



🌱 Vegan

🌾 Gluten-Free

🥑 Keto

🍷 House Favorite

🐄 Wanderer Farms®

🐓 Cage-Free Eggs

ANYTIME BREAKFAST

THE CLASSICS

Good Stuff Breakfast 🍷 🌾 🐓

two eggs, any style, two strips of applewood smoked bacon or jones® pork sausage patty with choice of: (a) fresh fruit or hashbrowns & toast or muffins or (b) two buttermilk or whole wheat-n-honey pancakes (or gluten-free +1.50) 15.00

Eggs Benedict 🍷

two poached eggs, dry-cured ham (or substitute fresh steamed spinach) & hollandaise sauce served on top of a grilled english muffin with a cup of fresh fruit or hashbrowns 17.00

Breakfast Wrap 🍷

scrambled eggs, applewood smoked bacon, hashbrowns, lettuce, diced tomatoes & shredded cheese wrapped in a warm flour tortilla served with a cup of fresh fruit 15.00

Carne Asada & Eggs 🍷 🐄 🍷

wanderer farms® steak seasoned & grilled to perfection, served with two eggs any style, spanish rice, fresh guacamole, pico de gallo & three warm corn or flour tortillas 19.75

Chicken Chile Verde Breakfast Burrito 🍷

tender chicken simmered in mild tomatillo sauce, scrambled eggs & brown rice wrapped in a warm flour tortilla topped with melted cheese & served with tortilla chips on the side 15.50

Skillet Scramble 🍷 🍷

three eggs, applewood smoked bacon, jones® pork sausage, bell peppers, onions, mushrooms & melted cheese served over crisp hashbrowns & served with choice of toast or muffins 17.00

Enchiladas & Eggs 🌾 🍷

two ground turkey green onion enchiladas smothered with mild tomatillo sauce & topped with melted cheese & two eggs, any style, served with spanish rice 15.50



UNIQUELY GOOD STUFF

“Good Stuff Style”

Huevos Rancheros 🌾 🍷 🍷

tender chicken simmered in mild tomatillo sauce with two eggs, any style, served on two crunchy corn tortillas over shredded cabbage, topped with fresh avocado slices, crumbled feta cheese, cilantro & a drizzle of sour cream 16.00

Cameron’s Carnitas Breakfast Tacos 🍷

tender carnitas with scrambled eggs & cilantro in two warm flour tortillas, served with spanish rice, fresh guacamole & pico de gallo 16.00

Loco Moco 🐄 🍷

an island favorite! a wanderer farms® patty, two eggs any style, served on a bed of white rice & topped with homemade brown gravy & chopped green onions 16.50

Adam’s Avocado Toast

toasted sourdough bread topped with fresh guacamole, diced tomatoes, bacon, crumbled feta cheese & a sprinkle of chili flakes served with a cup of fresh fruit 12.00
+ two eggs, any style 3.00

Cris’ Breakfast Salad 🍷 🌾 🍷

two eggs scrambled with ground turkey served on a bed of crisp romaine lettuce tossed with black beans, brown rice, pico de gallo, tortilla strips, shredded parmesan cheese & caesar dressing 15.50



BEACH BODY FITNESS

GS Breakfast Shake 🌾 🌱

CALORIES 377 PROTEIN 27G FAT 10G CARBS 45G
organic plant based protein powder, fresh banana, strawberries, organic peanut butter & oatmeal blended together for a complete breakfast 11.00

Mexican Protein 🍷 🌾 🍷

CALORIES 637 PROTEIN 64G FAT 15G CARBS 62G
three scrambled egg whites over grilled chicken breast, brown rice, black beans, sliced jalapeños, pico de gallo & crumbled feta cheese served with two warm corn tortillas 17.00

Beach Body Omelette 🌾 🍷

CALORIES 511 PROTEIN 42G FAT 16G CARBS 50G
six egg whites with ground turkey, fresh tomatoes & spinach served with guacamole & sliced tomatoes & choice of two warm corn tortillas or brown rice or black beans 17.00

Tropical Green Smoothie 🌾 🌱

CALORIES 258 PROTEIN 5.8G FAT 1.7G CARBS 57.9G
mango, banana, orange juice, almond milk & fresh spinach 10.00
+ organic, plant-based protein powder 2.50
+ calories 88

