

LA JOLLA GROVES

INSANELY GOOD FOOD, HEALTHIER INGREDIENTS

Appetizers

COCONUT CRUSTED SHRIMP – 13.95

Five Succulent Shrimp Hand Breaded in Coconut and Lightly Fried,
Served with a Sweet & Spicy Cranberry Sauce

TOMATO & FRESH MOZZARELLA CAPRESE – 9.95

Vine-Ripened Tomatoes Served with Fresh Mozzarella Cheese, Basil-Infused Olive Oil &
Sweet Balsamic Reduction Crowned with Basil & Fresh Cracked Black Pepper

ROASTED ARTICHOKE & SPINACH CROUSTADE – 10.75

Artichokes Roasted in Olive Oil & Savory Herbs, Blended with Fresh Spinach in a Light Cream Sauce
Crowned with Savory Breadcrumbs & Served with Thyme-Infused Toasted Croustades

ROASTED TOMATO BRUSCHETTA – 10.95

A Perfect Pairing of Sweet Tomatoes, Gently Roasted Artichoke Hearts, Olive Oil,
Black Pepper & Fresh Basil Pesto Served on Five Croustades with Aged Parmesan Cheese

SEAFOOD WONTONS – 12.25

Four Hand Wrapped Wontons Filled with Halibut Salmon Shrimp and Spinach,
Served with a Ginger Soy Reduction

STUFFED MUSHROOMS – 13.95

A Trio of Mushrooms Stuffed with Fresh Tyme Mascarpone & a Touch of Gorgonzola
Served Crisp and Hot on a Bed of Field Greens Dressed with House Balsamic & Baby Tomatoes

ARTISAN CHEESE & FRUIT – 15.25

A Savory Selection of White Cheddar, Gorgonzola, Swiss & Brie Cheeses Paired with Fresh Fruit, Candied Walnuts
& a Port-Reduced Berry Coulis, Served with Sweet & Savory Toasted House Breads

First Course Salads & Soups

Petite Portion Half Salad Served As First Course

BABY ICEBERG & BLEU CHEESE SALAD – 6.95

Heirloom Iceberg Lettuce Drizzled with a Light Gorgonzola Dressing
Crowned with a Touch of Crisp Applewood Bacon, Cucumbers, Herbed Croutons & Tomato

APRICOT & CRANBERRY SALAD – 6.95

Dried Cranberries, Apricots & Fresh Berries Tossed with Crisp Field Greens
& Served with White Cheddar, Pistachios, & a Light Pomegranate & Honey Vinaigrette

ROASTED MUSHROOM BISQUE – 6.00

HARVEST BUTTERNUT SQUASH SOUP – 6.00

TOMATO BASIL SOUP – 6.00

POTATO & LEEK SOUP – 5.50

FRENCH ONION SOUP – 6.50

Entree Soup Portions are Available Upon Request

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Entrée Salads

LIGHTLY BLACKENED SALMON SALAD – 15.95

A Lightly Seasoned Salmon Fillet Served Atop Fresh Berries & Field Greens
Tossed in a Light Lemon Vinaigrette with Herbed-Potato Straw

BEEF TENDERLOIN SALAD – 15.95

Beef Tenderloin Sauteed with Mushrooms, Red Onions, and Roasted Red Peppers
Served with Herb Roasted Croutons and Field Greens with a Warm Balsamic Vinaigrette

RARE-SEARED AHI TUNA SALAD – 15.95

Pan-Seared, Sesame-Crusted Ahi Tuna, Served with Fresh Avocado, Fresh Field Greens & Tomatoes
in a Delightfully Refreshing Citrus Ponzu Sauce, Garnished with Baby Green Pea Tendrils

GINGER GLAZED SESAME CHICKEN SALAD – 13.50

Fresh Ginger & Soy Glazed Chicken Breast, Served with a
Sesame Ginger Dressing, Avocado, Shaved Red Onion & Crispy Wontons

PANZANELLA SALAD – 12.95

A Rustic Bread Salad with a Mix of Vine Ripe Tomatoes Yellow and Red Roasted Tomatoes & Baby Tomatoes.
Tossed with Balsamic Reduction & Olive Oil Along with Fresh Herbs

APRICOT & CRANBERRY SALAD – 12.95

Dried Cranberries, Apricots & Fresh Berries Tossed with Crisp Field Greens
& Served with White Cheddar, Pistachios, & a Light Pomegranate & Honey Vinaigrette

Pastas

TENDERLOIN BOURGUIGNON – 15.75

Roasted Tenderloin Filet Pan-Finished with Sauteed Mushrooms & Pearl Onions in a Light Brown Sauce
Served over Ribbons of Wide Egg Noodle, Garnished with Lemon Zest & Italian Parsley

HERB CHICKEN & WIDE RIBBON PASTA – 16.25

Ribbons of Golden Pasta Tossed in a Light Cream Sauce with Sautéed Chicken & Mushrooms,
Green Peas & A Touch of Smoked Bacon, Finished with Aged Parmesan & Asiago Cheese

SHRIMP SCAMPI WITH ANGEL HAIR PASTA – 18.95

Pan-Fired Shrimp with Roasted Tomatoes & Ribbon-Cut Spinach
Served Over Angel Hair Pasta in a Light Lemon-Butter Sauce

