheese 6.00      Cheese Quesadilla 5.50

Peanut Butter and Banana Slices 6.00  
Tuna or Turkey between Bread 6.00

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## Make Your Own Sandwich

Whole 12.00

Half 8.00

### MEAT

House Roasted Turkey Grilled  
Chicken Breast House Roasted  
Tri Tip *add 4.00*  
Black Forest Ham  
Italian Dry Salame  
Corned Beef *add 2.50*  
Egg Salad  
Tuna Salad  
Chicken Salad  
Curried Chicken Salad

### CHEESE

Pepper Jack  
Cheddar  
Provolone  
Swiss  
Goat Cheese *add 1.00*

### BREAD

Gluten Free *add 2.00*  
Sourdough Whole  
Wheat Whole Grain  
Baguette  
Rye  
Roll  
Ciabatta (no halves)

### VEGGIES

Avocado  
Lettuce  
Fresh Tomatoes  
Shaved Red Onion  
Roasted Peppers  
Pepperoncinis  
Cucumber Sprouts  
Jalapeno Chiles  
Pickles

### DRESSINGS/SPREADS

Spicy Brown Mustard Dijon  
Mustard Mayo Ketchup  
Pesto Aioli  
Chipotle Aioli Vinaigrette

### EXTRAS

Avocado 2.00  
Bacon 2.00  
Croissant 2.00  
Hummus 1.00