



BREAKFAST ALL DAY

Rustic Fairway Multigrain Toast- *thick toast, Irish butter, & seasonal organic jam. \$5*

Beach Bagel- *plain or onion bagel with Philly cream cheese or butter & jam. \$5*

Ain't No Duff Oatmeal- *walnuts, coconut flakes, whipped butter & honey, served with multigrain or sourdough toast & jam. \$7 + \$2 for fresh berries*

Triple Bogey Buttermilk Pancakes- *stack of three fluffy pancakes. \$9*

Bank Shot Banana Pancakes- *light & fluffy pancakes packed with fresh bananas, topped with banana chantilly cream. \$11*

Breakfast Sandwedge- *fried egg, cheddar, lettuce, tomato on a plain bagel, onion bagel, or croissant choice of bacon or ham, with mayo & spiced aioli. \$11*

Best Ball Fruit Bowl- *berries & seasonal fruit drizzled with honey and sprinkled with chia, flax, & alpiste seeds. \$9*

Yogurt Par-fait- *Greek yogurt, seasonal fresh fruit, topped with super seeds and homemade granola. \$10*

The Starter Burrito- *eggs, tots, black beans, cheese in a Sonora style tortilla - choice of bacon, ham, homemade chorizo, grilled veggies. \$12+ \$2 for asada steak.*

Penmar Green AVO Toast- *smashed avocado, rainbow cherry tomato, pickled red onion, microgreens, shaved radish with EVOO drizzle on multigrain bread – fruit on side. \$14*

Classic Egg Plate- *two eggs, bacon or ham, thick cut toast, savory fingerling potatoes. \$14 + \$2 for fruit medley*

Citrus Salad- *mesclun greens, arugula, market citrus, Persian cucumber, cherry tomato, pickled sweet red onion, snap peas, citrus vinaigrette. \$12*

Mama's Mulligan Huevos Rancheros- *hand pressed masa shells, black beans, two sunny side up eggs, topped with our ranchero sauce and queso fresco crumble. \$15*

Ace. Bagel. Lox. *Lighthouse Bay Smoked Salmon, Philly cream cheese, red onion, capers, tomato, lemon wedge. \$14*

1962 Steak & Eggs- *grilled hanger steak, two eggs your way, fingerling potatoes tossed with rosemary, shallots, peppers, & rustic toast. \$19+ \$3 swap toast for two pancakes.*

ADD TO ANY OF THE ABOVE: toast or pancakes \$3 - bacon \$4 - ham \$5



GOOD FOR THE HEART

House Salad- *mesclun greens and arugula blend, cucumber, tomato, balsamic & EVOO drizzle . \$10*

Wedge- *iceberg wedge, chopped bacon, rainbow cherry tomatoes, chives, blue cheese crumbles, and ranch. \$10*

Caesar- *chopped romaine hearts, cherry tomatoes, shaved parm, toasted pepitas, Caesar dressing. \$11*

Cali-Mex Grain Bowl- *quinoa-wild rice, beans, veggies, ranchero sauce, avo, pickled onion, queso. \$12*

Cali-Citrus Bowl- *quinoa-wild rice, arugula, snap peas, citrus, veggies, pickled onion, avo, citrus vinaigrette. \$12*

Add PROTEIN: + \$4 lox, grilled achiote chicken breast or asada steak, + \$6 grilled shrimp

APPS

Teca Flyer Wings- *twice fried, cali-citrus glaze topped with chopped peanuts. \$11*

Three Iron Meatballs- *three pork & beef blend meatballs in our Penmar marinara sauce served with toasted Italian bread. \$11*

Chip(s) & Salsa. \$4 / with Guac. \$9

Foursome Nachos- *tortilla chips baked with queso & black beans, drizzled with avocado crema & homemade sour cream, topped with pickled jalapenos & pico de gallo. \$11 + \$2 for Guac. +\$4 for asada steak, carnitas, or grilled achiote chicken*

GF Calamari- *crispy calamari & shishito peppers served with aji Amarillo dip on the side. \$14*

WINE & BUBBLES

Prosecco – Santa Marina, Italy, dry, fresh, light, lively	10/36
Mimosas \$11	
Prosecco – Canella, Italy, extra dry, 187ML	11
Sauvignon Blanc – Tohu, Marlborough, NZ 2019, bright, dry, citrus	10/36
Chardonnay – Laguna, Russian River Valley, CA 2017, oak, butterscotch	11/39
Rosé – Moulin de Gassac, France 2020, salmon pink, crisp, dry	10/36
Pinot Noir – Laforet, France 2018, full body, rich, dark fruit	11/36
Cabernet Sauvignon – Cedar + Salmon, WA 2016, black cherry, black currant	11/39
Malbec - Llama, Argentina 2018, full body, black fruit, spice	10/36
Cabernet Sauvignon – Michele-Schlumberger Napa, CA 2016 ruby color, cassis	66



LUNCH & DINNER

Penmar Dog- *Greg Norman Australian Wagyu beef link with your choice of one or all: grilled onions & peppers, our kraut, ketchup, mustard, mayo, pickled jalapeños, relish, and bacon. \$7*

Kids Style Beef Burger- *single beef patty, ketchup, mustard, pickles, American cheese. \$6 + \$2 bacon, avocado, + \$4 plant-based impossible patty*

