Note: This guide is meant as a general overview of restaurants in Carpinteria. Menu prices may not be up to date. Thank you 😊
Peebee & Jay's
really good sandwiches on the run
soups & salads too because we can't live on bread alone

1007 Casitas Pass Road  Carpinteria, CA  93013
805.220.8913  Order online at peebeeandjaysonline.com
Carls Jr.
CHARBROILED BURGERS

Carls Jr.

FLAVOR LIT BY FIRE
SUBMARINES
Fresh Sliced To Order!

AMERICAN CLASSICS

3 Ham & Provolone
   A true classic
   Cal M470, R800, G1520
   MINI  $6.15
   REG  $8.00
   GIANT $14.75

6 Roast Beef & Provolone
   All natural oven roasted
top rounds!
   Cal M540, R880, G1710
   MINI  $7.25
   REG  $9.95
   GIANT $16.70

7 Turkey & Provolone
   Using antibiotic-free turkey,
   One of our most popular!
   Cal M470, R800, G1520
   MINI  $6.60
   REG  $9.00
   GIANT $15.75

ITALIAN FAVORITES

2 Jersey Shore's Favorite
   Provolone, ham & cappacuolo
   Cal M470, R810, G1520
   MINI  $6.15
   REG  $8.00
   GIANT $14.75

5 The Super Sub
   Provolone, ham, prosciutti,
   & cappacuolo
   Cal M500, R820, G1550
   MINI  $6.60
   REG  $9.00
   GIANT $15.75

13 The Original Italian
   Provolone, ham, prosciutti,
   cappacuolo, salami & pepperoni!
   Cal M560, R930, G1770
   MINI  $7.25
   REG  $9.95
   GIANT $16.70

COLD SUBS COME MIKE'S WAY WITH ON THE JUICE!

BREADS
   *Additional charge for Udi's - See store for details
   White | Wheat | Rosemary Parm | Udi's Gluten Free
   Rosemary Parm adds M30, R45, G60 Cal
   Udi's Gluten Free subtracts R50, G110 Cal

GET ANY SUB AS A WRAP OR IN A BOWL!
   Wrap adds 20 Cal
   Bowl subtracts 290 Cal

CHOOSE ANY VARIETY OF SUBS FROM OUR SUBMARINES MENU!

Subs By The Box
   12 INDIVIDUALLY WRAPPED SUBS
   Ideal for any large gathering.
   Choose from any of our cold subs.
   PER BOX  $78.00

Subs By The Bag
   A great on-the-go option! Order your favorite subs off the menu -
   just unwrap the subs and dig in!
   Priced Same As Menu

Personal Boxed Lunches
   Field trips, outdoor gatherings,
   school activities...take the ease out of choosing and personalize each
   box with your guests favorite sub & chips. Add a drink too!
   MINI SUB  $9.95
   REGULAR SUB  $11.95
   W/ DRINK  $13.75

SIDES & SWEETS

Cookies & Brownies
   Our cookies are fresh-baked daily.
   right in the store.
   Cal 180-570
   DOZEN COOKIES  $9.85
   DOZEN BROWNIES  $15.50

Chips & Bottled Drinks
   A variety of chips and drinks to choose
   from that will complement any sub.

   *Refer to Individual subs for calorie information
# Submarines

## American Classics

<table>
<thead>
<tr>
<th>#</th>
<th>Item</th>
<th>Description</th>
<th>Mini</th>
<th>Regular</th>
<th>Giant</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>Ham &amp; Provolone</td>
<td>A true classic. Cal M470, R880, G1520</td>
<td>6.15</td>
<td>8.00</td>
<td>14.75</td>
</tr>
<tr>
<td>4</td>
<td>Roast Beef &amp; Provolone</td>
<td>All natural oven roasted top rounds! Cal M540, R880, G1710</td>
<td>7.25</td>
<td>9.95</td>
<td>16.70</td>
</tr>
<tr>
<td>5</td>
<td>Turkey &amp; Provolone</td>
<td>Using antibiotic-free turkey. One of our most popular! Cal M470, R880, G1520</td>
<td>6.60</td>
<td>9.00</td>
<td>15.75</td>
</tr>
</tbody>
</table>

## Italian Favorites

<table>
<thead>
<tr>
<th>#</th>
<th>Item</th>
<th>Description</th>
<th>Mini</th>
<th>Regular</th>
<th>Giant</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>Jersey Shore's Favorite</td>
<td>Provolone, ham &amp; cappuccino Cal M470, R810, G1520</td>
<td>6.15</td>
<td>8.00</td>
<td>14.75</td>
</tr>
<tr>
<td>4</td>
<td>The Super Sub</td>
<td>Provolone, ham, prosciutto, &amp; cappuccino Cal M500, R820, G1550</td>
<td>6.60</td>
<td>9.00</td>
<td>15.75</td>
</tr>
<tr>
<td>13</td>
<td>The Original Italian</td>
<td>Provolone, ham, prosciutto, cappuccino, salami &amp; pepperoni Cal M560, R930, G1770</td>
<td>7.25</td>
<td>9.95</td>
<td>16.75</td>
</tr>
</tbody>
</table>

## Club Subs

<table>
<thead>
<tr>
<th>#</th>
<th>Item</th>
<th>Description</th>
<th>Mini</th>
<th>Regular</th>
<th>Giant</th>
</tr>
</thead>
<tbody>
<tr>
<td>8</td>
<td>Club Sub</td>
<td>Antibiotic-free turkey, ham, provolone, applewood smoked bacon &amp; mayo Cal M660, R1150, G2200</td>
<td>7.25</td>
<td>9.90</td>
<td>16.70</td>
</tr>
<tr>
<td>9</td>
<td>Club Supreme</td>
<td>Roast beef, antibiotic-free turkey, swiss, applewood smoked bacon &amp; mayo Cal M660, R1660, G2210</td>
<td>7.25</td>
<td>9.90</td>
<td>16.70</td>
</tr>
</tbody>
</table>