ROASTED CHICKEN ALFREDO – 15.95

Golden-Seared Chicken Breast Finished in a Creamy Alfredo Sauce Served
Over Fettuccini with Shaved Asiago Cheese & Italian Parsley

BAKED SHELLS & WHITE CHEDDAR GRATIN – 13.95

A Sultry Sauce of White Cheddar & Herbed Shell Pasta,
Slow-Baked with Bacon & Crowned with Toasted Bread Crumbs

RAVIOLI PRIMAVERA – 14.95

Forest-Foraged Mushroom Raviolis Nestled in a Seasonal Roasted Vegetables Mix
Sautéed with Roasted Tomatoes & Fresh Spinach in a Sultry Roasted Yellow Tomato Sauce

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Signature Entrées

TENDERLOIN MEDALLIONS – 25.95

Beef Tenderloin Medallions Served with a Trio of Heirloom Baby Potatoes, Asparagus & Carrots
Served with Choice of: Roasted Mango & Ginger Reduction or Marsala-Finished Demi Reduction Sauce

SALMON FILET WITH CILANTRO BUTTER – 21.95

Pan-Crusted Salmon Filet Served Over a Medley of Sautéed Vegetables &
Citrus-Infused Jasmine Rice, With an Aromatic Cilantro Butter Sauce

MACADAMIA NUT-CRUSTED HALIBUT – 34.95

Alaskan Halibut Filet, Citrus-Infused Jasmine Rice, Asparagus, Lemon Beurre Blanc, Mango & Red Pepper Salsa

PROSCIUTTO STUFFED CHICKEN – 21.45

Panko Crusted Chicken Breast, Stuffed with Prosciutto & Swiss Cheese
Served with Basmati Rice, Broccolini & Herbed Cream Sauce

LEMON-ROASTED CHICKEN – 18.95

Thyme & Citrus-Roasted Chicken Breast Finished in a Cream Pan Sauce,
Paired with House Mashed Potatoes and Roasted Garden Vegetables

PAN-FIRED CHICKEN MARSALA – 18.95

Lightly Seared Chicken Breast, Finished with a Light Mushroom Marsala Reduction
Accompanied with Roasted Butternut Squash & Scalloped Potatoes

PAN SEARED DUCK BREAST – 26.95

Duck Breast Seared with a Port Reduction Accompanied with Gratin Potato & Seasoned Brussel sprouts & Butternut

BEEF TENDERLOIN FILET & SAUTÉED SHRIMP – 32.50

Marsala-Finished Tenderloin with Citrus Butter-Infused Shrimp Served
with House Mashed Potatoes, Asparagus & Roasted Heirloom Carrots

Sandwiches

*All Sandwiches are Served with a Choice of:
Herbed French Fries or House Salad with Choice of Dressing*

ROASTED CHICKEN CAPRI SANDWICH – 12.25

Thinly-Sliced Roast Chicken topped with Sliced Tomatoes, Fresh Mozzarella, Pesto-Infused
Brie Cream Cheese, Fresh Basil, and a Rich Balsamic Reduction Served on a Ciabatta Roll

GRILLED FILET STEAK SANDWICH – 12.45

Grilled Tenderloin Filet Served Warm with Roasted Red Peppers, Sweet Caramelized Onions,
& Swiss Cheese Served on a Ciabatta Roll with a Rustic Chipotle Spread

CHICKEN MARSALA SANDWICH – 10.95

Pan-Fired Marsala Chicken Sliced Thin & Served on a Ciabatta Roll with
Herb Brie Cheese Spread, Sliced Tomato & Lettuce

ROASTED TURKEY CLUB ON FOCACCIA – 10.95

Herb-Roast Turkey Breast & Thinly Sliced Bacon
Served on Fresh Focaccia with Basil Pesto Spread, Lettuce & Sliced Tomato

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Kid's Entrées

All Kid's Entrees Include a Child Beverage

Ask About a Kid's Portion of Any Signature Entree Selection

SHELLS & CHEESE – 6.00

Creamy Alfredo, Yellow Cheddar & Shell Pasta

CHICKEN STRIPS – 5.00

Two Breaded Chicken Strips Served with a Choice of Seasonal Fresh Fruit or French Fries

TERIYAKI CHICKEN & RICE – 6.50

Grilled Chicken Breast Served with Rice, Vegetables & Sweet Mango Teriyaki Sauce

Beverages

SPECIALTY DRINKS – 3.95

Fresh Mango Cream Smoothie
Sensuous Strawberry Smoothie
Wildberry Cream Smoothie
Strawberry Piña Colada
Fresh Mango Mojito

ITALIAN SODAS – 3.75

Peach
Blackberry
Strawberry
Raspberry
Kiwi
Hazelnut
Vanilla

OTHER BEVERAGES – 2.75

Black Tea
Green Tea
Herbal Tea
Medium Roast Coffee
San Pellegino Sparkling Water - 4.50

INFUSED LEMONADE – 3.00

Peach
Raspberry
Blackberry
Strawberry
Kiwi

SODA SELECTION – 2.50

Coca- Cola Classic
Diet Coke
Sprite
Minute Maid Lemonade
Dr. Pepper
Diet Dr. Pepper
Root Beer
Cranberry Juice
Apple Juice
Unsweetened Iced tea

ALCOHOLIC BEVERAGES

Full Wine & Liquor List Available Upon Request