

# SIMPLY GRILLED

## BY MARTHA'S

### HERMOSA BEACH, CA

25 22nd Street in Hermosa Beach  
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Healthy Simple Dishes with Fresh, Beachside Flavors @marthahermosabeach #MeetAtMarthas

 gluten free  vegan  dairy free +add bread & butter \$5 / + add guacamole or avocado \$4 / + add extra sauce \$2 / + add extra compound butter \$2

## SIMPLY PLATES

All dishes include your choice of protein: Chicken \$23.50 • Steak \$29.50  
Salmon \$25.50 • Vegan Sausage \$21.50 • Tofu Steak \$21.50

### FAJITA

“the rub” seasoning - sautéed bell peppers, onions & mushrooms - steamed wild & brown rice  
shredded slaw - guacamole - pico de gallo - salsa verde

### MEDITERRANEAN

simply salt + pepper seasoning - hummus - steamed wild & brown rice - greek salad  
feta - fresh herbs - herb-infused EVOO *(go vegan, no feta)*

### BEACH BBQ

“the rub” seasoning - broccoli - miso maple roasted carrots - white corn - quinoa  
fresh herbs - beach bbq sauce

### BANGKOK

teriyaki seasoning - broccoli - sautéed bell peppers, onions & mushrooms - shredded slaw  
steamed wild & brown rice - roasted peanuts - thai peanut dressing

### SIMPLY SOUTHERN

cajun seasoning - succotash - sautéed spinach - candied jalapeños  
hot honey butter - gluten free toast

### THE VEGGIE

simply salt + pepper seasoning - broccoli - miso maple roasted carrots - avocado  
sautéed bell peppers, onions & mushrooms - red quinoa - garlic aioli

### ITALIAN

balsamic + herbs seasoning - miso maple roasted carrots - creamy polenta  
sautéed spinach - sundried tomato - truffle butter

## SIMPLY SALADS

Add a protein: Chicken \$8 • Steak \$15 • Salmon \$10  
Shrimp \$10 • Vegan Sausage \$10 • Tofu Steak \$8

### MALIBU RAINBOW \$15.50

mixed greens - red bell peppers - carrots - corn - japanese cucumber  
blueberries - purple cabbage - radish - quinoa - green goddess dressing

### CREAMY CILANTRO TACO SALAD \$17.00

romaine lettuce - kidney beans - garbanzo beans - avocado - white cheddar  
white corn - cherry tomatoes - crispy shallots - housemade tortilla chips  
candied jalapeños - cilantro parmesan vinaigrette

### CRISPY RICE CRUNCH \$17.00

romaine lettuce - shredded cabbage - crispy fried brown rice  
shredded deep fried tofu - edamame - carrots - basil - cilantro - parsley  
green onion - toasted sesame seeds - almonds - wonton strips  
chinese dressing

### SUNDAY SEASONAL FARMER'S \$18.50

mixed greens + kale mix - fig - apple - sweet potato - cherry tomatoes  
beets - pickled red onions - candied walnuts - spinach  
rosemary tarragon vinaigrette - served with a rye crostini

### SUPER CAESAR \$15.50

romaine + kale mix - shaved parmesan - cherry tomatoes - chia seeds  
bacon crumbles - avocado - crispy garbanzos - crispy potatoes  
lemon wedge - caesar dressing



## SIMPLY KIDS

kids chicken + mashed potatoes + broccoli \$10

kids steak + mashed potatoes + broccoli \$10

kids butter noodles + broccoli + carrots \$10


kids cheese quesadilla + broccoli + carrots \$10

## SIMPLY BUILD YOUR OWN

Mix + Match your favorites to build a bowl just the way you like it!

### STEP 1: CHOOSE A PROTEIN

Simply Grilled

- ☐ **CHICKEN**   All-Natural Chicken Breast \$23.50
- ☐ **STEAK**   Top Sirloin \$26.50
- ☐ **SALMON**   Atlantic Salmon \$25.50
- ☐ **VEGAN SAUSAGE**    Impossible™ Sausage Patty \$21.50
- ☐ **TOFU STEAK**    Marinated \$21.50














### STEP 2: PICK A SEASONING

vegan, gluten free, dairy free














- ☐ **TERIYAKI**
- ☐ **CAJUN**
- ☐ **BALSAMIC + HERBS**
- ☐ **SIMPLY SALT + PEPPER**
- ☐ **“THE RUB”** salt, white pepper, cumin, garlic, onion

### STEP 3: SELECT UP TO 3 TRIM + FILL SIDE DISHES

TRIM: vegetable sides

- ☐ **CARROTS**    miso maple roasted
- ☐ **BROCCOLI**    sautéed with garlic
- ☐ **FAJITAS**    sautéed bell peppers, onion, mushrooms, & corn tortillas
- ☐ **SAUTÉED SPINACH**    sautéed with garlic
- ☐ **GREEK SALAD**  cucumber, tomato, red onion, feta, parsley, lemon juice, & olive oil *go vegan (no feta)*

FILL: starch sides

- ☐ **POLENTA**  smooth polenta with cream & butter
- ☐ **RED QUINOA**    steamed with fresh herbs
- ☐ **SUCCOTASH**    sweet potato, black beans, white corn, & green onion
- ☐ **STEAMED RICE**    wild & brown rice
- ☐ **SWEET POTATO MASHED**   

### STEP 4: ADD A SAUCE + BUTTER

choose 1 of each

- ☐ **Beach BBQ Sauce**
- ☐ **Salsa Verde Sauce**
- ☐ **Garlic Aioli Sauce**
- ☐ **Thai Peanut Sauce**
- ☐ **Simply EVOO Sauce**
- ☐ **Garlic + Herb Butter**
- ☐ **Hot Honey Butter**
- ☐ **Truffle Butter**
- ☐ **Horseradish Butter**
- ☐ **Simply Sea Salt Butter**

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