# Cheesesteaks

## Chicken Cheesesteaks

<table>
<thead>
<tr>
<th>#</th>
<th>Item</th>
<th>Description</th>
<th>Mini</th>
<th>Regular</th>
<th>Giant</th>
</tr>
</thead>
<tbody>
<tr>
<td>16</td>
<td>Mike's Chicken Philly</td>
<td>Grilled onions, peppers &amp; white American cheese Cal R660, G1320</td>
<td>6.60</td>
<td>9.00</td>
<td>15.75</td>
</tr>
<tr>
<td>26</td>
<td>Chicken Bacon Ranch</td>
<td>Applewood smoked bacon, lettuce, tomato &amp; ranch dressing Cal R880, G1750</td>
<td>7.25</td>
<td>9.90</td>
<td>16.70</td>
</tr>
<tr>
<td>42</td>
<td>Chipotle Chicken</td>
<td>Grilled onions, peppers, white American cheese &amp; chipotle mayo Cal R930, G1870</td>
<td>9.20</td>
<td>15.95</td>
<td></td>
</tr>
<tr>
<td>44</td>
<td>Buffalo Chicken</td>
<td>Frank's Red Hot Sauce®, lettuce, tomato with blue cheese dressing Cal R900, G1800</td>
<td>9.40</td>
<td>16.75</td>
<td></td>
</tr>
<tr>
<td>55</td>
<td>Big Kahuna Chicken</td>
<td>Grilled onions, peppers, mushrooms, jalapeños and extra white American cheese Cal R720, G1430</td>
<td>9.50</td>
<td>16.75</td>
<td></td>
</tr>
</tbody>
</table>

## Breads

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
<th>Extra Charge for Udi's</th>
<th>Additional Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>Wheat</td>
<td>Rosemary Parm</td>
<td>Udi's Gluten Free</td>
</tr>
<tr>
<td>Udi's Gluten Free subtractions: R55, G110 Cal</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

# Chips & Drink

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Add Chips &amp; Drink</td>
<td>3.45</td>
</tr>
<tr>
<td>*Non-chips &amp; fountain drink</td>
<td></td>
</tr>
<tr>
<td>Fountain Drinks</td>
<td>2.50</td>
</tr>
<tr>
<td>Bottled Drinks</td>
<td>2.95</td>
</tr>
</tbody>
</table>

# Kids Meal

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Turkey &amp; Cheese Ham &amp; Cheese</td>
<td>6.25</td>
</tr>
<tr>
<td>Cal R780, G1560</td>
<td></td>
</tr>
</tbody>
</table>

# Store 20275
## Breakfast

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Buttermilk Pancakes</td>
<td>$4.95</td>
</tr>
<tr>
<td>Served with butter and syrup</td>
<td></td>
</tr>
<tr>
<td>Oatmeal</td>
<td>$4.95</td>
</tr>
<tr>
<td>Cooked with milk, served with brown sugar and raisins on the side</td>
<td></td>
</tr>
<tr>
<td>Sunrise Breakfast</td>
<td>$8.95</td>
</tr>
<tr>
<td>Fruit served with yogurt, granola and blueberry muffin</td>
<td></td>
</tr>
<tr>
<td>Breakfast Burrito</td>
<td>$8.95</td>
</tr>
<tr>
<td>A burrito with bacon, egg, cheese, potatoes, and salsa. Served with fresh fruit</td>
<td></td>
</tr>
<tr>
<td>Sunset Special</td>
<td>$8.95</td>
</tr>
<tr>
<td>2 scrambled eggs on a croissant served with fresh fruit</td>
<td></td>
</tr>
<tr>
<td>Sunset French Toast</td>
<td>$8.95</td>
</tr>
<tr>
<td>Served with fresh fruit</td>
<td></td>
</tr>
<tr>
<td>French Toast Combo</td>
<td>$8.95</td>
</tr>
<tr>
<td>2 eggs, 2 French toast and 2 bacon strips</td>
<td></td>
</tr>
<tr>
<td>Pancake Combo</td>
<td>$8.95</td>
</tr>
<tr>
<td>2 eggs, 2 French toast and 2 bacon strips</td>
<td></td>
</tr>
<tr>
<td>Egg dishes only: with choice of home fried potatoes or cottage cheese &amp; toast or english muffin. No Substitution.</td>
<td></td>
</tr>
</tbody>
</table>

### BIG Breakfast

<table>
<thead>
<tr>
<th>Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>7 oz. New York Steak, 2 eggs toast and home fried potatoes</td>
<td>$12.95</td>
</tr>
<tr>
<td>2 eggs any style</td>
<td>$6.95</td>
</tr>
<tr>
<td>Add bacon or sausage $7.95</td>
<td></td>
</tr>
</tbody>
</table>

### Vegetable Omelet

<table>
<thead>
<tr>
<th>Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Omelet with mushrooms, spinach, onions, peppers, avocado, swiss cheese</td>
<td>$8.95</td>
</tr>
</tbody>
</table>

### Sausage and Cheese Omelet

<table>
<thead>
<tr>
<th>Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Omelet with sausage and Swiss cheese</td>
<td>$8.95</td>
</tr>
</tbody>
</table>

### California Omelet

<table>
<thead>
<tr>
<th>Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bacon, avocado and jack and cheddar cheese</td>
<td>$8.95</td>
</tr>
</tbody>
</table>

### Ham Steak & Eggs

<table>
<thead>
<tr>
<th>Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Served with home fried potatoes and toast</td>
<td>$9.95</td>
</tr>
</tbody>
</table>

### Eggs Benedict

<table>
<thead>
<tr>
<th>Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pouch eggs on english muffin, ham, avocado with hollandaise sauce</td>
<td>$8.95</td>
</tr>
</tbody>
</table>

### On the Side

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Side of Toast</td>
<td>$1.95</td>
</tr>
<tr>
<td>Home Fries Potatoes</td>
<td>$3.95</td>
</tr>
<tr>
<td>Bacon or Sausage</td>
<td>$4.25</td>
</tr>
<tr>
<td>Bagel</td>
<td>$2.75</td>
</tr>
</tbody>
</table>

### Beverages

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Juices (Orange Juice, V8 or Cranberry)</td>
<td>$2.95</td>
</tr>
<tr>
<td>Hot Chocolate, Coffee, Milk and Chocolate Milk</td>
<td>$1.95</td>
</tr>
<tr>
<td>Ice Tea, Coke, Diet coke and Sprite</td>
<td>$2.25</td>
</tr>
</tbody>
</table>

### Breakfast Hours

- **Dinner Hours:**
  - Monday - Thursday: 5:30pm - 9:30pm
  - Friday & Saturday: 5:30pm - 10:00pm

- **Breakfast Hours:**
  - Monday - Friday: 7:00am - 10:30am
  - Saturday & Sunday: 7:00am - 11:00am

***BAR Open Daily at 4:30pm***

Room Service Please Call Ext. #345

15% Gratuity is added to all room service orders and parties of 6 or more.

3551 Carpinteria Avenue
ARTISAN MEATS & CHEESES
choose regular or large

LOBSTER MAC
local fav!

