

BRUNCH

SMALL PLATES + LIGHT BITES

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

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

CHIA SEED PUDDING 16
coconut milk | papaya | cashew | guava puree | agave *pb*

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

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

GREEN GODDESS SALAD 17
gem lettuce | avocado | asparagus | snap peas | breakfast radish *gf/pb*

PRAWN COCKTAIL 26
traditional cocktail sauce | remoulade | lemon *gf*

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
red pepper aioli | rosemary sourdough

SIDES

CAGE FREE EGG
any style 6

VEGAN
EGG 8

MIXED FRUIT
& BERRIES 11

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

\$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

ESPRESSO-TINI TREE

flight of 4 lavazza espresso martini's 58
berry | spicy | coconut | traditonal
available for 2 or more guests

BERRIES & BUBBLES

Your choice of bubbles, served by the bottle,
with an assortment of fresh berries,
fruit purées and fruit juices

SCARPETTA 50
prosecco | brut | italy

MICHEL
DERVIN 80
champagne | brut | france



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 | muenster cheese | lemon aioli

GRIDDLE

FRENCH TOAST 21
caramelized peaches | 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 | avocado
chipotle hollandaise

STEAK BENEDICT* 36
two soft poached cage free eggs | filet | rosemary baguette
chimichurri arugula | chipotle 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 | mixed green salad | lemon oil *gf*
ADD toppings +2: spinach, mushrooms, bacon, tomato, sausage

BREAKFAST BURRITO* 19
avocado | onions | bell peppers | cheddar cheese | hash browns
pecanwood smoked bacon | cage free eggs

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

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

ROSÉ THE DAY AWAY 19
still rosé | tanqueray | brandy | orange | mint
juniper berries | cinnamon

AVIRA BLOOM 24
green tea infused roku gin | st germaine
dom benedictine | grapefruit | lemon

ISLAND GLOW 26
coconut washed califino reposado
pineapple | lime

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

LAVAZZA ITALIANO 19
bombay gin | limoncello | espresso | tonic | kahlua

ZERO PROOF LIBATIONS

SOLE SPRITZ 14
lyre's n/a italian spritz | lime | ginger | soda | grapefruit wheel

BITTER ROSE 13
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.....13/54

ALBERT BICHOT brut rosé | france.....19/68

MICHEL DERVIN champagne | brut | france.....23/89

CHARDONNAY

HILL FAMILY napa valley | california.....16/59

BOUCHAINE carneros | california.....22/100

SAUVIGNON BLANC

ARONA marlborough | new zealand.....14/50

DOMAINE ANDRÉ VATAN saucerre | france.....19/74

ADVENTUROUS WHITES

JERMANN pinot grigio | friuli | italy.....16/68

PORTAL DA CALCADA still rosé | portugal.....15/60

CABERNET SAUVIGNON

EBERLE paso robles | california.....18/70

FLANAGAN north coast | california.....23/86

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