

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
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\$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
- BURGEON treevana | carlsbad | 7.2
- LATTITUDE 33 blonde cartel | golden ale | vista | 5.5
- 805 FIRESTONE blonde ale | paso robles 4.7
- HARLAND japanese lager | san diego | 5.0

BOTTLED + CANNED

- DOMESTIC 11
- BLUE MOON | COORS LIGHT
- IMPORT 11
- GUINNESS | MODELO ESPECIAL | CORONA | HEINEKEN
- CIDER 11
- BIVOUAC | 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
- APEROL MARGARITA 21
sauza tequila | aperol | orange | lime
- STRAWBERRY MARTINI 24
strawberry infused vodka | strawberry puree
lemon | st. germaine

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

- SUNSET SPRITZ 18
orange | pineapple | sparkling water | grenadine
- WATERMELON BREEZE 18
watermelon | lime | club soda
- TROPICAL LEMON FIZZ 18
lemonade | passion fruit | sparkling water

WINES BY THE GLASS G/B

- SCARPETTA.....17/68
prosecco | brut | italy.
- CHANDON BRUT ROSE.....23/89
brut rosé | france.
- CHANDON BRUT.....23/89
brut | california
- 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