



✓ Vegan

Ⓞ Gluten-Free

Ⓚ Keto

♥ House Favorite

🐄 Wanderer Farms®

🐓 Cage-Free Eggs

## 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 & one slice of toast or muffin, (+ english muffin add 1.25) or (b) two buttermilk or whole wheat-n-honey pancakes 16.00 + Ⓞ pancakes 2.00

### Eggs Benedict\* 🐓

two poached eggs, dry-cured ham (or substitute fresh steamed spinach) & hollandaise sauce on top of a grilled english muffin, served with a cup of fresh fruit or hashbrowns 19.00 + Ⓞ bun 1.00

### 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 16.00 + Ⓞ tortilla 2.00

### 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 22.00

## UNIQUELY GOOD STUFF

### Chorizo Chilaquiles\* Ⓞ 🐓 ♥

crispy corn tortilla chips sautéed in our signature roasted red chile sauce, topped with homemade chorizo, two eggs, any style, crumbled feta, a sour cream drizzle & garnished with onions & cilantro 19.00

### 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 18.00

### Loco Moco\* 🐄 🐓

an island favorite! a wanderer farms® beef patty, two eggs any style, served on a bed of white rice & topped with homemade brown gravy & chopped green onions 18.50

## 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 12.00

### 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 19.00

### 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 17.00 + Ⓞ tortilla 2.00

### Skillet Scramble ♥ 🐓

three eggs, applewood smoked bacon, jones® pork sausage, bell peppers, onions, mushrooms & melted cheese over crisp hashbrowns, with choice of toast or muffins 19.00

### 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 17.50



### 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 13.00 + two eggs, any style 4.00

### 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 17.50

### "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 18.00

### 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 19.00

### Tropical Green Smoothie Ⓞ ✓

**CALORIES 258 PROTEIN 5.8G FAT 1.7G CARBS 57.9G**  
mango, banana, orange juice, almond milk & fresh spinach 11.00  
+ organic, plant-based protein powder 3.00  
+ 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 + Ⓞ pancakes 2.00

### The California ♥ Ⓞ 🐓

applewood smoked bacon, fresh avocado, tomatoes, mushrooms & jack cheese 18.50

### Cassidy's Garden Ⓞ Ⓚ 🐓 ♥

broccoli, fresh spinach, mushrooms, onions & tomatoes, topped with cheddar & swiss cheese 17.00

### Veggie Chili Ⓞ 🐓

topped with our housemade veggie chili, a blend of melted cheeses & fresh avocado. 18.00  
*chopped onions available upon request*

### Greek To Me Ⓞ 🐓

fresh spinach, red onions & kalamata olives, topped with crumbled feta cheese 17.00

### Denver Ⓞ 🐓

diced dry-cured ham, onions, red & green bell peppers, mozzarella cheese, topped with cheddar cheese 18.00

### Spicy Ground Turkey Scramble Ⓞ 🐓

three eggs scrambled with ground turkey, jalapeños, diced tomatoes & cilantro, served with hashbrowns & three warm corn tortillas 18.00

### Teriyaki Steak Breakfast Bowl\* 🐄 🐓 ♥

wanderer farms® savory 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 21.00

### 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 18.00 + Ⓞ tortilla 2.00

### 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 17.50

BLUE ZONES  
INSPIRED



— 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 + 🍳 pancakes 2.00

**Two Eggs\*** 🍳 🌱 13.00

**Applewood Smoked Bacon & Eggs\*** 🍳 🌱 18.00

**Jones® Pork Sausage Patties & Eggs\*** 🍳 🌱 18.00

**Jones® Chicken Sausage Links & Eggs\*** 🍳 🌱 18.00



## STARTERS

**Wanderer Beef Sliders\*** 🍴 🌱

three sliders with cheddar cheese, grilled bermuda onions & pickle chips, topped with our famous 1000 island dressing 12.00

**Yummy Sloppy Chicken Nachos** 🍳

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 17.00

**Street Tacos** 12.00

mix & match three of the following:

- carnitas 🍳
- chicken verde 🍳
- 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 two warm whole wheat tortillas, served with brown rice & black beans 18.00

+ 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 18.00

## COMPLEMENTS

**Energy Bowl**

chopped fresh fruit with low-fat strawberry or nonfat plain yogurt topped with crunchy granola 12.00

