

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 – 9.50

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

ROASTED ARTICHOKE & SPINACH CROUSTADE – 9.75

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

ROASTED TOMATO BRUSCHETTA – 10.50

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

SALMON CAKES – 10.75

Fresh Atlantic Salmon Finished with Roasted Shallots, Savory Herbs, and a Touch of Panko
Served with a Lemon Mustard Sauce over Baby Field Greens

ARTISAN CHEESE & FRUIT – 13.95

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

Entree Soup Portions are Available Upon Request

ROASTED MUSHROOM BISQUE – 5.50 Cup

A Rich Reduction of Mushrooms, Shallots & Fine Herbs
Finished with Sautéed Mushrooms & Crème Fraiche

GOLDEN POTATO & BACON CHOWDER – 5.50 Cup

A Delightful Pairing of Golden Potatoes & Applewood Smoked Bacon
Until Light & Creamy & Served with Herbed Potato Straw

HARVEST BUTTERNUT SQUASH SOUP – 5.50 Cup

A Sweet Mixture of Roasted Butternut and Harvest Squash Simmered Lightly and Blended until Smooth
& Creamy, Finished with Nutmeg, a Touch of Cinnamon Cream & Candied Walnuts



Petit Portion Half Salads Available As First Course

BABY ICEBERG & BLEU CHEESE SALAD – 6.45

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

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Entrée Salads

LIGHTLY BLACKENED SALMON SALAD – 14.95

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

BEEF TENDERLOIN SALAD – 14.95

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

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

RARE-SEARED AHI TUNA SALAD – 14.95

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

THAI-STYLE SHRIMP & PEANUT SALAD – 13.95

Petite Romaine Hearts Drizzle with Thai Peanut Dressing
Topped with Coconut Crusted Shrimp, Asian-Style Vegetables & Sesame Seeds

GINGER GLAZED SESAME CHICKEN SALAD – 13.25

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

Pastas

TENDERLOIN BOURGUIGNON – 13.75

Roasted Tenderloin Filet Pan-Finished with Sauteed Mushrooms, Carrots, & 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 – 14.50

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 – 17.95

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

ROASTED CHICKEN ALFREDO – 13.95

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

BAKED SHELLS & WHITE CHEDDAR GRATIN – 11.95

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

HERBED RICOTTA STUFFED PASTA ROLLS – 11.50

Rich and Creamy Ricotta Cheese with a Touch of Lemon Zest and Herbs, Rolled into Sheets of Delicate Pasta
and Smothered with House Made Basil Marinara Sauce, Topped with a Blend of Asiago, Parmesan and Romano Cheeses

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Signature Entrées

TENDERLOIN MEDALLIONS – 22.95

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

PAN-SEARED SALMON FILLET WITH CILANTRO BUTTER – 17.95

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

PAN-ROASTED CHICKEN MARSALA – 17.50

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

SLOW ROASTED PORK LOIN – 17.75

Roasted Pork Loin in a Light cream Sauce with a Hint of Fennel
Served with Scalloped Potatoes & Sautéed Brussel Sprouts

CHICKEN STUFFED CREPES – 17.50

Roasted Chicken and Sautéed Mushrooms Rolled Inside Crepes and Served with a Light
Herb Cream Sauce with Butternut Squash, Carrots and Seasonal Vegetables

LEMON ROASTED CHICKEN – 17.75

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

BEEF TENDERLOIN FILET & SAUTÉED SHRIMP – 28.95

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 – 10.00

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

GRILLED FILET STEAK SANDWICH – 10.50

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 – 10.25

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

ROASTED TURKEY CLUB ON FOCACCIA – 9.75

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

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Kids' Entrées

All Kids' Entree's 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

CHICKEN TERIYAKI & 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 Pellegrino 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