

FIRST WAVE

OFFSHORE OATMEAL 7.99

steel cut oatmeal, almond milk, toasted walnuts, blueberries, golden raisins, bananas, maple syrup **V DF**

EL GUAPO BURRITO 11.50

turkey chorizo, egg whites, roasted red pepper, avocado, roasted hominy, spinach, salsa verde, whole wheat wrap **DF**

BAJA SOL TOSTADAS 10.50

two corn tostadas, scrambled tofu, black beans, avocado, tahini yogurt, roasted tomato salsa, cilantro **gf**

SURFSIDE BREAKFAST SANDWICH 11.50

egg substitute, toasted ciabatta, turkey maple breakfast sausage, vegan cheddar, arugula, mojo rojo, vegan mayo **DF**

PK PANCAKES 11.50

three buckwheat pancakes, berry compote, lemon agave yogurt, granola, maple syrup

MONTECITO HASH* 13.50

two poached eggs, garnet yams, red bell pepper, kale, spinach, queso fresco, tahini yogurt, pepitas, LC hot sauce

HERMOSA AVOCADO TOAST 13

toasted semolina bread, avocado, mojo rojo, red onion, basil **V DF**

LAGUNA AVOCADO TOAST 13

toasted whole grain bread, avocado, oranges, sunflower seeds, arugula, ricotta salata, citrus vinaigrette, za'atar spice

LEFT COAST ACAI BOWL 13.99

acai berries, strawberries, blueberries, raspberries, banana, almond butter, maca powder, hemp seeds, granola, coconut **V DF**

COLD-PRESSED JUICE

8.99

HARVEST MOON

pear, grapefruit, ginger, lemon, cinnamon

GOING TO CALIFORNIA

kale, spinach, apple, cucumber, ginger, lemon

PURPLE HAZE

beet, apple, carrot, ginger, lemon

PARADISE CITY

pineapple, strawberry, cucumber, lemon

START ME UP

carrot, apple, cucumber, lemon, turmeric

SHINE A LIGHT

ginger, turmeric, lime, coconut water, agave

GET UP STAND UP

celery, lemon

GRACELAND

cucumber, grape, kale, celery, spinach, lemon

GREENS 11.99

SHASTA CHOP

roasted broccoli, pears, roasted squash, spinach, red onion, dates, pumpkin seeds, puffed brown rice, curry vinaigrette **gf V DF**

THE MISSION

spinach, romaine, black beans, avocado, red pepper relish, tostadas, onions, queso fresco, pepitas, salsa tahini yogurt dressing **gf**

JIMMY CHING

romaine, cabbage, snow peas, crunchy quinoa, cashews, scallions, mint, sesame seeds, chinese mustard vinaigrette **gf V DF**

ROBUST ROSA

kale, spinach, roasted broccoli, red onion, roasted tomato, toasted hemp seeds, avocado caesar dressing, lemon vinaigrette **gf V DF**

THE ARCADIAN

arugula, roasted butternut squash, apple, farro, red onion, parsley, seeded cracker, parmesan, basil pesto, lemon vinaigrette

SANTA MONICA SHRED

carrots, beets, roasted broccoli, arugula, red onion, toasted walnuts, crunchy quinoa, tahini-yogurt, lemon vinaigrette **gf**

+ ADD PROTEIN

all-natural CHICKEN | 4.99

sustainable SALMON | 6

grass-fed STEAK | 6

local farm EGG | 2

local non-GMO VEGGIE TOFU | 3

GRAINS 12.49

CADILLAC CURRY

brown rice, garnet yams, green beans, madras curry sauce, sultanas, scallions, basil, mint, toasted coconut **gf V DF**

MOAB MEDLEY

pearl couscous, cucumber, roasted tomato, red grapes, smoked almonds, parsley, lemon vinaigrette, tahini yogurt

BOULDERADO

quinoa, roasted zucchini, red bell peppers, spinach, mojo rojo, toasted pepitas, fresh herbs, tahini yogurt, lemon vinaigrette **gf**

K-TOWN

brown rice, roasted broccoli, carrots, mushrooms, spinach, kimchi, bean sprouts, korean hot sauce, egg, nori **DF**

FARRO AND AWAY

farro, roasted broccoli, roasted tomatoes, kale, spinach, basil pesto, roasted pine nuts, parmesan, lemon vinaigrette

WRAPS

EAZY STREET 13.50

tofu, brown rice, sultanas, smoked almonds, arugula, red onion, madras curry sauce, whole grain wrap **V DF**

CALIFORNIA LOVE 14.50

chicken breast, black beans, brown rice, romaine, red onion, roasted tomato salsa, avocado, tahini-yogurt, whole grain wrap

REGULATOR 14.99

miso marinated salmon, kimchi, brown rice, napa cabbage, basil, mint, green onion, korean hot sauce, whole grain wrap **DF**

D-O-DOUBLE G 14.50

turkey meatballs, spicy hummus, cucumber, roasted tomato, parsley, romaine, tahini-yogurt, whole grain wrap

THE CHRONIC 15.50

steak, egg, avocado, carrots, red onion, spinach, chimichurri, whole grain wrap **DF**

OUT-N-IN VEGGIE BURGER 15.99

Impossible Burger™, toasted ciabatta, vegan cheddar, spicy pickles, arugula, red onion, LC special sauce **V DF**