**Seasonal Fresh Fruit Cup** 🌱 6.00

**Steel Cut Oats**

served with side of brown sugar, dried cranberries & milk 10.00  
(sub almond milk 🌱)

+ add fresh strawberries & bananas 3.50

**Granola & Milk**

crunchy granola & milk  
(sub almond milk 🌱) 11.00

+ add fresh strawberries & bananas 3.50

**English Muffin** 4.25

**Toast** 4.25

## BAKED GOODS

homemade daily from our kitchen

**Cinnamon Roll** 🌱 6.00

**Banana Bread** 🌱 6.00

+ make it grilled

**Fresh Muffins** 4.50

## STUFF FOR SYRUP



served with whipped butter and **100% organic pure maple syrup**, lovingly crafted on a family-owned farm in Ohio. extra syrup 3.00

**Homemade Pancakes** 🌱

three pancakes made from scratch in our kitchen

- traditional buttermilk pancakes 13.50
- whole wheat-n-honey pancakes 13.50
- gluten-free buttermilk pancakes 15.50 🍳

**Cody's Belgian Waffle** 14.00

**1/2 Belgian Waffle & Two Eggs\*** 🌱

two eggs, any style, with choice of applewood smoked bacon or jones® pork sausage patty 15.00

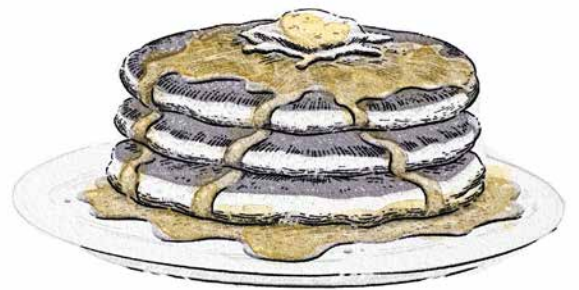
**Thick Sliced French Toast** 11.00

**Cinnamon Roll French Toast**

our famous made from scratch cinnamon roll egg-battered & grilled to perfection 14.50

**1/2 Cinnamon Roll French Toast & Two Eggs\*** 🌱

two eggs, any style, with choice of applewood smoked bacon or jones® pork sausage patty 15.00



**Keto Chicken Lime Soup** 🌱 🍳 🍴

our famous chicken lime soup topped with cabbage, crumbled feta cheese, pepitas & sliced avocado 13.00

**Spicy Vegetarian Chili** 🍳

topped with cheese (sans cheese 🌱)

+ avocado 3.00

cup 7.00 | bowl 9.00

**Chicken Lime Soup** 🍳

topped with crispy tortilla strips

cup 6.00 | bowl 8.00

**Buffalo Chicken Tenders** 🍳

gluten-free chicken tenders smothered in buffalo sauce, served with fresh carrots, celery & ranch for dippin' 19.00

**Zucchini Parmesan** 🌱

since '80 made fresh in our kitchen, served with ranch for dippin' 14.50

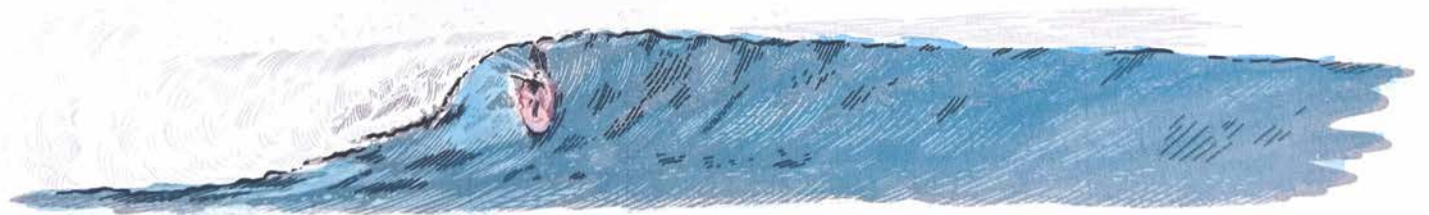
**Guacamole, Salsa Fresca & Chips** 🍳 12.00

**Grilled Olé Chicken Burrito**

tender seasoned chicken breast, brown rice, black beans, shredded lettuce, chopped jalapeños, pico de gallo & melted cheese wrapped & grilled in a flour tortilla, served with a petite olé caesar salad 19.00  
+ 🍳 tortilla 2.00

**Chicken Chile Verde Platter** 🍳

tender chicken in mild tomatillo sauce, served with spanish rice, black beans & three warm corn or flour tortillas 18.00



To help keep things flowing like smooth ocean waves, we kindly ask that guests limit their visit to 1.5 hours for booth seating. This allows us to seat everyone in a timely manner and ensure all guests can enjoy their time with us.