OMELETTES

made with three eggs & served with choice of:
(a) fresh fruit or hashbrowns & toast or muffins
(b) two buttermilk or whole wheat-n-honey pancakes (or gluten-free +1.50)

The California 🍷 🌾 🍷

applewood smoked bacon, fresh avocado, tomatoes, mushrooms & cheese 16.50

Cassidy’s Garden 🌾 🥑 🍷 🍷

broccoli, fresh spinach, mushrooms, onions & tomatoes topped with cheddar & swiss cheese 15.00

Greek To Me 🌾 🍷

fresh spinach, red onions, kalamata olives & crumbled feta cheese 15.00

Denver 🌾 🍷

diced dry-cured ham, onions, red & green bell peppers, mozzarella cheese, topped with cheddar cheese 16.00

Spicy Ground Turkey Scramble 🌾 🍷

three eggs scrambled with ground turkey, jalapeños, diced tomatoes & cilantro served with hashbrowns & three warm corn tortillas 15.00

Teriyaki Steak Breakfast Bowl 🐄 🍷 🍷

wanderer farms® teriyaki flank steak chopped & served with brown rice, grilled pineapple & topped with two eggs, any style & a sprinkle of black sesame seeds served with choice of toast or muffins. 19.00

California Quesadilla 🍷 🍷

scrambled eggs, applewood smoked bacon, avocado slices, mushrooms, tomatoes & cheese stuffed in a grilled flour tortilla served with pico de gallo, sour cream & a cup of fresh fruit 16.00

Vegan Tofu Scramble 🍷 🌾 🌱

CALORIES 438 PROTEIN 24G FAT 17G CARBS 22G
scrambled tofu with black beans, grilled mushrooms, zucchini, spinach, onions, bell peppers, garlic & fresh basil served with three warm corn tortillas 15.50



YOU are WHAT you EAT so EAT GOOD STUFF.®

EGG BASICS

all basic dishes are served with two eggs, any style, with choice of:

- (a) fresh fruit or hashbrowns & toast or muffins
- (b) two buttermilk or whole wheat-n-honey pancakes (or gluten-free +1.50)

Two Eggs (GF) 12.00

Applewood Smoked Bacon & Eggs (GF) 16.00

Jones® Pork Sausage Patties & Eggs (GF) 16.00

Jones® Chicken Sausage Links & Eggs (GF) 16.00



STARTERS

Wanderer Beef Sliders (GF) 11.00

3 sliders with cheddar cheese, grilled bermuda onions & pickle chips topped with our famous 1000 island dressing

Yummy Sloppy Chicken Nachos (GF) 15.00

tortilla chips smothered in our signature mild chicken chile verde sauce, black beans & cheese topped with guacamole, jalapeños, green onions, & a drizzle of sour cream

Street Tacos 11.00

mix & match three of the following:

- carnitas (GF)
- chicken verde (GF)
- carne asada

CASA DE GOOD STUFF

Baja Fish Tacos

deep fried beer battered cod topped with lime infused cabbage, cilantro, pico de gallo & drizzled with cream sauce in warm whole wheat tortillas served with brown rice & black beans

+ sub grilled barramundi 3.00

Chad's Mexican Combo

one blackened shrimp taco in a flour tortilla with shredded cabbage, crumbled feta cheese & pico de gallo & one chicken chile verde enchilada served with refried beans & spanish rice

COMPLEMENTS

Energy Bowl

chopped fresh fruit with low-fat strawberry or nonfat plain yogurt topped with crunchy granola

Seasonal Fresh Fruit Cup (V) 5.00

Steel Cut Oats

served with side of brown sugar, dried cranberries & milk

(sub almond milk (V))

+ add fresh strawberries & bananas 3.00

Granola & Milk 11.00

crunchy granola & milk (sub almond milk (V))

+ add fresh strawberries & bananas 3.00

English Muffin 4.00

Toast 4.00

BAKED GOODS

homemade daily from our kitchen

Cinnamon Roll (V) 6.00

Banana Bread (V) 6.00

Fresh Muffins 4.00

STUFF FOR SYRUP

served with 100% organic pure maple syrup & whipped butter + add extra syrup 3.00

