



## LA JOLLA GROVES

INSANELY GOOD FOOD, HEALTHIER INGREDIENTS

At La Jolla Groves, We Achieve Amazing Taste By Using Better Ingredients, Fresher Fruits and Vegetables, & Less Sugar and Fat. We Strive to Use the Best Fruits & Vegetables That Are Picked at the Peak of Freshness. Our Dishes are Uniquely Designed to Showcase that Healthier Food Can Still Taste Great. Healthier Dining Has Never Tasted This Good.

### Appetizers

#### HERB POLENTA WITH MUSHROOM SAUTÉ – 8.95

Wedges of Thyme–Roasted Polenta Served with Sautéed Mushrooms and Herbs in a Marsala Reduction Sauce.

#### ARTISAN CHEESE, FRESH FRUIT & LA JOLLA GROVES' HEARTH BREADS – 13.50 ☞

Sample of Our Handcrafted La Jolla Groves Bakery Breads Paired with Fresh Fruit, Berries, Beehive White Cheddar, Gorgonzola, Swiss, Brie Cheese, Candied Walnuts and Our Delicious Handmade Fruit Dipping Sauce.

#### TOMATO & FRESH MOZZARELLA CAPRESE – 7.95 ☞

Garden–Fresh Tomatoes, Sliced and Served with Fresh Italian Mozzarella, a Touch of Basil–Infused Olive Oil and Balsamic Glaze. We Live for Great Tomatoes, So We Get Them Picked at the Peak of Freshness All Year Long.

#### GRILLED SUMMER TOMATO BRUSCHETTA – 7.25

Vine–Ripened Tomatoes, Marinated Artichoke Hearts, Touched with a Hint of Olive Oil, Black Pepper and Garden–Fresh Basil Pesto. Served on Three Toasted Croustades.

#### BAKED SPINACH & ARTICHOKE WITH CROUSTADE TOASTS – 7.95

Roasted Artichokes, Blended with Fresh Spinach, Olive Oil and Roasted Garlic, Baked with Parmesan Cheese and Bread Crumbs, Then Served With Several Herb–Infused Toasted Croustades.

#### BALSAMIC MARINATED STUFFED MUSHROOMS – 7.95

Marinated Mushrooms, Stuffed with Fresh Herbs and Gorgonzola, Served on a Light Bed of Crisp Field Greens that are Dressed with Pesto Oil, Tomatoes and Our House Balsamic Vinaigrette.

### House Soups

—Ask Your Server about Our Seasonal Soup Options—

#### MUSHROOM SOUP – 5.50 Cup ☞

Slow Roasted Mushrooms Finished with Chicken Stock and Fresh Herbs. Garnished with Sautéed Mushroom and Basil Oil.

#### POTATO & GARDEN FRESH LEEK SOUP – 5.50 Cup ☞

Garden Leeks and Golden Potatoes Simmered in Chicken Stock and Frothed Until Light and Creamy. This Soup has Become an Insider Favorite.



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## Salads of the House

### WEDGE SALAD WITH BACON, LETTUCE AND TOMATO – 11.95

Iceberg Lettuce Served with Bleu Cheese Dressing,  
Fresh Tomatoes and a Dash of Crisp Bacon and Croutons.

### LIGHTLY BLACKENED SALMON SALAD WITH MIXED FRUIT SALSA – 13.50 ☞

A Freshly Grilled Salmon Fillet on a Bed of Mixed Field Greens, Topped with a Refreshing Fruit Salsa that is Made With Assorted Fruits and Berries of the Season.

### LA JOLLA GROVES' SALAD – 10.75 ☞

A Salad of Vine-Ripe Tomatoes, Mangoes, Apples and Cucumbers  
Served with Toasted Pistachios and a Light Lemon Vinaigrette.

### APRICOT, CRANBERRY AND APPLE SALAD – 12.75 ☞

Cranberries, Apples, Apricots and Fresh Berries Served with Toasted Pistachios and White Cheddar Cheese  
Tossed in a Pomegranate & Honey Vinaigrette and Finished with a Slice of Candied Apple.