TUNA TARTAR
sushi-grade ahi, sesame-soy dressing, wonton chips

SHRIMP POLENTA
grilled jumbo shrimp

SPINACH ARTICHOKE
served with crostini and garlic aioli

BITES OF HEAVEN
bacon wrapped sausage, house-made cornbread

RISOTTO ARANCINI
fried mushroom risotto bites

FAMOUS FRIES
plain, truffle parm, rosemary parmesan, sweet potato (choose one)

SOUPS & SALADS
add to any entrée:
chicken +$6, salad +$6, steak +$10, shrimp +$10

LOBSTER BISQUE
cup or bowl

SOUP DU JOUR
cup or bowl

AHÍ SALAD
sesame-crusted ahi, mixed greens, green cabbage, wonton strips, avocado, soy-ginger dressing

CORKTREE COBB
chicken, bacon, mixed greens, tomato, red dragon cheese, hard-boiled egg, avocado, ranch dressing

JESSY’S SALAD
mixed greens, dried cranberries, pistachios, figs, green apple, goat cheese, honey-balsamic vinaigrette

KALE & ROMAINE CAESAR
tossed in our house-made caesar dressing

CELLAR HOUSE SALAD
mixed greens, toasted pepitas, carrots, tomatoes, watermelon radish, honey-balsamic vinaigrette

TAPAS

STEAK TACOS
steak, corn tortillas, guacamole, cotija cheese, chipotle lime

SHRIMP TACOS
grilled shrimp or mahi mahi, pico de gallo, tartar sauce. choose flour or corn tortillas

MUSHROOM & SCALLOP TACOS
MUSHROOM & SCALLOP TACOS
mushroom, cotija cheese, pico de gallo. choose flour or corn tortillas

ENTRÉES

SHRIMP SCAMPI
grilled jumbo shrimp, linguini, spiced lemon and caper sauce

STEAK FRITTES
flat iron steak, chimichurri, arugula salad, truffle-parmesan fries

SOY-GLAZED SALMON
soy glazed salmon, lobster wontons and asian slaw

CHICKEN PICATTA
breaded chicken breast, capellini, buttery lemon caper sauce, seasona vegetables

DESSERTS

CHOCOLATE MOUSSE

CRÈME BRÛLÉE

MINI DOUGHNUTS
<table>
<thead>
<tr>
<th>BREADS</th>
<th>CHEESES</th>
<th>BEVERAGES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh Italian sub rolls</td>
<td>Swiss, Jack, Cheddar</td>
<td>Cake, Ice Cream</td>
</tr>
<tr>
<td></td>
<td>Provolone and American</td>
<td>Juice</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Lemonade</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Tea</td>
</tr>
<tr>
<td></td>
<td></td>
<td>&quot;Canned and bottled drinks available&quot;</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>HOT SANDWICHES</th>
<th>COLD SANDWICHES</th>
<th>REQUEST ITEMS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Famous BBQ Rib Tip</td>
<td>Turkey &amp; Cranberry</td>
<td>Purple Salad</td>
</tr>
<tr>
<td></td>
<td>Turkey, Ham &amp; Cheese</td>
<td>Macaroni Salad</td>
</tr>
<tr>
<td></td>
<td>Ham &amp; Cheese</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Sub: Ham, Bologna, Salami, Preovolone cheese</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Roast Beef &amp; Cheese</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Chicken Salad</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Tuna Salad (Albacore)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Egg Salad</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Egg Salad</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Chip Salad</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Avocado &amp; Cheese</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Cheese combination</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Bologna &amp; Cheese</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Peanut Butter &amp; Jelly</td>
<td></td>
</tr>
</tbody>
</table>

| SOUPS & SALADS          |  |                  |
|-------------------------|  |                  |
| Chicken Soup            |  |                  |
| Turkey or Tuna Salad    |  |                  |
| Potato Salad            |  |                  |

With mayo, mustard, pickles, onions, tomatoes, lettuce.
McDonald's

1115 Casitas Pass Rd.
Carpinteria, Ca.
Hand-Crafted Menu

THE FOOD LIAISON
CATERING-COUNTER-CLASSES

A place to
EAT LUNCH
order
CATERING
take a
COOKING CLASS
enjoy a
POP-UP DINNER

Skip the Wait
Order Online

Order Counter Mon-Fri 11am-3pm
TheFoodLiaison.com
1033 Casitas Pass Road
Carpinteria 805.200.3030

Salads
YOGURT
1005 CASITAS PASS
(IN THE SHEPHERD PLACE SHOPS)
SERVE YOURSELF
YOGURT
AND TOPPINGS

Gift Certificate
Yummy Yogurt
1005 Casitas Pass Rd., Carpinteria, CA
Presidential Mints

Behave like a kid in a candy store because you'll never find a better selection of the sweet stuff than at Robitaille's Fine Candies. From handcrafted chocolates to the manufactured sugar goodies of when you really were a kid—Giant Pixie Stix, anyone?—you'll find anything and everything to satisfy your sweet tooth. Guy and Carmen Robitaille's store, which bears the distinction of providing the official mint for President Ronald Reagan's Inauguration, is open daily at 900 Linden Avenue. (805) 684-9340. www.robitaillescandies.com

Robitaille's
FINE CANDIES
Home of the famous Presidential Inaugural Mints

Fudge & Chocolates
Sugar-Free Candies
Old Fashioned Soda Pop
Hard to Find Favorites

Open Daily
684-9340
900 Linden Ave.
www.robitaillescandies.com
Chocolats du CaliBressan

Visit our shop at:
4193 Carpinteria Ave, Suite 4
Carpinteria, CA 93013
(805) 684-6900
www.ChocoCaliBressan.com
Clementine's

Come Join Us for a Warm Cozy Dining Experience
- Homemade Pie with Every Entree
- Fresh Fish, Hand Cut Steaks
- Family Run for 35 Years
- Wed. - Sun. 5-9 pm

Carpinteria, California
CALIFORNIA STYLE
ZOOKERS

LUNCH
Served 11:30 to 3:00
684-8893

Farm to Table • Chef’s Seasonal Specials
Sustainable Meats & Seafood
Extensive Wine List • Patio Dining

Lunch 11:30 to 3pm • Dinner from 5pm • Closed Sundays • Catering
805.684.8893 • Casitas Pass Road at Carpinteria Ave.
The SPOT

Burgers • Fries • Chili • Hot Dogs
Rings • Shakes • Cones
Yummy Mexican Food, too!

