

Specialties

Calamari & Eggs

Our tender Calamari steak is breaded, grilled and served with eggs any style and choice of Homefries, refried beans or fruit, and toast, English Muffin or tortillas 10.45

Huevos Rancheros

Two eggs any style on corn tortillas with our Homemade spicy ranchero sauce and Jack & Cheddar cheese. Includes choice of refried beans, Homefries or fruit 8.45

Tamale & Eggs

Spicy Beef Tamale topped with Roasted Poblano Chile Cheese Sauce and served with two eggs any style and choice of Homefries, refried beans or fruit. 9.95

Bruschetta & Scrambled Eggs

Toasted Ciabatta topped with Goat cheese, scrambled eggs and Sundried tomatoes drizzled with pesto. Served with a side of fresh fruit 9.45

Carnitas Quesadilla & Eggs

Laura's tender shredded pork grilled in a flour tortilla with cheese and ancho-chile & cranberry BBQ sauce. Served with eggs any style, Salsa Verde and choice of Homefries, refried beans or fruit 9.95

Chilaquiles

Chipotle-Chile sauce mixed with corn tortillas, topped with sour cream and Cotija cheese. Two eggs and choice of Homefries, refried beans or fruit 9.25

Cinnamon Bread Pudding

Homemade Cinnamon Bread Pudding served with yogurt, granola and berries 7.95

Omelets

Includes Choice of Homefries, Refried Beans or Fruit & Choice of Toast, English Muffin or Tortillas

Dave's Ocean Beach Omelet

"Locals only" favorite with bacon, Ortega Chiles, onions and cheese 8.95

Spinach & Chevre Omelet

Goat cheese, spinach & sun-dried tomatoes 9.95

California Omelet

Creamy avocado, crispy bacon, tomatoes, Jack & Cheddar 9.45

Veggie Omelet

Asparagus, onions, tomatoes, mushrooms and Jack Cheese 8.45

SoCal Omelet

Made with country ham and mild Ortega Chiles; topped with our homemade Ranchero sauce and Jack & Cheddar cheese this is an omelet that screams Southern California! 9.45

Portobello Omelet

Portobello Mushrooms, creamy Goat cheese, basil, sun-dried tomatoes and shallots 9.95

Ham & Cheese Omelet

Smokey Country Ham with Jack & Cheddar 8.45
Cheese Only: 7.95

Pacific Omelet

Delicious shrimp and crab omelet with tender artichokes, Jack cheese and avocado 9.95

Scrambles

Includes Choice of Homefries, Refried Beans or Fruit, & Choice of Toast, English Muffin or Tortillas

Asparagus & Artichoke Scramble

Asparagus, artichoke hearts and Sundried tomatoes scrambled with eggs and mild cream cheese 8.95

Smoked Salmon Scramble

A creamy mixture of eggs, cream cheese, salmon, spinach, tomatoes and onions 9.95

Weekend Scramble

A 'melt in your mouth' mixture of eggs, Brie, spinach, bacon and button mushrooms 8.95

Machaca Scramble

Scrambled eggs mixed with spicy shredded beef, onions & green peppers 8.45

Ortega Scramble

Mild Ortega Chiles scrambled with eggs and smooth cream cheese 8.45

Favorites

The Big Breakfast

3 eggs, 3 buttermilk pancakes and choice of bacon, sausage, or ham and your choice of Homefries, refried beans or fruit (no substitutions please) 9.95

The Big "French" Breakfast

3 eggs, 2 slices of Sourdough French Toast and choice of bacon, sausage, or ham and choice of Homefries, refried beans or fruit (no substitutions please) 10.45

Corned Beef Hash & Eggs

Two eggs served with grilled Corned Beef Hash. Includes choice of Homefries, refried beans or fruit and choice of toast, English Muffin or tortillas 8.95

2 Eggs any style

Two large eggs cooked any style with choice of Homefries, refried beans or fruit and choice of toast, English Muffin, or tortillas 5.25

2 Eggs & Bacon, Sausage or Ham

Two large eggs with your choice of Country Ham, 3 sausage links, or 4 strips of bacon. Includes choice of Homefries, refried beans or fruit and choice of toast, English Muffin or tortillas 7.45