### WATERMELON & CUCUMBER SALAD - 11.50 ☞

Watermelon, Cucumber, Mixed Greens and Feta Cheese Tossed in a Light  
Honey and Mint Vinaigrette. It is Like Putting a Little Taste of Heaven in Your Mouth.

### SESAME-CRUSTED RARE SEARED TUNA SALAD – 15.50

Soy and Ginger Marinated Rare Seared Tuna, Served with Avocados, Red Onions and Tomatoes  
Over an Ample Bed of Field Greens in a Freshly Prepared Ginger and Lemon Vinaigrette.

## Signature Pastas

### PESTO CHICKEN WITH FUSILLI PASTA – 13.75

Herb-Roasted Chicken Tossed with a Sauce of Basil Pesto, Served with Fusilli Pasta  
and a Confetti of Garden-Fresh Vegetables, Parmesan Cheese and Mixed Herbs.

### ROASTED CHICKEN & FETTUCCHINI ALFREDO – 13.75

Tender Chicken Breast Served Over Fettuccini Pasta in an Asiago-Roasted  
Garlic Sauce and Tossed with Fresh Herbs.

### MUSHROOM RAVIOLI IN YELLOW TOMATO CREAM SAUCE – 14.95

Savory Mushroom Ravioli Served with a Whipped Yellow Tomato Sauce  
and an Array of Diced Vegetables.

### SHRIMP PASTA WITH TOMATOES & SPINACH – 13.95

Succulent Sautéed Shrimp Finished with Roasted Tomatoes and Spinach,  
Served Over Angel Hair Pasta in a Light Orange Butter Sauce.

### CHEESE TORTELLINI WITH SWEET PEAS & APPLEWOOD BACON – 12.50

Tortellini Pasta Filled with Ricotta, Parmesan, Asiago and Mascarpone Cheeses,  
Served Over a Light Tomato Sauce with Sweet Garden Peas, Applewood Bacon and Garden Herbs.



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## Signature Entrées

### ROASTED CHICKEN MARSALA – 15.95 ☞

Thinly Sliced, Roasted Chicken Breast Served with Butternut Squash and Hand-Crafted Scalloped Potatoes. Finished in a Light Marsala Sauce Filled with Sautéed Mushrooms.

### CHICKEN-STUFFED CREPES – 15.25

Crepes Filled with Rotisserie Chicken, Sautéed Mushrooms and a Sweet Herb Cream Sauce. Topped with Butternut Squash, Green Beans & Carrots.

### LEMON-ROASTED CHICKEN – 15.50 ☞

Thyme and Citrus Roasted Chicken Breast with Garlic Mashed Potatoes, Butternut Squash and Carrots. If You Had Time to Roast Chicken, This is How You Would Do It.

### OVEN-FIRED SALMON FILLET WITH CILANTRO BUTTER – 17.50 ☞

Crusted Salmon Fillet Served with Aromatic Basmati Rice and Served with Green Beans, Carrots and Butternut Squash topped with Cilantro Butter Sauce and a Crown of Micro Greens.

### BEEF TENDERLOIN MEDALLIONS – 17.95 ☞

Grilled Filet of Beef Tenderloin, Served with Three Types of Roasted Baby Potatoes, Baby Asparagus and Heirloom Carrots, Finished with a Mango & Ginger Reduction Sauce.

*This Item is Considered Gluten-Free, if Served Without the Mango & Ginger Reduction Sauce.*

### CHICKEN POT PIE – 12.50

Tender Roasted Chicken & Sweet Vegetables Baked in a Light Cream Sauce Infused with Thyme and Fresh Green Peas Served Under a Layer of Pie Crust. Served with a Dinner Salad.

### BEEF TENDERLOIN FILET & SAUTÉ SHRIMP – 24.95 ☞

Beef Tenderloin Filet Served with a Mushroom Marsala Sauce & Sautéed Shrimp with a Citrus Butter Sauce, Paired with Mashed Potatoes, Heirloom Carrots and Asparagus.