60 Years at Carpinteria's Hottest Corner

389 Linden Ave. 2 blocks from the Beach  To Go 805-684-6311

Facebook.com/TheSpotCarpinteria
BURGERS
All our Spot Burgers feature freshly ground beef, Hand Leafed Lettuce, Fresh Tomatoes, Pickles, Onions and our special Thousand Island Dressing

<table>
<thead>
<tr>
<th>Burger Type</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hamburger</td>
<td>$4.95</td>
</tr>
<tr>
<td>Cheeseburger</td>
<td>$5.25</td>
</tr>
<tr>
<td>Double Hamburger</td>
<td>$6.00</td>
</tr>
<tr>
<td>Double Cheeseburger</td>
<td>$6.50</td>
</tr>
</tbody>
</table>

CHILI BURGERS
All our Spot Chili Burgers come with Tomatoes, Pickles, Onions and Mustard

<table>
<thead>
<tr>
<th>Burger Type</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chili Burger</td>
<td>$5.50</td>
</tr>
<tr>
<td>Chili Cheese Burger</td>
<td>$5.75</td>
</tr>
<tr>
<td>Double Chili Burger</td>
<td>$6.55</td>
</tr>
<tr>
<td>Double Chili Cheese</td>
<td>$7.05</td>
</tr>
</tbody>
</table>

ADD EXTRAS
Bacon, Ortega Chile or Guacamole $1.50
Pastrami (California Style) $2.75

FRIES, RINGS AND SIDES
Enjoy our Famous Chili Cheese Fries, Regular Fries, Onion Rings or other sides to complement your meal.

<table>
<thead>
<tr>
<th>Side Type</th>
<th>Small</th>
<th>Large</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fries</td>
<td>$2.55</td>
<td>$3.50</td>
</tr>
<tr>
<td>Chili Cheese Fries</td>
<td>$4.20</td>
<td>$5.30</td>
</tr>
<tr>
<td>Onion Rings</td>
<td>$3.05</td>
<td>$5.05</td>
</tr>
<tr>
<td>Chili with Cheese &amp; Onion</td>
<td>$3.85</td>
<td>$4.80</td>
</tr>
</tbody>
</table>

Guacamole $3.80

SANDWICHES AND OTHERS

<table>
<thead>
<tr>
<th>Sandwich</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken Burger—Grilled</td>
<td>$7.25</td>
</tr>
<tr>
<td>Turkey Burger</td>
<td>$7.25</td>
</tr>
<tr>
<td>Fish Burger</td>
<td>$7.25</td>
</tr>
<tr>
<td>Garden Burger with Fries</td>
<td>$10.00</td>
</tr>
<tr>
<td>BLT with Fries</td>
<td>$9.00</td>
</tr>
<tr>
<td>Pastrami Sandwich with Fries</td>
<td>$10.00</td>
</tr>
<tr>
<td>Grilled Cheese Sandwich with Fries</td>
<td>$6.50</td>
</tr>
<tr>
<td>Chicken Strips (3 pieces) with Fries</td>
<td>$8.95</td>
</tr>
<tr>
<td>House Salad</td>
<td>$6.25</td>
</tr>
<tr>
<td>add Grilled Chicken</td>
<td>$2.95</td>
</tr>
<tr>
<td>add Grilled Shrimp</td>
<td>$3.45</td>
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HOTDOGS

<table>
<thead>
<tr>
<th>Hotdog Type</th>
<th>Price</th>
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<tbody>
<tr>
<td>Regular Hotdog</td>
<td>$3.75</td>
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<tr>
<td>Chili Dog</td>
<td>$4.20</td>
</tr>
<tr>
<td>Chili Cheese Dog</td>
<td>$4.50</td>
</tr>
<tr>
<td>Corn Dog</td>
<td>$3.75</td>
</tr>
<tr>
<td>Pastrami Dog</td>
<td>$5.75</td>
</tr>
</tbody>
</table>

SEAFOOD & CHIPS (FRIES)

<table>
<thead>
<tr>
<th>Fries &amp; Chips</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fish &amp; Chips - 3 pieces of cod</td>
<td>$9.00</td>
</tr>
<tr>
<td>Fish &amp; Chips - 5 pieces of cod</td>
<td>$12.25</td>
</tr>
<tr>
<td>Shrimp Basket or Clam Strips Basket</td>
<td>$9.50</td>
</tr>
<tr>
<td>Clam Chowder in Sourdough Bread Bowl Combo with Small Drink</td>
<td>$10.25</td>
</tr>
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</table>

DRINKS, SHAKES & ICE CREAM

<table>
<thead>
<tr>
<th>Drink Type</th>
<th>Small</th>
<th>Med</th>
<th>Large</th>
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</thead>
<tbody>
<tr>
<td>Sodas</td>
<td>$2.60</td>
<td>$2.95</td>
<td>$3.25</td>
</tr>
<tr>
<td>Shakes, Malts, Floats &amp; Freezes</td>
<td>$4.95</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Milk or Orange Juice</td>
<td>$3.50</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Coffee</td>
<td>$3.25</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ice Cream Cones</td>
<td>$2.75</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bottled Water</td>
<td>$3.00</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

THE SPOT
MEXICAN FOOD
Our Mexican Food is prepared with the freshest ingredients using traditional home recipes

TRADITIONAL BURRITOS
Carne Asada, Grilled Chicken or Carnitas Burrito $8.50
with rice, beans, cilantro and onions
Chili Rellenos Burrito $8.00
Bean & Cheese or Bean & Rice Burrito (2-way) $6.00
Rice, Bean & Cheese (3-way) Burrito $5.75
Fish Burrito with battered cod, Spanish rice, pico de gallo and special sauce $9.00
Shrimp Burrito with grilled shrimp, Spanish rice, pico de gallo and special sauce $9.00

Chimichanga—Asada, Chicken, Carnitas or Shredded Beef $9.50
A crispy burrito topped with guacamole, sour cream and pico salsa

TACOS
Carne Asada, Grilled Chicken or Carnitas Soft Taco $4.50
Fish or Shrimp Taco (soft taco) with battered fish or grilled shrimp, cabbage, pico de gallo and special sauce $4.75
Taco (crispy) with Shredded Beef or Chicken $3.85

OTHER MEXICAN SPECIALTIES
Tostada or Soft Tostada (Burrito Style) $7.00
Tostada with Shredded Beef or Grilled Chicken $8.50
Quesadilla $4.75
Special Quesadilla— with choice of Beef, Chicken, Bacon, Carnitas or Pastrami $8.50
Taquitos (2) with Guacamole $4.50
Combo Plate: Choice of a Taco, two Taquitos or a Chili Relleno $9.75
served with rice, beans and salad
Nachos— with Beans, Cheese, Guacamole, Sour Cream and Tomatoes

