

# PIERRE LAFOND

MONTECITO

## BREAKFAST

**YOGURT PARFAIT** granola, yogurt with fruit 6.00

**BAGEL** with cream cheese 5.00

### EGG SANDWICHES

two eggs served on a choice of bagel or toast *croissant add 2.00*

**EGG & CHEESE** 9.25

**EGG, CHEESE & BACON** 12.00

**EGG, CHEESE & HAM** 11.00

**EGG, CHEESE & ITALIAN SAUSAGE** 11.00

**EGG, FRESH SPINACH & FETA** 10.00

**EGG, TOMATO, AVOCADO & SPROUTS** 10.00

### BREAKFAST BURRITOS

**THREE EGGS, BACON & CHEESE** 12.00

**THREE EGGS, HAM & CHEESE** 12.00

**SANTA BARBARA BURRITO** 12.00

three eggs, roasted green chiles, avocado, and jack cheese

**THE POPEYE BURRITO** 12.00

three eggs, spinach, feta, and mushrooms

**COUNTRY BREAKFAST BURRITO** 12.00

three eggs, roasted potatoes, italian sausage, and cheddar cheese

**SUMMERLAND BURRITO** 12.00

three eggs, sautéed broccoli, zucchini, roasted peppers,  
mushrooms, and jack cheese

**SMALL TWO EGG BURRITO** 8.50

two eggs, green chiles, cilantro, tomatoes, and jack cheese

**SMOKED SALMON ON A BAGEL** 18.00

cream cheese, tomato, red onion and capers

### SIDE ORDERS

eggs 3.00

toast 3.00

bacon 8.00

potato wedges 7.00

italian sausage 8.00

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## SALADS

### DELI GREENS 10.00

assorted local greens, fresh cut vegetables, toasted sunflower seeds with house vinaigrette

### TRADITIONAL CAESAR 10.00

romaine, housemade croutons, parmesan  
*add grilled chicken 5.00*

### SPINACH 12.00

pears, red onion, blue cheese, spiced pepitas with balsamic vinaigrette  
*add grilled chicken 5.00*

### DELI COBB 16.00

grilled chicken, bacon lardons, tomatoes, olives, avocado, egg, blue cheese,  
over a bed of fresh local greens with housemade ranch dressing

### GREEK SHRIMP 15.00

romaine, tomatoes, cucumber, red onion, olives, feta cheese, and red wine vinaigrette

### CHOPPED SALAD 14.00

chopped romaine with garbanzos, salami, provolone, kalamata olives, tomatoes,  
parmesan, artichoke hearts, croutons, and vinaigrette

### ZACA TACO SALAD 14.00

grilled chicken breast, black bean chili, jack cheese, tomatoes, red onion, avocado,  
and tortilla chips on mixed greens with house vinaigrette

### TRIO SALAD 14.00

your choice of three salads from the deli case served on mixed greens  
with house vinaigrette

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## PANINI

TURKEY & HAM PANINI 14.00

shaved red onion, goat cheese, and sun dried tomato aioli on ciabatta

GRILLED CHICKEN PANINI 14.00

bacon, shaved red onion, tomatoes, provolone and pesto aioli on ciabatta

CAPRESE PANINI 13.00

tomatoes, basil, fresh mozzarella, and vinaigrette on ciabatta

## TACOS

3 TRI TIP TACOS 15.00

tomatoes, cilantro and avocado

3 CHICKEN FAJITAS 14.00

bell peppers, zucchini, onions, avocado and cilantro

## THE PL BURGER

char-grilled 1/3lb beef patty with cheese and all the fixins

*(sorry, no 1/2 burgers)*

13.00

## FOR THE KIDS

CHICKEN STRIPS 7.00 GRILLED CHEESE 6.00

CHEESE QUESADILLA 5.50 PB&J SANDWICH 6.00

TUNA OR TURKEY ON BREAD 7.00 PEANUT BUTTER & BANANA 7.00

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## MONTECITO

### WRAPS

#### CURRY CHICKEN WRAP 14.00

red onion, celery, dried apricots, raisins, sunflower seeds, mixed greens,  
and curried yogurt in sun dried tomato tortilla

