

# LUNCH

*Served All Day*

## REALLY BIG SALADS

*A mix of fresh romaine and spring greens, with choice of dressing on the side*

**Half /Full**

**GARDEN.....**tomatoes, zucchini, mushrooms, bean sprouts ,onions, bell peppers, cheddar, feta & jack cheese, avocado & hard boiled egg

10.50 / 11.95

**ALBACORE TUNA...**The Garden topped with a generous Scoop of our tuna salad.....11.50 / 12.95

**CHEF'S....**The Garden with avocado, grilled chicken, Crispy bacon, & thinly sliced ham.....11.50 / 12.95

**COBB** Grilled chicken, crumbled blue cheese, avocado Chopped egg, bacon, tomatoes & avocado.11.50 / 12.95

**CARPINTERIA CAESAR.** Crispy romaine, homemade Garlic croutons, avocado & Parmesan cheese, add Grilled chicken (+4.75).....10.50 / 11.95

**ROASTED VEGGIE...**a combo of eggplant, zucchini, onions & tomatoes, roasted in balsamic vinaigrette topped with feta cheese & avocado and choice of organic tofu or grilled chicken breast.....11.50 / 12.95

**SIDE SALAD** veggies, greens, avocado & cheese...6.95



## FISH & CHIPS 13.25

*Crispy Hand Battered Fish filets & fries with Coleslaw & homemade tartar*



## SHRIMP & CHIPS 13.25

*Breaded shrimp & fries, coleslaw, homemade tartar & cocktail sauce*

## SOUPS & CHILE

*ALL HOMEMADE*

*Turkey Bean Chile, Clam Chowder*

*Mexican Pozole*

*Cup...6.50 Bowl 7.95*

*Sourdough Bread Bowl.....9.75*

## SOUP & SANDWICH COMBO

*Cup of soup plus 1/2 sandwich 10.95*

*or Soup & Salad*

*(select sandwiches, ask server)*



## TACOS & MEXICAN FAVORITES

### BAJA FISH TACOS

Hand Baja battered fresh fish, cabbage, avocado, salsa, homemade tartar, rice & beans 11.95



### FAJITA FISH TACOS

Grilled fresh fish "fajita style" onions, peppers, avocado, salsa, rice & beans 11.95

**TOFU TACOS** grilled organic tofu, shredded cabbage, salsa, avocado, rice & vegetarian beans 10.95

**VEGGIE TOSTADA** crispy corn tortillas, vegetarian pinto beans, feta, cheddar & jack cheese, steamed veggies, shredded cabbage, avocado & salsa 11.95  
add grilled chicken, tri-tip or tofu + 4.75

**QUESADILLA** on flour tortillas Cheese Only 10.50  
Chicken & Cheese 11.95 Veggie & Cheese 11.25  
with avocado, sour cream, salsa, rice & beans

**NACHOS** homemade tortilla chips piled high with cheddar & jack cheese, beans, sour cream & avocado (ask for jalapeños) 10.95 add tri tip or grilled chicken + 4.75