Half Order....$6.50 Full Order....$7.75
Add Steak, Chicken, Shredded Beef or Pastrami - $2.95
Guacamole and Chips......... $6.75
Jack's Bistro
& "Famous Bagels"

JACK'S BISTRO
Healthy California Cuisine. Enjoy freshly baked bagels, wholesome cream cheeses, breakfast, lunch, and beyond! Menu: Blackstone Benedict, Eggs, Bacon, Tomato.
5030 Carpinteria Ave., Carpinteria, CA 93013
805-666-1598 • bagelme.com

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Pre-Order Your Bagels 805-394-0355
Carpeterias Mon.-Fri., 6:30am-2pm; Sat., 6:30am-1pm
Bagelme.com for Delivery Menu
5030 Carpinteria Avenue, • 805 566 6598 ext 1
The Worker Bee Café
Good Morning

All Egg Dishes come with a choice of
Home Fries or Hash Browns & Toast or Biscuit

Eggs
Two Eggs any Style 7.49
Scrambled, Over, Sunny Side, Poached, or Basted
Bacon or Sausage Links w/ Two Eggs 9.59
Beef or Sausage Patty w/ Two Eggs 10.59
Ham Steak w/ Two Eggs 10.59
Chicken Fried Steak w/ Two Eggs 10.59
Rib Eye Steak w/ Two Eggs 11.79
Pork Chop 6oz. w/ Two Eggs 9.99
With Two 6oz. Chops 10.59
Grilled 6oz. Chicken Breast w/ Two Eggs 10.59

2 Egg Omelet Your Choice of:
Meat: Bacon, Ham, Beef, or Sausage 10.59
Chicken Breast 11.59
Cheese: Cheddar, Jack or both
Any or all of the following: Onion, Bell Pepper, Tomato, Mushrooms, Spinach or Green Chiles

3 Egg Scramble Your Choice of:
Meat: Bacon, Ham, Beef, or Sausage 10.59
Chicken Breast 11.59
Cheese: Cheddar, Jack or both
Any or all of the following: Onion, Bell Pepper, Tomato, Mushrooms, Spinach or Green Chiles.

Specialties
Homemade Corned Beef Hash
W/ Two Eggs & Choice of Toast 10.59
Worker Benedict
Split Biscuit Topped with Sausage Patty, Two Poached Eggs and Gravy 10.59
Grilled Biscuits & Gravy
Our Awesome Biscuits Grilled & Smothered in Homemade Gravy!!! 4.99

Waffles a touch of Belgian Flair...
Golden Brown Waffle 5.49
w/ Two Bacon or Two Sausage Links & an Egg 8.49
w/ Fruit Topping Choices - Ruby Red Cherry or Sweet Apple with Whipped Cream 2.79

French Toast
Thick Sliced French Bread dipped in our egg batter 5.59
w/ Two Bacon or Two Sausage Links & an Egg 8.59

Pancakes
Short Stack
Two Pancakes 5.49
w/ Two Bacon or Two Sausage Links & an Egg 8.49
Blueberry Short Stack
Two New England-style Pancakes 7.49
w/ Two Bacon or Two Sausage Links & an Egg 9.59

Hot Cereals Made Fresh to Order
Oatmeal or Cream of Wheat 5.79
Add Walnuts, Banana or Raisins Each 0.99

Tasty Treats
Giant Cinnamon Roll 5.79
Muffins 4.99
Strawberry Cream, Blueberry, Pumpkin, Gingerbread, Honey Bran, Lemon, Raspberry, Cranberry Orange

Drinks - Beverages
Coffee 2.49
Hot Tea 2.49
Caffeine: Black, Green, Earl Gray
Caffeine Free: Cranberry Apple, Misty Mint,
Lunch

SANDWICHES

Gourmet Turkey, provolone, red onion, basil, roasted red peppers, balsamic vinaigrette, toasted ciabatta 12.75

Holiday Turkey, cheddar, lettuce, cranberry relish, mayo, ciabatta 12.75

Chicken Salad, homemade, apple, celery, red onion, almonds, lemon mayo, lettuce, toasted ciabatta 12.75

Albacore Tuna, homemade, green onion, parsley, sprouts, tomato, lettuce, whole wheat 12.75

Black Forest Ham & Swiss, red onion, lettuce, mayo, dijon, rye 12.75

Tri-Tip, red onion, arugula, balsamic, horseradish aioli, sourdough 13.75

Turkey-Mushroom Meatloaf, melted provolone, tomato, red onion, greens, mayo, dijon, ciabatta 13.75

BLT, toasted sourdough, mayo, lettuce and tomato 12.75 / add egg salad 15.75

SALADS

Lori’s Salad, romaine, cucumber, avocado, tomato, toasted almond, dried cranberry, balsamic vinaigrette 13.00. Add chicken 3.00 add cheese: feta, goat, blue cheese 1.50

Salad Topped Salad, choose chicken salad, turmeric salad, or egg salad over mixed greens, cucumber, carrots, red onion and tomato 13.50

Garden Salad, mixed greens, cucumber, carrots, red onion, vinaigrette half 9.50 / full 12.50

Cobb Salad, cheese, ranch vinaigrette

Arugula, parmesan, vinaigrette Add chicken

Caesar Salad, homemade Caesar dressing 11.00 Add chicken 3.00

Homemade Market Salad Sampler “a local favorite” choice of three 13.75

Chicken / Tuna / Egg or Market Salad

Herbed Egg Salad, choice of bread with sourdough 9.00 / wheat or rye 9.00 (available until 2:00)

PB & J, choice of wheat, sourdough bread / choice of blackberry or strawberry jam 8.00 add banana .75

Create Your Own starts at 10.00 plus add-ons

Soup of the Day, bread and butter or tortilla chips cup 5.50 / bowl 7.50

HOUSE SPECIALTIES

Huevos Rancheros, 2 eggs, corn tostadas, homemade red salsa, feta, mix cheese, sour cream, avocado cilantro 12.50 (available until 2:00)

carte 9.00 / with Soup or Salad 12.00, market salad

Chili con carne, homemade marinara, ricotta cheese 13.75 / Salad or soup 13.75 Add chicken

Cobb Salad

Add chicken 4.50 / prosciutto 4.75

Substitute gluten free bread 1.00
Sandwiches

Tuna $9.25
Albacore tuna salad (with celery, red onion, red bell pepper, mayo) with lettuce, tomato, sprouts & mayo on wheat bread