Homemade Pancakes (V)

three pancakes made from scratch in our kitchen

- traditional buttermilk pancakes 12.00
- whole wheat-n-honey pancakes 12.00
- gluten-free buttermilk pancakes 13.50 (GF)

Cody's Belgian Waffle 12.00

1/2 Belgian Waffle & Two Eggs (V)

two eggs, any style, with choice of applewood smoked bacon or jones® pork sausage patty

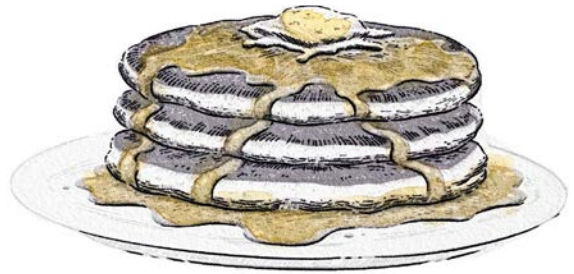
Thick Sliced French Toast 10.00

Cinnamon Roll French Toast

our famous made from scratch cinnamon roll egg-battered & grilled to perfection

1/2 Cinnamon Roll French Toast & Two Eggs (V) (GF)

two eggs, any style, with choice of applewood smoked bacon or jones® pork sausage patty



Chicken Lime Soup (GF)

topped with crispy tortilla strips

cup 5.00 | bowl 7.00

Keto Chicken Lime Soup (V) (K) (GF)

our famous chicken lime soup topped with cabbage, crumbled feta cheese, pepitas & sliced avocado

Spicy Vegetarian Chili (GF)

topped with cheese (sans cheese (V))

+ avocado 2.50

cup 6.00 | bowl 8.00

Guacamole, Salsa Fresca & Chips (GF) 11.00

Buffalo Chicken Tenders (GF)

gluten-free chicken tenders smothered in buffalo sauce served with fresh carrots, celery & ranch for dippin'

Zucchini Parmesan (V)

since '80 made fresh in our kitchen served with ranch for dippin'

Carne Asada Steak (GF) (V)

wanderer farms® steak seasoned & cooked to perfection served with spanish rice, black beans or refried beans, fresh guacamole, pico de gallo & three warm corn or flour tortillas

Chicken Chile Verde Platter (GF)

tender chicken in mild tomatillo sauce served with spanish rice, black beans & three warm corn or flour tortillas

STARTERS

Wanderer Beef Sliders (GF) 11.00

3 sliders with cheddar cheese, grilled bermuda onions & pickle chips topped with our famous 1000 island dressing

Yummy Sloppy Chicken Nachos (GF) 15.00

tortilla chips smothered in our signature mild chicken chile verde sauce, black beans & cheese topped with guacamole, jalapeños, green onions, & a drizzle of sour cream

Street Tacos 11.00

mix & match three of the following:

- carnitas (GF)
- chicken verde (GF)
- carne asada

CASA DE GOOD STUFF

Baja Fish Tacos

deep fried beer battered cod topped with lime infused cabbage, cilantro, pico de gallo & drizzled with cream sauce in warm whole wheat tortillas served with brown rice & black beans

+ sub grilled barramundi 3.00

Chad's Mexican Combo

one blackened shrimp taco in a flour tortilla with shredded cabbage, crumbled feta cheese & pico de gallo & one chicken chile verde enchilada served with refried beans & spanish rice

Fabulous Fitness Fajitas (GF)

CALORIES 505 PROTEIN 58G FAT 7G CARBS 6G

6oz chicken breast, fresh grilled peppers, tomatoes & onions served with black beans & two warm corn tortillas

Vegan Tacos (V) (GF)

