

BRUNCH

SMALL PLATES + LIGHT BITES

FRESH SLICED FRUIT 16 
seasonal selection *pb* | *ADD* +6: yogurt or cottage cheese

STEEL CUT OATMEAL 14 
cinnamon | honey | apricot | pistachio *v*
ADD +4: banana | maple syrup | almonds

CHIA SEED PUDDING 16
coconut milk | figs | walnut | prickly pear puree | date syrup *pb*

AÇAÍ BOWL 17
lychee | banana | local honey | toasted coconut | muesli *v*

ARTISAN OLIVE BREAD 12
house made savory butter | lemon cannellini bean spread
pimento cheese *v*

GREEK GODDESS SALAD 17
gem lettuce | avocado | artichoke hearts | oven dried tomato
breakfast radish | oregano dressing *gf/pb*

PRAWN COCKTAIL 26
traditional cocktail sauce | remoulade | lemon

ON TOAST + *ADD* one cage free egg 6

HASS AVOCADO 19
heirloom cherry tomato | red onion | basil | balsamic | chervil
lemon | artisan sourdough *d/v*

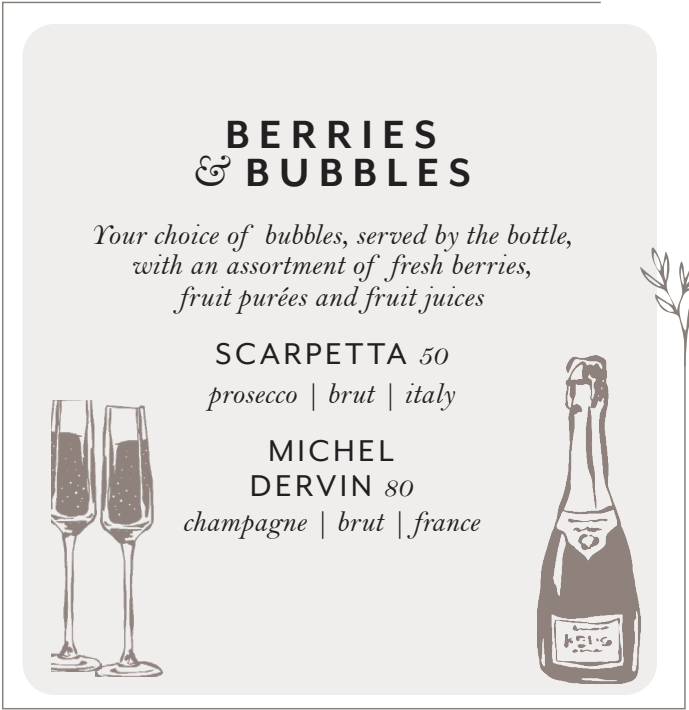
GRAVLAX* 23
smoked salmon | whipped ricotta | capers | pickled onion | dill
everything seed | flatbread

CHEESY SCRAMBLE 19
soft scrambled cage free eggs | caramelized onion | cheddar cheese
muhamara aioli | rosemary sourdough

SIDES

CAGE FREE EGG any style 6	VEGAN EGG 8	MIXED FRUIT & BERRIES 12	BREAKFAST POTATOES 8	SIDE PANCAKE 10	PECANWOOD SMOKED BACON 12	CHICKEN APPLE SAUSAGE 10	PLANT BASED SAUSAGE 9	SMOKED SALMON* 14	FRENCH FRIES 8	TRUFFLE FRIES 12	SUMAC SPICED FLATBREAD 8
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\$5 Split Plate Charge for All Entrees
Our menu offers only locally sourced or sustainably certified fish, cage free eggs and sustainably sourced coffee and teas.
*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness



SANDWICHES

includes fries or side salad (+4 parmesan ranch fries)

GOOD MORNING BURGER* 28
cage free sunny egg | quarter pound beef patty | bacon
roasted tomato | gem lettuce | hollandaise | brioche bun

GRILLED CHICKEN SANDWICH* 24
achiote chicken breast | chipotle aioli | pepper relish
swiss cheese | avocado | brioche bun

TURKEY BLTA 23
crispy bacon | gem lettuce | heirloom tomato | avocado
lemon aioli | sourdough *d*

SUNRISE SANDWICH* 23
parmesan grilled rosemary bread | over medium cage free egg
avocado | cured tomato | arugula | munster cheese | lemon aioli

GRIDDLE

FRENCH TOAST 21
caramelized pears | walnut crumble | cardamom cream | brioche *v*

BUTTERMILK PANCAKES 18
orange butter | maple syrup | white chocolate mousse *v*

EGG 'CETRA

AVIARA SUNRISE 22
two cage free eggs | buttered hashbrowns | grilled tomato
pecanwood smoked bacon or chicken apple sausage

EGGS BENEDICT* 22
two soft poached cage free eggs | country ham | english muffin
arugula | *ADD* +5: avocado or spinach

CRAB CAKE BENEDICT* 27
two soft poached cage free eggs | sautéed spinach
dill chipotle hollandaise

FALAFEL BENEDICT* 24
two soft poached cage free eggs | tahini | tabouleh | hollandaise