Holiday Turkey $8.95
Roasted turkey, cheddar cheese, lettuce, mayo & cranberry sauce on a toasted ciabatta

Ham & Swiss $8.75
Black forest ham, Swiss, lettuce, red onion, mayo & Dijon mustard on rye bread

Brie $8.95
French brie cheese, red onion, organic baby greens on a toasted ciabatta brushed with vinaigrette

Classic Avocado $9.25
Avocado, provolone, lettuce, tomato, sprouts, cucumber, red onion, drizzle of vinaigrette & mayo on whole wheat bread

Gourmet Turkey $8.95
Roasted turkey, provolone, red onion, basil & roasted red peppers on a toasted ciabatta brushed with vinaigrette

Tri-Tip $9.50
Sliced tri-tip, red onion & arugula drizzled with vinaigrette on sourdough with horseradish sauce

Chicken Salad $9.50
Homemade chicken salad made with apples & almonds, topped with lettuce & mayo on a toasted ciabatta

Meatloaf $9.50
Turkey mushroom meatloaf served with melted provolone, lettuce, tomato, red onion, mayo & Dijon mustard on a toasted ciabatta

BLT & Egg Salad $8.95
Eggs, mayo, fresh herbs & relish with bacon, lettuce, tomato, & mayo on whole wheat

Lunch Specials

Soup of the day
Served with bread and butter Cup $4.50/ Bowl $6.75

Combos
Soup and Salad $9.50
Cup of Soup with a Side Salad and bread
Salad choices: Caesar, Garden, Arugula or Vegetarian Deli
½ Sandwich with Soup or Salad $10.50
Salad choices: Caesar, Garden, Arugula or Vegetarian Deli

Savory

Quiche of the day $6.25/$9.95

Florentine Ravioli $7.95/$10.95
In our homemade marinara sauce

Turkey Mushroom Meatloaf $8.25/$10.95

Salads

Garden $5.25/$8.75
Organic baby greens, cucumber, tomato, carrots, and red onion with house vinaigrette

Arugula $5.25/$8.75
Baby arugula, red onion & shaved parmesan cheese with house vinaigrette

Add prosciutto $2.50/3.50

Caesar $5.25/$8.75
Romaine lettuce, croutons, and parmesan cheese with classic Caesar dressing

Add chicken $2.00

Salad Topped Salad $10.50
A scoop of chicken salad, tuna salad, or Greek salad on a bed of organic baby greens

Lori’s Salad $7.50/$9.50
Romaine lettuce, cucumber, tomato, avocado, toasted almonds, and dried cranberries with house vinaigrette

Add chicken $2.00/ Add cheese $1.50

Deli Salad

Chicken Salad $5.25
Fresh Fruit Salad $4.25
Tuna Salad $4.95
Greek Salad $4.25
Check the

Café au lait $2.50/$3.00
Red eye $2.75/$3.00
Macchiato $1.75
Extra shot of flavor $.75

Organic Tea
Hot tea $2.25
Iced tea $2.25
Yerba mate $2.75
Mate Latte

Wines by the Glass
See our “by the glass” list

Mimosa - $6.50
Avocado Toast
Smashed organic avocado, organic beet hummus, organic pickled red onions and jalapenos, topped with scallions

Crispy Brussels
Organic balsamic maple reduction, topped with organic dates and green onions

Fried Oyster Mushrooms
Organic fried oyster mushrooms served with three different organic sauces

Crispy Fries
Organic house cut french fries served with three different organic sauces

Kale Caesar Salad
Massaged organic kale finished with orga garbanzo beans, nutritional yeast + almond dressing

Little Gem Salad
Topped with organic pickled red onions, organic herbs, sourdough croutons + tossed in a dilly ranch dressing

Udon Noodle Salad
Organic udon noodles with organic pickled red onions, torn organic basil, toasted organic sesame seeds, organic cucumbers, organic cherry tomatoes, organic pickled jalapeños, organic radishes, organic cilantro, chili powder, topped with a spicy citrus ponzu sauce

Peanut Curry Bowl
Peanut curry served with grilled organic basil, organic red bell peppers, organic pickled red onions, and organic kale. Served over organic short grain brown rice

Buddha Bowl
Organic roasted mushrooms, organic sweet potatoes, organic massaged kale fried organic garbanzo beans, organic avocado, with yum sauce. Your choice of organic white quinoa or organic short grain rice

Tofu Poke Bowl
Organic brown rice, marinated organic tofu, organic pickled cucumbers, organic pickled carrots, organic red cabbage, organic radish, organic red bell pepper, organic avocado, spicy tahini poke sauce

Korean Fried Tofu Tacos (two)
Fried tofu, red cabbage, pickled cucumbers, basil, spicy tahini poke sauce, topped with sesame seeds and served on a homemade organic tortilla

Fried Cauliflower
Gochujang fried red onions, but
from the cooking oils we fry in. to our scratch-made dressings, to our house pressed tortillas, and dipped ice cream cones, everything is made fresh with certified organic ingredients from

THE GOOD PLOW

Fish Tacos (two) $15
Grilled Santa Barbara fish of the day with slaw, pickled onions, pickled carrots, radish, cilantro, avocado crema, and served on a homemade corn tortilla.

Mushroom Bahn Mi Sandwich $16
Fried oyster mushroom, green goddess dressing, pickled carrots, pickled cucumbers, red onions, cilantro and basil served in a baguette. Served with a mixed green side salad.

Classic Veggie Sando $16
Housemade hummus, green goddess dressing, alfalfa sprouts, pickled carrots, cucumber, sliced avocado, tomato, leaf lettuce, served on sandwich bread. Served with a mixed green side salad.

Asian Style Tofu Burger $14
Homemade tofu patty with mayo, little gem, tomato, basil, topped with pickled jalapenos and cucumber on a toasted brioche bun. Served with crispy fries.

Classic Burger $16
Grass fed organic beef, organic lettuce, organic tomatoes, organic grilled onions, organic pickled, OG sauce and served on a toasted brioche bun. Served with crispy fries.

The Real Burger $16
Grass fed organic beef, leaf lettuce, tomatoes, pickled red, onions, spicy tahini poke sauce, spicy asian slaw, brioche bun. Served with crispy fries.