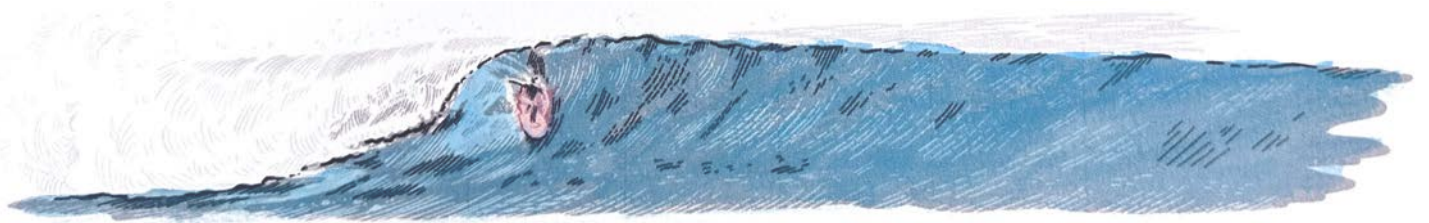
vegan patty crumbles in two warm corn tortillas with lime infused cabbage, cilantro, fresh avocado & pico de gallo served with black beans & brown rice

Carne Asada Steak (GF) (V)

wanderer farms® steak seasoned & cooked to perfection served with spanish rice, black beans or refried beans, fresh guacamole, pico de gallo & three warm corn or flour tortillas

Chicken Chile Verde Platter (GF)

tender chicken in mild tomatillo sauce served with spanish rice, black beans & three warm corn or flour tortillas



Our Locations

Palos Verdes
daily: 7:30am – 8:00pm

Redondo Beach
daily: 7:00am – 3:00pm

El Segundo
daily: 7:00am – 2:00pm

Hermosa Beach
mon – thurs: 7:00am – 2:00pm
fri – sun: 7:00am – 3:00pm

GREENS

Ground Turkey & Grilled Veggie Tostada

ground turkey with grilled fresh veggies served over chopped romaine, brown rice, tomatoes, shredded cheese & fresh guacamole on a bed of tortilla chips & a drizzle of sour cream 15.50

Bo's Salad

CALORIES 604 PROTEIN 20G FAT 27G CARBS 39G
chopped chicken, fresh avocado, roasted corn, tomatoes, chopped dates, sliced almonds & crumbled feta cheese served over chopped lettuce tossed with champagne honey mustard vinaigrette 16.50

Olé Chicken Caesar Salad

blackened 6oz chicken breast, crisp romaine lettuce, toasted pepitas, fresh parmesan & crispy tortilla strips, tossed with zesty caesar 16.50

Classic Cobb Salad

chopped roasted turkey, fresh avocado, bacon, hard boiled eggs, broccoli, tomatoes, roasted corn, crumbled blue cheese & chopped lettuce tossed with italian vinaigrette 16.50

Dressing

- ranch
- 1000 island
- low-fat mediterranean
- champagne honey mustard vinaigrette
- italian
- blue cheese
- nonfat honey mustard
- zesty caesar

Blackened Shrimp Fajita Salad

sautéed blackened shrimp, grilled bell peppers & onions served over crisp romaine tossed with spanish rice, black beans, tomatoes, tortilla strips, italian dressing & topped with fresh guacamole 16.00

Cierra's Fried Chicken Salad

chopped gluten-free chicken tenders served on a bed of lettuce with hard boiled eggs, bacon, tomatoes & shredded cheese 16.50

Santorini Salad (sans cheese)

fresh spinach, romaine, kalamata olives, bermuda onions, cucumbers, tomatoes & crumbled feta cheese tossed with low-fat mediterranean dressing 13.00 + add 6oz chicken breast 6.00 • 6oz flank steak 8.00
4oz barramundi 6.00

Southwestern Chicken Salad

cajun seasoned 6oz chicken breast, fresh avocado, black beans, tomatoes, onions, shredded cheese & cilantro on a bed of chopped lettuce 17.00

BURGERS

1/3lb wanderer farms® ground chuck, short rib & brisket patty on whole wheat, brioche, lettuce wrap, or gluten-free bun (+1.00) with choice of side

Traditional Cheese Burger

15.00

Avocado Bacon Cheddar

fresh sliced avocado, applewood smoked bacon, cheddar cheese, lettuce, tomato, red onions & pickles served tall on bun of your choice 18.50

BAE Burger

fried egg, applewood smoked bacon, grilled green chile, fresh guacamole, hashbrowns, cheddar cheese & sliced tomato piled high on a brioche bun 18.50