Penmar Double Patty Beef Burger- *two smashed griddled patties, stacked with layers of shredded iceberg lettuce, tomato, pickles, grilled onions, American cheese & our spiced aioli spread. \$10 + \$4 single plant-based impossible patty, + \$2 bacon, avocado*

BLT- *bacon, iceberg lettuce, tomato, and mayo spread on sourdough toast. \$9 + \$2 avocado.*

Quesadilla- *flour tortilla, cheddar-jack blend, served with homemade salsa fresca on the side. \$9 + \$2 guacamole, + \$4 asada steak, chicken, or carnitas*

Twice Fried Chicken Sandwich- *juicy fried chicken, smothered in our citrus glaze, and fried again, stacked on a soft bun with our homemade creamy ranch, pickled red onions, and iceberg lettuce. \$11*

*****contains peanuts*****

Two Tacos- *choice of corn or flour tortillas, with protein choice of grilled achiote chicken breast & guac or pork carnitas and pico de gallo, or grilled shrimp with lettuce, pico, aji amarillo sauce, and avocado crema, served with homemade tortilla chips and salsa fresca. \$12 + \$2 asada steak*

Stuffed Grilled Cheese- *golden toasted organic sourdough, melted cheddar & jack cheese, grilled tomato and onion, and a spread of our guacamole. \$12 + \$2 ham OR plain grilled cheese. \$9*

Burrito Par Four- *rice, black beans, cheddar-jack cheese, and pico de gallo packed in a Sonora style flour tortilla with a choice of grilled achiote chicken breast, pork carnitas, grilled shrimp or veggies, served with salsa fresca. \$13 + \$2 asada steak*

Meatball Sandie- *our meatballs & marinara stuffed and baked into Lonzo's Italian roll with melty mozzarella, topped with fresh basil. \$13*

Chicken Clubber- *grilled achiote chicken breast, bacon slices, iceberg lettuce, tomato, pickled red onion, and a spread of our spiced aioli loaded on Lonzo's Italian roll. \$13*

ADD TO ANY OF THE ABOVE: +\$3 Pinwheel fries or side house salad

DESSERT

Mama's Key Lime Pie - graham cracker crust \$8

Ice Cream Sammy's on Chocolate Chip Cookies OR Oatmeal Raisin \$10

INQUIRE ABOUT FLAVORS

Banana Whip - topped with vanilla wafer cookies and seasonal berry sauce \$8

BEER

<u>Draft</u>	<u>Price</u>
Modelo Especial Lager, Mexico 4.4% ABV	6/22
Michelob Ultra Light Lager USA 4.2% ABV	6/22
North Coast Brewing Scrimshaw Pilsner Fort Bragg, CA 4.5% ABV, 22 IBU	6/22
Santa Monica Brew Works Witbier, CA 5.3% ABV	7/23
Angel City IPA, CA 6.1% ABV, 46 IBU	7/23
Allagash White Belgian Witbier, Portland, ME 5.2% ABV, 13 IBU	7/23
Grapefruit Sculpin IPA, CA % ABV, 70 IBU	7/23
Boomtown Brewery Las Palmas Pale Ale DTLA, CA 5.8% ABV	8/23.5
Almanac Beer Co, Apricot Sournova, Alameda, CA 5.5% ABV	10/24

GRAB A PITCHER!

<u>Bottles</u>	<u>6</u>
Corona Extra Lager, Mexico 4.6% ABV	
Modelo Especial Lager Mexico 4.4% ABV	
Negra Modelo Dark Lager Mexico 5.4% ABV	
Sierra Nevada Pale Ale Chico, CA 5.6% ABV	
Stella Artois Pilsner Belgium 4.8% ABV	
NON-ALCOHOLIC Heineken ZERO	5

Cans

Bud Light Lager USA 4.2% ABV	5
Coors Light Lager Golden, CO 4.2% ABV	5
Michelob Ultra Light Lager USA 4.2% ABV, 95 Cals	5
Corona Extra Lager Mexico 4.6% ABV	5
Modelo Especial Lager Mexico 4.4% ABV	5
Stone Delicious IPA Escondido, CA 7.7% ABV, 75 IBU	6
Lagunitas IPA Petaluma, CA 6.2% ABV, 46 IBU	6
Golden Road Mango Cart Wheat Ale LA 4.0% ABV	6
The Crac Brewery IPA, CA 6.9% ABV, 16oz.	8
The Crac Brewery Aphrodisi Crac Oyster Stout, CA 6.9% ABV, 16oz.	8
Michelob Ultra Light Lager USA 4.2% ABV, 25oz.	9
Golfer's Special 4 or 6 pack and a loaner cooler for the course	18/24

Other Fun Beverages

<u>June Shine Hard Kombucha</u> San Diego, CA 6% ABV (Acai Berry OR Blood Orange Mint)	6.5
<u>Kona Spiked Island Seltzer</u> Hawaii 5% ABV (Passion OJ Guava, Tropical Punch, Starfruit Lime, Strawberry Guava)	6.5
<u>White Claw Sparking Seltzer</u> USA 5% ABV (Black Cherry, Grapefruit)	6.5
<u>Michelada</u> OR <u>Chelada</u>	6.5