**Our Locations**

**Palos Verdes**  
daily: 8:00am – 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 17.00

### 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 18.00

### Olé Chicken Caesar Salad

blackened 6oz chicken breast, crisp romaine lettuce, toasted pepitas, fresh parmesan & crispy tortilla strips, tossed with zesty caesar 18.50

### Classic Cobb Salad

chopped roasted turkey, fresh avocado, bacon, hard boiled egg, broccoli, tomatoes, roasted corn, crumbled blue cheese & chopped lettuce, tossed with italian vinaigrette 18.50

### 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 19.00

### Cierra's Fried Chicken Salad

chopped gluten-free chicken tenders, served on a bed of lettuce with hard boiled eggs, bacon, tomatoes & shredded cheese 18.50

### Santorini Salad

fresh spinach, romaine, kalamata olives, bermuda onions, cucumbers, tomatoes & crumbled feta cheese, tossed with low-fat mediterranean dressing 14.00 + add 6oz chicken breast 6.00 • 6oz flank steak 9.00 • 4oz barramundi 6.50

### Southwestern Chicken Salad

cajun seasoned 6oz chicken breast, fresh avocado, black beans, tomatoes, onions, shredded cheese & cilantro, on a bed of chopped lettuce 18.50

## BURGERS

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

### Traditional Cheese Burger

17.00

### Avocado Bacon Cheddar

fresh sliced avocado, applewood smoked bacon, cheddar cheese, lettuce, tomato, red onions & pickles, served tall on bun of your choice 20.00

### BAE Burger

fried egg, applewood smoked bacon, grilled green chile, fresh guacamole, hashbrowns, cheddar cheese & sliced tomato, piled high on a brioche bun 20.00

### 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 20.00

### SUB IT!

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

## WRAPS & MORE

with choice of side + wrap 2.00

### California Wrap

fresh roasted turkey, avocado, applewood smoked bacon, swiss cheese, lettuce & tomatoes, wrapped in a warm spinach-herb tortilla 20.00

### 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 20.00

### Spicy Tuna Wrap

albacore tuna salad, cucumbers, tomatoes, lettuce, black sesame seeds, pepper jack cheese & sriracha® sauce, wrapped in a warm low-carb whole wheat tortilla 18.00

### Vegan Avocado Wrap

vegan patty chopped up with sliced avocado, fresh spinach, tomatoes, pickles, red onions & yellow mustard drizzle, wrapped in a warm spinach-herb tortilla 20.00

### Chicken Tenders

four gluten-free chicken tenders, served with french fries & ranch for dipping' 18.00 + make 'em smothered in buffalo sauce 1.00

## SANDWICHES

with choice of side + bun 2.00

### BBQ Pulled Pork

pulled pork simmered in bbq sauce with pickle chips & fresh cilantro, on a grilled brioche bun 18.00

### Bacon Chipotle Chicken

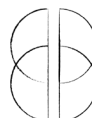
all-natural 6oz chicken breast, applewood smoked bacon, swiss cheese, fresh spinach & tomatoes with sweet chipotle sauce, on a grilled whole wheat bun 20.00

### Turkey Bacon Melt

fresh roasted turkey & applewood smoked bacon with mozzarella cheese, alfalfa sprouts & 1000 island dressing, on grilled sourdough 19.00

### Ortega Tuna Melt

a heaping scoop of tuna with swiss cheese, fresh tomatoes & mild chillies, on grilled sourdough 18.00



WANDERER  
FREE-RANGE | BARLEY-FED

## SIDES

- steamed veggies
- spicy vegetarian chili
- cup of soup
- fresh fruit
- pineapple coleslaw
- sweet potato fries
- french fries
- green salad +1.50
- zucchini parm +1.50