Gluten-Free Veggie Burger

vegan patty served with fresh spinach, alfalfa sprouts, sliced cucumber, tomato, pepper jack & fresh avocado spread with a drizzle of low-fat mediterranean dressing on a gluten-free bun 18.50

SUB IT!

substitute beef patty for chicken breast, fresh ground turkey patty, or vegan patty

WRAPS & MORE

with choice of side

California Wrap

fresh roasted turkey, avocado, applewood smoked bacon, swiss cheese, lettuce & tomatoes wrapped in a warm spinach herb tortilla 18.50

Chase's Fried Chicken Wrap

chopped gluten-free chicken tenders, bacon, lettuce, tomatoes & cheddar cheese tossed in ranch dressing & wrapped in a warm sundried tomato tortilla 18.00

Spicy Tuna Wrap

albacore tuna salad, cucumbers, tomatoes, lettuce, black sesame seeds, pepper jack cheese & sriracha® sauce in a warm low-carb whole wheat tortilla 16.00

Vegan Avocado Wrap

vegan patty chopped up & wrapped in a spinach-herb tortilla with sliced avocado, fresh spinach, tomatoes, pickles, red onions & yellow mustard drizzle 18.00

Olè Chicken Wrap

tender seasoned chicken breast, brown rice, black beans, shredded lettuce, chopped jalapeños, pico de gallo & melted cheese wrapped and grilled in a flour tortilla 15.00

Chicken Tenders

four gluten-free chicken tenders served with french fries & ranch for dippin' 17.00
+ make 'em smothered in buffalo sauce

SANDWICHES

with choice of side

BBQ Pulled Pork

pulled pork simmered in bbq sauce piled high on a brioche bun with pickle chips and fresh cilantro 16.00

Bacon Chipotle Chicken

6oz chicken breast, applewood smoked bacon, swiss cheese, fresh spinach & tomatoes with sweet chipotle sauce served on a whole wheat bun 18.00

Turkey Bacon Melt

fresh roasted turkey & applewood smoked bacon on grilled sourdough with mozzarella cheese, alfalfa sprouts & 1000 island dressing 17.50

Ortega Tuna Melt

a heaping scoop of tuna on grilled sourdough with swiss cheese, fresh tomatoes & mild chilies 16.00



VIEW MENU YOUR WAY



- Gluten-Free
- Keto
- Vegan

ENTRÉES

available after 3 p.m.

Teriyaki Steak & Veggie Bowl

CALORIES 617 PROTEIN 38.8G FAT 20.1G CARBS 82.2G
wanderer farms® teriyaki flank steak with stir-fried fresh veggies served over brown rice & sprinkled with black sesame seeds 19.00

Barramundi Platter

CALORIES 495 PROTEIN 51G FAT 14G CARBS 45G
8oz grilled tender white fish seasoned with lemon pepper served on a bed of brown rice with fresh sautéed spinach, mushrooms, tomatoes & capers 26.00

SIDES

- steamed veggies
- pineapple coleslaw
- spicy vegetarian chili
- green salad
- cup of soup
- sweet potato fries
- fresh fruit
- french fries



Citrus Shrimp Spaghetti

sautéed shrimp tossed with mushrooms, sundried tomatoes, fresh parmesan in a citrus white wine sauce, served with garlic toast 19.00

Italian Sausage & Spaghetti

grilled italian pork sausage tossed with onions, bell peppers & tomatoes in a marinara sauce topped with fresh parmesan, served with garlic toast 19.00

ZOODLE IT!

sub spaghetti with fresh spiraled zucchini noodles!

*For our customers with food allergies &/or sensitivities, please inform your server prior to ordering. We will make every effort to accommodate your request. *We are not a gluten-free kitchen. Our dishes are made fresh & prepared-to-order, so individual foods may come into contact with one another due to shared cooking & preparation areas/utensils. We cannot guarantee that cross-contact with foods containing gluten will not occur but we will make every effort to avoid it.

