

PIERRE LAFOND
MONTECITO MARKET

Breakfast

A Little Something...

Granola, Yogurt, Bananas and Berries 6.00

Bagel with Cream Cheese 4.00

Oatmeal with Dried Cherries & Apricots SMALL 4.00 LARGE 6.25

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

Egg & Tomato, Avocado, Sprouts and Cream Cheese 8.50

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 5.25

Green Chiles, Cilantro, Tomatoes & Jack Cheese

Smoked Salmon on a Bagel 14.50

Cream Cheese, Tomato, Red Onion and Capers

Something Extra

Eggs 1.75 Toast 1.50 Italian Sausage 5.00 Potato Wedges 4.50 Bacon 5.00

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Salads

Deli Greens 9.00

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

Traditional Caesar 9.00

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

Spinach 10.00

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

Deli Cobb 14.00

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

Greek Shrimp 14.00

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

Chopped Salad 12.00

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

Zaca Taco 12.00

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

Falafel Wrap 11.00

Hummus, Red Onion, Cucumber, Tomatoes, Mixed Greens & Tzadziki in a Whole Wheat Tortilla

Greek Chicken Wrap 12.00

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

Turkey Club Wrap 12.00

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

Chicken Caesar Wrap 12.00

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

Tuna Wrap 11.00

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

Veggie Wrap 11.00

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

Thai Chicken Wrap 12.00

Chicken Breast, Sticky Rice, Ginger Mango Slaw, Peanut Sauce, Spinach Tortilla

Kale'n Quinoa Wrap 11.00

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

Blackened Chicken Wrap 12.00

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

Many Wraps can be prepared Vegan

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Sandwiches

South of the Border Chicken 12.00

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 13.50

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

Triple Decker 13.00

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 12.50

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 12.00
Shaved Red Onion, Goat Cheese & Sun Dried Tomato Aioli

Grilled Chicken Panini 12.00
Bacon, Shaved Red Onion, Tomatoes, Provolone and Pesto Aioli

Caprese Panini 11.00
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

3 Hawaiian Tacos
Chicken Breast, Pineapple, Bell Pepper, Onions, Avocado and Cilantro 11.00

Burgers on Sesame 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 4.50
Grilled Cheese 4.50 Cheese Quesadilla 5.50

Peanut Butter and Banana Slices 5.00
Tuna or Turkey between Bread 5.00

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Make Your Own Sandwich

Whole 11.00

Half 7.00

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
Mozzarella
Provolone
Swiss

BREAD

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

VEGGIES

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

DRESSINGS/SPREADS

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

EXTRAS

Avocado 1.50
Bacon 1.50
Brie 1.00
Croissant 2.00
Hummus 1.00