

BRUNCH

SMALL PLATES + LIGHT BITES

FRESH SLICED FRUIT 17 

seasonal selection *pb* | ADD +7: yogurt or cottage cheese

STEEL CUT OATMEAL 15 

cinnamon | honey | apricot | pistachio *v*

ADD +5: banana | maple syrup | almonds

CHIA SEED PUDDING 17

coconut milk | strawberry | walnut | prickly pear puree | agave *pb*

AÇAÍ BOWL 18

banana | local honey | toasted coconut | mixed berries *v*

ARTISAN OLIVE BREAD 13

housemade savory butter | lemon cannellini bean spread

pimento cheese *v*

SHRIMP COCKTAIL 28

traditional cocktail sauce | remoulade | lemon

LITTLE GEM CAESAR 19

fried capers | garlic streusel | anchovy lemon dressing

COBB SALAD 28

iceberg lettuce | tomato | bacon | grilled chicken | avocado

egg | green onion | ranch dressing | blue cheese *gf*

ON TOAST + ADD one cage free egg 7

HASS AVOCADO 20

heirloom cherry tomato | red onion | basil | balsamic | chervil

lemon | artisan sourdough *d/v/pb*

GRAVLAX* 25

smoked salmon | whipped ricotta | capers | pickled onion | dill

everything seed | artisan sourdough

CHEESY SCRAMBLE 20

soft scrambled cage free eggs | caramelized onion | cheddar cheese

chipotle aioli | rosemary sourdough

SIDES

CAGE FREE EGG

any style 7

VEGAN

EGG 9

MIXED FRUIT

& BERRIES 13

BREAKFAST

POTATOES 9

SIDE

PANCAKE 11

PECANWOOD

SMOKED BACON 13

CHICKEN APPLE

SAUSAGE 11

PLANT BASED

SAUSAGE 10

SMOKED

SALMON* 15

FRENCH

FRIES 9

TRUFFLE

FRIES 13

\$6 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 (+5 parmesan ranch fries)

GOOD MORNING BURGER* 30

cage free sunny side up egg | quarter pound beef patty | bacon

tomato | gem lettuce | hollandaise | brioche bun

GRILLED CHICKEN SANDWICH* 26

achiote chicken breast | chipotle aioli | pepper relish

swiss cheese | avocado | brioche bun

TURKEY BLTA 25

crispy bacon | gem lettuce | vine-ripened tomato | avocado

lemon aioli | sourdough *d*

SUNRISE SANDWICH* 25

parmesan grilled rosemary bread | over medium cage free egg

avocado | tomato | arugula | munster cheese | lemon aioli

GRIDDLE

FRENCH TOAST 23

caramelized pears | walnut crumble | cardamom cream | brioche *v*

BUTTERMILK PANCAKES 19

butter | maple syrup *v*

ADD+ \$3: blueberries or bananas or chocolate chips

EGG'CETRA

AVIARA SUNRISE 24

two cage free eggs | buttered hashbrowns | grilled tomato

pecanwood smoked bacon or chicken apple sausage

EGGS BENEDICT* 24

two soft poached cage free eggs | country ham | english muffin

arugula | hollandaise

ADD +6: avocado or spinach

CRAB CAKE BENEDICT* 29

two soft poached cage free eggs | sautéed spinach


dill chipotle hollandaise

AVOCADO BENEDICT* 29

two soft poached cage free eggs | english muffin

smashed avocado tomato | arugula | hollandaise *v*

FRENCH OMELET 24


brie cheese | fine herbs | green onion  lemon oil *gf*

ADD toppings +3: spinach, mushrooms, bacon, tomato, sausage

EGG WHITE FRITTATA 23

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 8

GOOD MORNING HULK 12

kale | wheatgrass | spinach | celery | apple

ORANGE SUNRISE 12

carrot | apple | orange

VITALITY BOOST SHOT 17

turmeric | lemon | black pepper

WELLNESS SHOT 17

ginger | lemon | cayenne

COFFEE + TEA

ESPRESSO 5

COLD BREW 7

LATTE 8

HOUSE DRIP 7

CAPPUCCINO 8

MATCHA LATTE 9

JING HOT TEA SELECTION 7

ON DRAFT 11

CALIDAD *mexican lager | san diego | 4.5*

JUICE PRESS *hazy ipa | carlsbad | 6.8*

EPPIG *10:45 to denver | west coast ipa | vista | 7*

LATTITUDE 33 *blonde cartel | golden ale | vista | 5.5*

EPPIG *festbier | lager | san diego | 4.6*

HARLAND *japanese lager | san diego | 5.0*

BOTTLED + CANNED

DOMESTIC 11

BLUE MOON | COORS LIGHT

IMPORT 11

GUINNESS | MODELO ESPECIAL | CORONA | HEINEKEN

CIDER 11

BIVOUC | *seasonal rotation | north park | ca*

NON-ALCOHOLIC 10

RATIONALE *mexican lager | encinitas | ca*

HEINEKEN 0.0 *lager | netherlands*

SEASONS

RESTAURANT

MORNING LIBATIONS

BUBBLE BELLINI 18

prosecco | choice of: peach, guava, prickly pear

LIQUID SUNSHINE 21

sauza tequila | aperol | orange | lime

STRAWBERRY MARTINI 24

*strawberry infused vodka | strawberry puree
lemon | st. germaine*

LOVE POTION #9 24

*butterfly pea infused botanist gin | honey | lemon
licor 43 | rose | peach*

TOMATO TWISTS

SEASONS MARY 24

tito's | house bloody mary | bacon | jumbo shrimp

AGAVE MARIA 21

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

MICHELADA 17

calidad mexican lager | house bloody mary

ESPRESSO MARTINI'S

VIVA LA CAFFEÍNA 21

*califino blanco | ancho reyes | chocolate bitters
mr. black's | abuelita's chocolate espresso*

RASPBERRY JAM 24

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

ZERO PROOF LIBATIONS

GARDEN SPRITZ 15

raspberries | honey | grapefruit | lemonade | rose water | tonic water

BITTER ROSE 15

grapefruit | lemon | falernum | rosemary | soda

WINES BY THE GLASS

G / B

SCARPETTA.....17/68

prosecco | brut | italy.

CHANDON BRUT ROSE.....23/89

brut rosé | france.

MICHEL DERVIN.....24/93

champagne | brut | france

HILL FAMILY.....19/76

chardonay | napa valley | california.

JERMANN.....16/63

pinot grigio | friuli | italy.

THORLE.....17/63

riesling trocken | germany.

EBERLE.....19/74

cabernet sauvignon | paso robles | california

FLANAGAN25/95

cabernet sauvignon | north coast | california

SAXON BROWN.....25/94

pinot noir | sonoma coast | california

DRINKS