Irish Oatmeal

Hearty Irish Oatmeal served with golden raisins, brown sugar and milk 5.45

Smoked Salmon & Bagel

Open face toasted bagel with cream cheese, sliced tomatoes, capers & red onions 9.95

Benedicts

Includes Choice of Homefries, Refried Beans or Fruit

Eggs Benedict

Canadian Bacon and poached eggs on an English Muffin topped with Hollandaise sauce 8.95

Smoked Salmon Benedict

Our famous Eggs Benedict with smoked salmon in place of the Canadian bacon & topped with red onions and capers 10.95

Calamari Benedict

Our famous Eggs Benedict with a tender, breaded, grilled Calamari steak in place of the traditional Canadian bacon 10.95

Florentine Benedict

Canadian bacon, spinach, tomato and poached eggs on an English muffin with Hollandaise sauce 9.45

Filet Mignon Benedict

Tender, thinly sliced Filet Mignon, asparagus spears and poached eggs nestled on our specialty polenta cakes and smothered in rich Hollandaise sauce. A Benedict like no other! 10.95

Pancakes & Bakery

Buttermilk Pancakes

Three of Shades special recipe buttermilk pancakes 6.25 Short Stack: 5.25 Single: 2.95

Banana-Nut Pancakes

Fresh bananas and pecans 6.95 Short Stack: 5.75 Single: 3.55

Blueberry Pancakes

Ripe blueberries both in the batter, and on the top 6.95 Short Stack: 5.75 Single: 3.55

Mickey Cake

Buttermilk pancake with a personality! 4.25

French Toast

Two slices of our thick Sourdough French toast 6.95

French Toast & Eggs

Half order of Sourdough French Toast with 2 eggs and choice of Homefries, refried beans or fruit 8.95

Granola & Fresh Fruit

Served with milk or add yogurt (for \$1.50) 7.95

Bagel & Fruit

Plain, Sesame, Cinnamon-Raisin or Everything bagel with cream cheese and a cup of fresh fruit 4.45

From the Bar

We offer a full line of Signature Martinis and Cocktails as well as traditional bar favorites.

Please see the Shades Beverage Menu for a complete listing

Bloody Mary

WAKE UP!! Laura's Spicy Bloody Mary is sure to start your day with a kick! 5.25

Mimosa

The Shades Way ~ A generous glass of Champagne with a splash of Premium OJ. YUMM! 5.25

Mimosa Special !

Make your own Mimosas at the table with a full bottle of Champagne and our premium OJ. 19-

Beverages

Bottomless Soft Drinks

Pepsi, Diet Pepsi, Mug Root Beer, Sierra Mist, Mountain Dew, Pink Lemonade, Lipton Raspberry Iced Tea, Brewed Iced Tea 2.50

Orange Juice

Fresh Squeezed Orange Juice 3.35

Hot Chocolate

Piping hot and topped with whipped cream 2.95

Simas! Smoothies- Hot or Cold

Mocha, Spiced Chai, Blueberry Matcha Green Tea, Tropical or Strawberry 3.75

Hot Tea

An Assortment of Flavored and Regular, Herbal and Decaffeinated Teas 2.50

Juice, Juice, Juice

Apple, Cranberry, Tomato, Pineapple, Grapefruit 2.95

Coffee

Rich French Roast, Regular or Decaf 2.50

Sides & Extras

Bacon, Ham or Sausage

3.45

Homefries, Refried Beans or Fruit

2.75

Side of One egg

1.50

Egg Whites or Egg Beaters

1.50

Sauce it!

Add a side of Spicy Homemade Ranchero Sauce, or Creamy Hollandaise to any item 1.50

Toast, English Muffin or Tortillas

2 slices of toast, one English muffin or two corn or flour tortillas 1.50

Bagel with Cream Cheese

Plain, Everything, Sesame or Cinnamon Raisin 2.25

Side of Avocado

2.00

Side of Yogurt

Vanilla Low-fat Yogurt 1.50

There will be a \$2 charge for menu items split in the kitchen