SHAKSHUKA 22
two poached eggs | cumin paprika stewed tomato & peppers
peppadew chili | feta | grilled olive bread *v*

FRENCH OMELET 22
brie cheese | fine herbs | green onion | lemon oil *gf*
ADD toppings +2: spinach, mushrooms, bacon, tomato, sausage

TURKISH EGGS 22
sunny side up eggs | garlic yogurt | cummin & aleppo oil
sumac flat bread *gf*

EGG WHITE FRITTATA 21 
grilled broccolini | red pepper | goat cheese | arugula *gf/v*

pb plant based | *d* dairy free | *v* vegetarian | *gf* gluten free

 Balance by Four Seasons: a nutrition-forward program centered around fresh, real ingredients and a mindful connection to seasonal produce.
20% SERVICE CHARGE ADDED TO PARTIES OF 6 OR MORE

FRESH JUICE

ORANGE JUICE 7

GOOD MORNING HULK 11
kale | wheatgrass | spinach | celery | apple

ORANGE SUNRISE 11
carrot | apple | orange

VITALITY BOOST SHOT 16
turmeric | lemon | black pepper

WELLNESS SHOT 16
ginger | lemon | cayenne

COFFEE + TEA

ESPRESSO 4

COLD BREW 6

LATTE 7

HOUSE DRIP 6

CAPPUCCINO 7

MATCHA LATTE 8

JING HOT TEA SELECTION 6

ON DRAFT 10

CALIDAD *mexican lager | san diego | 4.5 abv*

BURGEON *juice press | hazy ipa | carlsbad | 6.8 abv*

BURGEON TREVANA *ipa | carlsbad | 7.2 abv*

LATITUDE 33 *blonde cartel | golden ale | vista | 5.1 abv*

SECOND CHANCE *buddy | pilsner | vista | 4.6 abv*

HARLAND *japanese lager | san diego | 5.0 abv*

BOTTLED + CANNED

DOMESTIC 10

BLUE MOON | COORS LIGHT

IMPORT 10

GUINNESS | MODELO ESPECIAL | CORONA | HEINEKEN

CIDER 10

BIVOUAC | *seasonal rotation | north park | ca*

NON-ALCOHOLIC 9

RATIONALE *mexican lager | encinitas | ca*

DRINKS

SEASONS

RESTAURANT

MORNING LIBATIONS

BUBBLE BELLINI 15
prosecco | choice of: peach, guava, prickly pear

LIQUID SUNSHINE 20
sauza tequila | aperol | orange | lime

FIG + GIN SPRITZ 22
hendricks gin | honey | rosemary | lemon | prosecco

AGUA DE JAMAICA 23
siete misterios mezcal | rosemary | jamaica | lime

PORT WINE SOUR 21
ruby port | lemon | merengue | cinnamon

TOMATO TWISTS

SEASONS MARY 22
tito's | house bloody mary | bacon | jumbo prawns

AGAVE MARIA 20
*sauza blanco | ancho reyes | salt + tajin
house bloody mary*

MICHELADA 16
calidad mexican lager | house bloody mary

ESPRESSO MARTINI'S

COCONUT DREAM 19
*coconut rum | mr. black's | espresso | baileys
coconut cream*

VIVA LA CAFFEÍNA 20
*califino blanco | ancho reyes | chocolate bitters
mr. black's | abuelita's chocolate espresso*

RASPBERRY JAM 22
*grey goose vodka | frangelico | chambord
baileys | espresso | mr. black's*

PUMPKIN SPICE 19
bombay gin | limoncello | espresso | tonic | kahlua

ZERO PROOF LIBATIONS

GARDEN SPRITZ 14
raspberries | honey | grapefruit | lemonade | rose water | tonic water

BITTER ROSE 14
grapefruit | lemon | falernum | rosemary | soda

VIRGIN MICHELADA 13
rationale n/a mexican lager | house bloody mary

WINES BY THE GLASS

SPARKLING WINE + CHAMPAGNE G/B
SCARPETTA *prosecco | brut | italy*.....15/54
ALBERT BICHOT *brut rosé | france*.....19/72
MICHEL DERVIN *champagne | brut | france*.....23/89

CHARDONNAY
HILL FAMILY *napa valley | california*.....17/64
BOUCHAINE *carneros | california*.....22/100

SAUVIGNON BLANC
ARONA *marlborough | new zealand*.....16/60
DOMAINE ANDRÉ VATAN *sancerre | france*.....20/74

ADVENTUROUS WHITES
JERMANN *pinot grigio | friuli | italy*.....16/60
PORTAL DA CALCADA *still rosé | portugal*.....16/60

CABERNET SAUVIGNON
EBERLE *paso robles | california*.....18/70
FLANAGAN *north coast | california*.....23/90

PINOT NOIR
ALMA ROSA *santa rita hills | california*.....19/74
SAXON BROWN *sonoma coast | california*.....23/89

RED BLEND
SAMSARA *grenache | stanta rita hills | california*.....18/69
CORTE ALLA FLORA *nebbiolo | italy*.....17/64