Kids

Noodles $7
Noodles with butter and fresh parmesan cheese. Choose between two of the following: cucumbers, carrots, apples, or celery

Quesadilla $7
Handmade corn tortilla and melted cheese. Choose between two of the following: cucumbers, carrots, apples, or celery

Burger $10
Grass fed organic beef, lettuce, pickles and ketchup on a toasted brioche bun, served with fries

Non Alcohol
Seasonal Agua Fresca $5
Kombucha on Tap $5
Drip Coffee $3
Iced Tea $3
Green Juice $7
OYSTERS

* Oysters of the Day
On the half shell over ice 1/2 Doz 15.00
Grilled with garlic, butter & parmesan 1/2 Doz 16.00

APPETIZERS

House-Baked Dinner Rolls
Whipped herb butter 3.50

Crispy Calamari
Lightly floured and fried golden with lemon aioli and marinara dipping sauces 12.50

Crab Cakes
Pineapple slaw, cilantro remoulade 14.00

Bacon Wrapped Dates
Goat cheese stuffed, brown sugar bourbon glaze 8.50

House-made Potato Chips
Served warm with fresh herbs, blue cheese dip and creamy caramelized onion-bacon dip 8.00

* Ahi Poke Nachos
Crispy wonton chips, fresh ahi poke, wasabi cream, tobiko, edamame, avocado, crispy shallots, sweet soy 12.50

* Teddy’s Tropical Ceviche
Fresh whitefish marinated in lime juice, house made tortilla chips 11.00

HANDHELDs

Served with your choice of house-made potato chips or french fries
Substitute organic greens salad 2.00 / Sweet potato fries 1.50

Fish & Chips
Fried crisp with beer batter, slaw, remoulade and french fries 15.50

* Wild Salmon Sandwich
Wild salmon filet, lettuce, tomato, remoulade on toasted roll 14.50

Crab Cake Sliders
Lemon aioli, house-made pineapple slaw 16.50

Fish Tacos
Choose grilled or crispy battered filets with cabbage slaw, white cheddar, cilantro cream on corn tortillas 14.00

* Teddy’s ‘Tavern’ Burger
100% grass-fed angus beef topped with lettuce, tomato, crispy shallots, thick-cut bacon, cheddar cheese, candied jalapeno mayo 16.00

Classic Burger
Lettuce, onion, tomato 12.00

Veggie Burger
Lettuce, onion, tomato 12.00

Grilled Chicken Sandwich

HOUSE SPECIALTIES

Chorizo Shrimp & Grits
Grilled shrimp, Spanish chorizo in a light tomato cream sauce, creamy white cheddar grits 21.00

Smoked Wild Salmon
Smoked, glazed, roasted over cedar plank, served with herb smashed potatoes, garlic green beans 22.00

Seared Sesame Ahi Tuna
Marinated and seared rare ahi, coconut-cilantro rice, asian vegetables, light curry sauce 24.00

termilk Fried Chicken
Buttermilk fried chicken, served with potatoes, green beans, sweet onion gravy 18.50

Happy Hour
Available Fri - Sun 3-6PM
BREAKFAST BOWLS

* YOGURT BOWL
  VANILLA OR PLAIN YOGURT TOPPED WITH GRANOLA, BANANAS, STRAWBERRIES, AGAVE OR HONEY

* IRISH OATMEAL BOWL
  IRISH OATMEAL TOPPED WITH BANANAS, STRAWBERRIES, CHOPPED ALMONDS, STEAMED ALMOND MILK, HONEY OR AGAVE

♥ ALL OF OUR BOWLS CAN BE MADE GLUTEN FREE!

5100 Carpinteria Ave.
Right under the giant Torrey Pine Tree, next door to Rincon Cycles!

LUCKY LLAMA

805-684-8811

MENU...
we ❤️ organic!
BOWLS...

ACAÏ BOWLS
* LYRA BOWL (LEE-RAH)
  BLENDED ACAÏ, BANANAS, STRAWBERRIES
  TOPPED WITH GRANOLA, BANANAS, STRAWBERRIES, HONEY OR AGAVE

* MOON BOWL
  PEANUT BUTTER BLENDED WITH ACAÏ, BANANAS, STRAWBERRIES
  TOPPED WITH GRANOLA, BANANAS, STRAWBERRIES, HONEY OR AGAVE

* FE'S AVO BOWL
  AVOCADO BLENDED WITH ACAÏ, BANANAS, STRAWBERRIES
  TOPPED WITH GRANOLA, BANANAS, STRAWBERRIES, HONEY OR AGAVE

HOT DRINKS

COFFEE/DECAF
ESPRESSO
AMERICANNO
MACCHIATO PROPER
CAPPUCINO
MOCHA / WHITE MOCHA
MAYAN MOCHA
HIPPY MOCHA
LATTE
CHAI LATTE
THE MULLET
THE HAMMERHEAD

VANILLA - ALMOND STEAMER
MILK STEAMER ("PICK A FLAVOR")
MATCHA LATTE
MATE LATTE
POT OF TEA
HOT COCOA
MEXICAN HOT COCOA
HIPPY HOT COCOA
WHITE HOT COCOA
SALTED CARAMEL WHITE HOT COCOA

COLD DRINKS

ITALIAN SODA
FRENCH SODA
ICED COFFEE
ESPRESSO OVER ICE
ICED MOCHA
ICED LATTE
ICED CHAI LATTE
ICED BLENDED
JUICE
MILK
SPARKLING WATER
ICED TEA (BLACK OR TROPICAL)

AN ASSORTMENT OF FRESH BAKED PASTRIES AVAILABLE DAILY
Flip
Non-fat milk, vanilla ice milk, protein, choice of: vanilla, chocolate or Mocha

Premium Flip
Ice milk, protein
choice of: orange, pineapple or carrot juice choice of: strawberries, blueberries, mango, pineapple or bananas

Monkey Milk
Vanilla ice milk, date butter, vanilla ice milk

Moroccan Magic
Pomegranate juice, date butter, vanilla ice milk

Maui Cream
Pineapple, mango, banana, coconut, vanilla ice milk

Kauai Breeze
Pineapple, Strawberry, banana

Fruit Freeze
Orange juice, honey, banana, choice of: strawberries or blueberries

Coconut Breeze
Pineapple, mango, coconut, banana

COME SHOP WITH US!
YOUR LOCAL, ORGANIC MARKET
Juices • Smoothies • Acai Bowls
Sandwiches • Coffee & Tea
Baked Goods • Fresh Salads
Groceries • Vitamins

Follow us on Instagram @pacifichealthfc
out our menu online at www.pacifichealthfc.com
Monday-Saturday 8 a.m.-6:30 p.m.
Coffee by the Cup 4
Fresh Roasted Beacon Coffee
La Matarredonda
Colombia Regular
La Magnolia
Costa Rica Decaf