#### GREEK CHICKEN WRAP 14.00

red onions, tomatoes, olives, cucumbers, artichokes, feta, shredded romaine  
and lemon vinaigrette in a spinach tortilla

#### TURKEY CLUB WRAP 14.00

turkey, bacon, mixed greens, tomatoes, and mayo in a flour tortilla

#### CHICKEN CAESAR WRAP 14.00

grilled chicken breast, romaine, tomatoes, parmesan, caesar dressing in a spinach tortilla

#### TUNA WRAP 14.00

tuna salad, cucumbers, tomatoes, sprouts, mixed greens, and dijon in a spinach tortilla

#### VEGGIE WRAP 13.00

jack cheese, avocado, carrots, tomatoes, mixed greens, and cucumber  
with ranch dressing in a spinach tortilla

#### VEGAN WRAP 13.00

humus, avocado, spring lettuce, tomato, roasted red peppers, grilled onion, cucumber,  
and vinaigrette dressing in a sundried tomato tortilla

#### BLACKENED CHICKEN WRAP 14.00

avocado, red onion, tomatoes, black beans, cilantro, mixed greens,  
and red wine vinaigrette in a sundried tomato tortilla

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## SANDWICHES

### **SOUTH OF THE BORDER CHICKEN 14.00**

sliced grilled chicken breast with melted jalapeno jack cheese, ortega chilies, lettuce, cilantro, red onion and avocado served on a bun with chipotle aioli

### **PL SANTA ROSA CHICKEN 15.00**

grilled chicken breast, smoked bacon, red onion, roasted red bell peppers, avocado, provolone, garlic aioli on toasted sourdough

### **EAST VALLEY CLUB 15.00**

roasted turkey on sourdough, light mayo, lettuce, tomato, bacon and avocado

### **PL VEGAN 12.00**

toasted whole grain bread, avocado, hummus, tomato, cucumber and pickles

### **MONTECITO TORPEDO 13.00**

genoa salami, black forest ham, provolone, pepperoncinis, lettuce, tomato, red onions and italian vinaigrette on a fresh roll

### **SANTA BARBARA TRI TIP 15.00**

roasted beef tri tip with carmellized onions, roasted red peppers and romaine served on a torta roll with blue cheese and horseradish aioli

### **SAN YSIDRO REUBEN 14.00**

sliced corned beef, sauerkraut, and swiss cheese on grilled rye with traditional reuben dressing and a pickle on the side

### **PL ROASTED TURKEY BREAST 14.00**

roasted turkey breast, plf cranberry chutney, avocado, cheddar, and leaf lettuce on sourdough with roasted garlic aioli

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## BUILD YOUR OWN SANDWICH

### MEAT

house roasted turkey  
grilled chicken breast  
house-roasted chicken  
black forest ham  
italian dry salame  
corned beef *add 2.50*  
bacon *add 3.00*  
tri tip *add 4.00*  
curried chicken salad  
egg salad  
tuna salad  
chicken salad

### CHEESE

pepper jack  
cheddar  
provolone  
swiss  
goat cheese *add 1.00*

### HALF SIZE

8.00

### WHOLE SIZE

13.00

### BREAD

gluten free *add 2.00*  
sourdough whole  
wheat whole grain  
baguette  
croissant *add 2.00*  
rye  
roll  
ciabatta (*no halves*)

### SPREADS

spicy brown mustard  
dijon mustard  
mayo  
ketchup  
chipotle aioli  
pesto aioli  
vinaigrette  
hummus *add 1.00*

### TOPPINGS

avocado *add 2.00*  
fresh tomatoes  
shaved red onion  
roasted peppers  
cucumber sprouts  
jalapeno chiles  
pepperoncinis  
lettuce  
pickles