LC SUMMER ROLLS 13.50

rice noodles, cucumber, carrot, red bell pepper, jalapeño, avocado, cabbage, bibb lettuce, green onion, mint, basil, lemon vinaigrette, rice paper wrap **gf V DF**

KIDDOS

Kids under 12

UNCLE RICO'S QUESADILLA 9.50

chicken -or- avocado, queso, whole grain tortilla, green beans, brown rice

HOLY MEATBALLS 8.50

turkey meatballs, marinara, couscous, broccoli **DF**

CHICKEN LITTLE 8.50

chicken, snow peas, carrots, quinoa **gf DF**

SUNBUTTER + JELLY TIME 7.99

whole grain bread, sunflower butter, seasonal jam, apple slices -or- banana **DF**

Seasonal Soup

HARVEST SQUASH BISQUE 6.99

roasted squash, shallot, garlic, fresh ginger, maple, cayenne, coconut-oat milk, cashew dukkah **gf V DF**

ROASTED TOMATO SOUP 6.99

tomato, onion, fennel, garlic, olive oil, cream with vegan pesto + parmesan croutons

SMOOTHIES

9 | 16oz 10.⁵⁰ | 20oz

KALE MARY

blueberry, kale, avocado, oj, maca powder, agave, apple cider vinegar **gf V DF**

HOT DATE

yams, almond milk, dates, agave, greek yogurt, banana, ginger, chia seeds, lime, cinnamon **gf**

FAIRWAYS + GREENS

spinach, apple, banana, avocado, spirulina, matcha, agave, lemon juice **gf V DF**

MORNIN' BUZZ

espresso, cold brew, cacao, peanut butter, maca powder, banana, dates **gf V DF**

JUST BEET IT

strawberry, banana, apple, oj, dates, beet juice powder, camu camu **gf V DF**

PIÑA COCADA

oj, banana, pineapple, plant protein, coco-oat milk, lime **gf V DF**

SPLASHES

LC SPARKLING SPLASHES 4.²⁵

Blueberry Mint
Strawberry Basil
Cherry Lime Jalapeño
Citrus Turmeric Rosemary

FRESH ORANGE JUICE 4.⁹⁹

BOTTLED SPRING WATER 2.⁹⁹

COFFEE + TEA

BREWED COFFEE 3.⁹⁹

Left Coast Coastal Blend

LEFT COAST NITRO BREW 6.²⁵

COLD BREW ON DRAFT 6.²⁵

ESPRESSO 3.⁴⁹

LEFT COAST LATTE DRINKS 5.⁹⁹

MALIBU MAPLE LATTE

Left Coast Espresso, maple ginger syrup, cinnamon, milk of your choice

COCONUT-OAT LATTE

Left Coast Espresso, full fat coconut milk, oat milk

MATCHA TEA LATTE

CHAI TEA LATTE

+ ADD FLAVORS 50¢

(vanilla, mocha & caramel)

+ ADD SPECIALTY MILK 75¢

(soy, almond, oat, coconut-oat)

+ ADD ESPRESSO SHOTS \$1.75

LC HOT CHOCOLATE 3.⁹⁹

HOT TEA SELECTIONS 3.⁹⁹

ICED TEA / HERBAL INFUSION 3.⁹⁹

caffeine-free available

KOMBUCHA ON DRAFT 6.⁹⁹

CREATE YOUR OWN SMOOTHIE

9.⁵⁰ | 16oz 10.⁹⁹ | 20oz

STEP 1

CHOOSE ONE BASE

FRUIT

banana +
orange juice

VEGGIES

avocado +
coconut water

DAIRY

greek yogurt +
almond milk

STEP 2

ADD UP TO 4 FRUITS
OR VEGGIES

kale, spinach, avocado,
banana, apple, strawberries,
blueberries, raspberries,
peaches, carrot, pineapple,
cucumber, yams, turmeric,
ginger

STEP 3 (OPTIONAL)

ADD EXTRAS | 99¢ EACH
maca powder, hemp powder,
vanilla protein, spirulina,
camu camu, flaxseed, chia
seed, espresso, matcha,
cacao, beet juice powder,
bee pollen
CBD OIL | 4

GRAB + GO

LC GOLDEN OVERNIGHT OATS 4.⁹⁹

steel cut oats, greek yogurt, oat milk, almond milk, chia seeds, blueberries, cashews, maple syrup, black sesame seeds, turmeric, cinnamon, ginger

LC YOGURT PARFAIT 4.⁹⁹

greek yogurt, granola, strawberries, blueberries, agave

LOCAL FARM EGGS 3.⁹⁹

two hard boiled eggs

COFFEE CHIA PUDDING 4.⁹⁹

chia seeds, coconut milk, oat milk, cold brew coffee, coconut flakes, cacao nibs, espresso powder, agave
V DF gf

MOAB MEDLEY CUP 3.⁹⁹

pearl couscous, cucumber, roasted tomato, red grapes, smoked almonds, parsley, lemon vinaigrette, tahini yogurt

Gluten-free items **gf** Vegan items **V**
Dairy-free items **DF**

Although our kitchen is not gluten, dairy or nut-free, many of our dishes can be made without these items. Let us know about any dietary sensitivities and we'll happily try to accommodate you!

*Some items may contain raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness.

LC020119F



LEFT COAST

food + juice

LINCOLN PARK
2878 N LINCOLN AVE
PH. 773.880.5338

WWW.LEFTCOASTFOOD.COM