DESSERTS

Fresh Baked Cookie 3.00

Cookie-n-Fudge

fresh baked chocolate chip cookie topped with hot fudge, vanilla ice cream & whipped cream 11.00

Fresh Baked Brownie 4.00

Brownie-n-Fudge ♡

fresh baked brownie topped with hot fudge, vanilla ice cream & whipped cream 11.00

Brownie Bite (under 150 calories)

mini fresh baked brownie with fresh strawberries 4.00

Apple Cobbler à la Mode

fresh baked topped with vanilla ice cream 8.50

Vanilla Ice Cream

one scoop 4.00

Shakes 10.00

vanilla • strawberry • chocolate

+ add-ins 1.00

banana • oreo® cookies • brownie •

chocolate chip cookie

Nitro Coffee Shake

vanilla ice cream blended with locally roasted owlverick's® nitro coffee 11.00



LIQUIDS

DRINK EAT GOOD STUFF & responsibly

Bottomless Beverages

iced tea 4.00

arnold palmer • coke® • diet coke® • coke zero sugar® • minute maid lemonade® • sprite® • dr. pepper® 4.00

strawberry lemonade 4.50

Fruit Smoothie (BF) (V)

mango • strawberry • banana 9.00

+ organic, plant based protein powder 2.50

Juice

orange • apple • cranberry 6.00

Coffee

locally roasted owlverick's® coffee available hot or iced 4.00

Milky-Nilla Nitro

silky smooth with a delicious combo of our signature nitro cold brew, milk & just the right amount of vanilla served over ice (sugar free available on request) 7.00

Nitro Cold Brew

locally roasted owlverick's® coffee straight up & smooth, served over ice 6.75

Iced Matcha Latte

with unsweetened organic almond milk 6.50

Organic Hot Tea BY STASH™ 4.00

CAFFEINATED: chai spice • earl grey •

premium green • breakfast blend

DECAF: chamomile (herbal) • lemon ginger

Hot Chocolate

with whipped cream 4.50

Milk

low-fat • non-fat

3.50

Almond Milk

organic & unsweetened 4.50

San Pellegrino®

mineral water 16.9oz 5.50

WINE

Rosé 2022 CAMPUGET TRADITION

costieres de nimes, rhone, france •

glass 10.00 | bottle 38.00

Chardonnay FESS PARKER

santa barbara, ca • glass 10.00 | bottle 38.00

Pinot Grigio CANTINA ZACCAGNINI 2021

italy, abruzzo, colline pescaresi •

glass 12.00 | bottle 46.00

Sauvignon Blanc BRANDER

los olivos, santa barbara, ca •

glass 13.00 | bottle 50.00

Pinot Noir J VINEYARDS MULTI

APPELLATION PINOT NOIR 2021

sonoma, monterey & santa barbara, ca •

glass 13.00 | bottle 50.00

Cabernet Sauvignon J.LOHR

paso robles, ca • glass 11.00 | bottle 42.00

LOCAL BEERS

West Coast IPA

BURNIN' DAYLIGHT lomita, ca • ABV 7.0% •

pint 9.00 | pitcher 25.00

Narblonde Blonde Ale

BURNIN' DAYLIGHT lomita, ca • ABV 5.0% •

pint 7.50 | pitcher 21.00

PV Pilsner

BURNIN' DAYLIGHT lomita, ca • ABV 5.0% •

pint 7.50 | pitcher 21.00

MEXICAN BEERS

Modelo Especial MODELO

mexico • ABV 4.4% • bottle 7.00

Pacifico Clara PACIFICO

mexico • ABV 4.4% • bottle 7.00

MORNING STARTERS

Mimosa

guava • mango • cranberry • orange 9.00

Bloody Mary

a salty-savory mixture of tomato, celery, olives, bacon & a lemon slice 12.00

Brut CHAMDEVILLE

france • glass 10.00 | bottle 36.00

Earn Rewards

1 point earned per \$1 spent.

\$15 birthday credit!

\$10 Reward for every 150 points.



THE GOOD STUFF STORY

It began with Cris Bennett, a busboy with big dreams. In 1979, he opened a small burger joint in West L.A with his father, making his dreams a reality. An instant hit, he expanded to Hermosa Beach, making his second success. Over the years he expanded to Redondo Beach, El Segundo & Palos Verdes.

The core values have remained the same: hospitality, tasty food & healthy options. You are what you eat... so eat Good Stuff®.