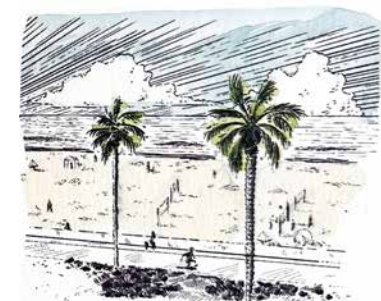
## SPECIALTIES

### Teriyaki Steak & Veggie Bowl

**CALORIES 617 PROTEIN 38.8G FAT 20.1G CARBS 82.2G**  
wanderer farms® savory teriyaki flank steak with stir-fried fresh veggies, served over brown rice & sprinkled with black sesame seeds 22.00

### Barramundi Platter

**CALORIES 495 PROTEIN 51G FAT 14G CARBS 45G**  
grilled 8oz tender white fish seasoned with lemon pepper, served on a bed of brown rice with fresh sautéed spinach, mushrooms, tomatoes & capers 28.00



### Carne Asada Steak

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 22.00

### Teriyaki Flank Steak Tacos

wanderer farms® savory teriyaki flank steak, chopped & paired with our creamy pineapple coleslaw & fresh pico de gallo, all wrapped in two warm flour tortillas, served with spanish rice & black beans 20.00

## VIEW MENU YOUR WAY



- Gluten-Free
- Keto
- Vegan

\*These are cooked to order (e.g., rare, medium, well done. Upon request, we will cook to your specifications.)

Written information regarding the safety of these foods are available upon request.



## DESSERTS

### Fresh Baked Cookie 3.50

### Cookie-n-Fudge

fresh baked chocolate chip cookie topped with hot fudge, vanilla ice cream & whipped cream 9.50

### Fresh Baked Brownie 5.00

### 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 5.00

### Vanilla Ice Cream

one scoop 5.00

### Shakes 11.00

vanilla • strawberry • chocolate

+ add-ins 1.50

banana • oreo® cookies • brownie • chocolate chip cookie

### Nitro Coffee Shake

vanilla ice cream blended with locally roasted owlverick's® nitro coffee 12.00

### Grilled Banana Bliss

warm, house-made banana bread, lightly grilled for a caramelized finish & served with a generous scoop of vanilla ice cream topped with a sprinkle of cinnamon 11.00



## LIQUIDS

DRINK -EAT GOOD STUFF & responsibly

### Bottomless Beverages

iced tea regular or hibiscus 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 10.00

+ organic, plant based protein powder 3.00

### Juice

apple • cranberry • guava • mango • orange 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) 7.50

### Nitro Cold Brew

locally roasted owlverick's® coffee straight up & smooth, served over ice 7.00

### 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

JUST ENOUGH  
CENTRAL COAST CALIFORNIA

### Pinot Noir

*red cherries, lush strawberries, & baking spice*  
1.5glass 12.00

### Chardonnay

*lemon zest, refreshing pears, & a crisp vanilla tart*  
1.5glass 12.00

### Sauvignon Blanc

*bright passion fruit, grapefruit, & savory minerality*  
1.5glass 12.00

## DRAFT 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 8.00 | pitcher 23.00

## 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 11.00 | bottle 30.00

### Mimosa Combo

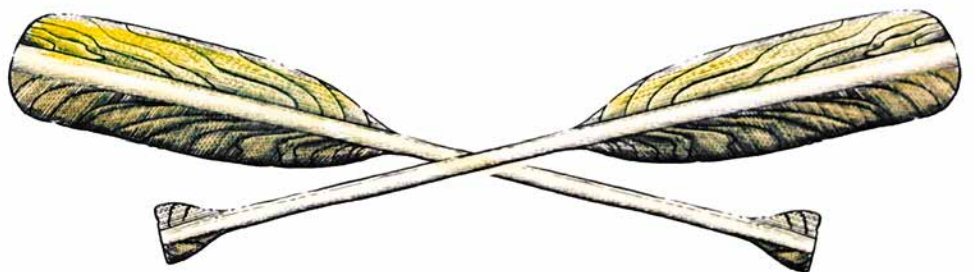
includes one bottle of brut plus your choice of two juices: guava • mango • cranberry • orange 30.00

## Earn Rewards

1 point earned per \$1 spent.

\$15 birthday credit!

\$10 Reward for every 150 points.



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.