### NEW YORK STRIP – 29.00 ☞

This New York Strip Steak is designed for the Man in Your Life. We want Him to feel loved at La Jolla Groves too!

12 Ounce Strip American Kobe Steak Roasted with Herb Butter.

Served with Broccolini and Baked Yukon Potatoes.

## House Sandwiches

—Accompanied with a Side Salad and Guests' Choice of Dressing—

### PAIR OF BEEF TENDERLOIN AND CHICKEN MARSALA SANDWICHES – 9.50

Tender Chicken and Roasted Tenderloin Filet with Mushrooms and Marsala Sauce on a Large Potato Roll and Your Choice of French Fries or a Dinner Salad. Feel Free to Get Two of the Same Sandwich, as Desired.

### ROASTED TURKEY CLUB ON FOCACCIA – 9.50

Roasted Turkey Breast That is Cooked Fresh Daily, Served With Basil Pesto Made from Cholesterol-Free Virgin Olive Oil, Then Finished with a Slice of Bacon and Plenty of Fresh Vegetables.

### SOURDOUGH STEAK SANDWICH – 10.50

Hand-Carved from the Most Tender Cut of Beef, This Tenderloin Sandwich is Grilled, Marinated and Piled High on a La Jolla Groves' Sourdough Roll with Garden Vegetables.



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### Specialty Drinks

**FRESH FRUIT SMOOTHIES – 3.95**

A Smoothly Blended, Fresh Fruit Smoothie.

Mango Cream  
Sensuous Strawberry  
Wild Berry

**LA JOLLA GROVES' INFUSED LEMONADE – 3.00**

A Refreshing and Light Lemonade Infused with  
any of the Following Flavors:

Raspberry  
Blackberry  
Strawberry  
Kiwi  
Peach

**LA JOLLA GROVES ITALIAN SODAS – 3.75**

A Creamy Fruit and Seltzer Soda Mixed with  
any of the Following Flavors:

Peach  
Blackberry  
Strawberry  
Kiwi  
Hazelnut  
Vanilla  
Chocolate

**SOFT DRINKS AND JUICE SELECTIONS – 2.50**

Coca-Cola Classic  
Diet Coke  
Sprite  
Minute Maid Lemonade  
Dr. Pepper  
Diet Dr. Pepper  
Cranberry Juice  
Apple Juice  
Hi-C Fruit Punch

### Children's Menu

At La Jolla Groves, We Offer Menu Selections that Are  
Specifically Great For Kids and Can Be Served Quickly

So that Kids are as Happy as Their Parents.

Kid's Entrées Include a Small Beverage.

### Kid's Entrees

-Select One-

**MACARONI & CHEESE – 5.00**

Macaroni and Cheese—Just Like Mom Makes.

**CHICKEN STRIPS & FRENCH FRIES – 6.00**

Served with Ketchup and Ranch Dressing as Desired.

**GRILLED CHEESE SANDWICH – 5.00**

Served with French Fries and Ketchup.



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## Desserts

### ORANGE CRÈME BRULEE – 5.00 ↻

A Creamy Citrus Custard Crowned with a Caramelized Sugar Dome, Served with Fresh Citrus and Mint.

### BERRIES & ICE CREAM – 6.00

Berries of the Season Served Over Vanilla Bean or Rich Chocolate Ice Cream in a Pistachio Tuile Cup.

### LA JOLLA GROVES' LEMON CAKE – 6.50

Moist Lemon Cake Served with our Handmade Crème Anglaise Under a Caramel Dome, Berries and Mint.

### CHOCOLATE BUNDT CAKE – 6.50

Moist, Rich, Dark Chocolate Cake Served with a Molten Chocolate Center and a Light Vanilla Sauce.

### TRIPLE CHOCOLATE MOUSSE CAKE – 7.00

A Triple Chocolate Treat with Layers of Dark, Milk and White Chocolate Mousse, Topped with White Chocolate Shavings.

### MANGO MOUSSE CAKE – 7.00

A Luscious Tropical Treat Made of Creamy Mango Mousse atop a Light, Buttery Cake.