Hot Tea 4
Pacific Coast Mint
Chamomile
Oolong Orchid
Earl Grey
English Breakfast

Fresh squeezed Juices 6
Orange
Grapefruit

Breakfast

Buckwheat Polenta Fritters w/Rosemary Honey Butter 8

Wood Oven Roasted Eggs w/ Sourdough Toast 10

Cauliflower Risotto & Eggs w/Romesco & Salsa Verde 15

Shrimp & Buckwheat Polenta w/ Uni Butter, Peperonata & Sunnyside Egg 18

Potato Frittata w/ Kale, Provolone, & Mozzarella w/ small Green Salad 12

Blueberry Ricotta Pancakes w/Butter & Maple Syrup 13

Breakfast Pizza w/ Egg, Speck, Fresh Mozzarella, Tomato Sauce, & Basil 22

Eggs & Meatballs in Purgatory 14

Griddled Brioche, Sunny Egg, Sauteed Greens w/ Fennel Pollen Hollandaise 14

Add House Smoked Salmon 9 Smoked Bacon 6 Griddled Spicy Fennel Sausage 6

Sides

Sauteed Local Market Greens 6 Fried Potatoes 6 Sliced Beylik Tomatoes 6

w/ Garlic & Lemon

686 LINDEN AVE. - CARPINTERIA - CA 93013
PHONE: 805-749-7400
Phone orders: (805) 318-9400
Lunch Service 11am – 3pm

LUNCH

Soup
soup of the day - 6
vegetarian soup of the day - 6

Salads

Heirloom Caprese - 12
arugula, cherry tomato, fresh mozzarella
pickled shallot, basil, extra virgin olive oil
balsamic

The Carp - 14
spring leaf mix, red onion
hearts of palm, avocado, blue cheese
blood orange vinaigrette

Classic Caesar - 13
romaine, shaved parmigiano reggiano
Garlic za'atar croutons

Baby Beets - 14
arugula, roasted beets, pickled shallot
goat cheese pearls, pistachio
lemon champagne vinaigrette

The Mediterranean - 15
spring leaf mix, cucumber
red onion, kalamata, sun dried tomatoes
feta, lemon champagne vinaigrette
za'atar pita

*add on:
sustainable scottish salmon – 5.50
grilled chicken breast - 4
bacon – 3.5
avocado - 3

Dinner Menu
Fall 2021
all menu items are two servings

Cold Salads

Carp Kitchen Green Salad (v, gf)
Baby Kale, Red Leaf Lettuce, Cherry Tomato,
Cucumber, Red Onion
House Dressing or Blood Orange Dressing
$8

Hot Sides

Warm Farro Salad (v)
Sauteed Asparagus, Cherry Tomato, Cremini
Mushroom, Garlic, Shallot, Herbs
Virgin Olive Oil
$10

Garlic Roasted Broccolini (v, gf)
Garlic, Shallot, Olive Oil, Lemon Wedge
$10

Roasted Brussel Sprouts (gf)
House Made Bacon, Garlic, Lemon Zest
Balsamic Glaze, Toasted Pistachio
$12

Mashed Yukon Potatoes (gf)
Garlic and Herb Infused Cream, Butter
Parmesan
$10

Roasted Fingerling Potatoes (v, gf)
Garlic, Shallot, Rosemary
$11

Baked Mac & Four Cheese
Cavatappi Pasta, Gruyere, Cheddar, Havarti
Parmesan Bechamel Sauce, Panko
$12

Carp Kitchen & Grocery
4945A Carpinteria Avenue, Carpinteria CA 93013
Dinner Menu

Pastas

Saccomatti  18
Ricotta and truffle filled pouches in a sage butter sauce

Gnocchi  19
Strozzapreti pasta with Italian bacon in a spicy basil pomodoro sauce

Puttanesca  17
Penne pasta with anchovy & caper complemented in a spicy pomodoro sauce

Pansotti  20
Cheese ravioli sautéed with cherry tomatoes, shrimp & scallops in a white wine olive oil sauce

Fru Diavolo  17
Penne pasta with Italian sausage, peppers & onions in a spicy pomodoro sauce

Acqua Pazza  19
Trottole pasta with seafood in a “Grappa Crazy Water Sauce”

Ciao Bella  16
Rigatoni pasta, chicken, Kalamata, sun-dried tomatoes & broccoli in a wine cream sauce

Piccolino  15
Angel hair pasta, tomatoes & garlic in a pomodoro sauce with truffle infused olive oil

Gialla  19
Spiral shells, shrimp, broccoli, mushrooms, sun-dried tomatoes & peas in a bianco wine sauce

Frutti di Mare  20
Linguini with seafood in tomato Pernod sauce

Franco  18
Rigatoni pasta with top sirloin Bolognese ragù

Tortellini al telefono  19
Tortellini, scallops & shrimp in a spicy pomodoro melted mozzarella sauce

Lobster Ravioli  23
Homemade lobster ravioli in a sage butter sauce

Spinach Ravioli  18
Homemade spinach and ricotta ravioli in a toasted pine nut sauce

Manto, Pesce e Pollo (Meat, Fish, Poultry)

Perk Chop  20
Milanesa style pounded pork chop served over Yukon roasted potatoes & sautéed garlic spinach highlighted by a pomodoro baby arugula insalata

Cioppino  25
Flavorful tomato fennel brodo with fruits of the sea & toasted crostini

Delmonico  38
Marinated 28 day dry aged PRIME bone-in New York steak grilled medium rare over sautéed garlic spinach and potatoes

Salmone  20
Grilled Atlantic Salmon filet with potatoes and sautéed garlic spinach with a whole grain mustard beurre blanc

Maremonte  35
Grilled 8 oz. Filet Mignon with sautéed a shrimp gorgonzola sauce over potatoes and sautéed garlic spinach

Agnello  27
Grass fed lamb chops grilled medium rare with aglio e olio gnocchi & spinach

Veal Pizzaiola  25
Veal scaloppini topped with eggplant, mozzarella & pomodoro sauce overangel hair

Braised Short Ribs  23
Slowly braised beef short ribs in aromatic herbs & wine served over roasted potatoes & spinach

Risotto Della Notte  M.P.
Your server will mention Tonight’s Selection

Pollo Rustico  19
Free range half chicken on the bone marinated served over roasted potatoes & spinach & mushroom au jus

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GIANNFRANCO’S TRATTORIA

To-Go Menu

666 Linden Avenue, Carpinteria, California 93013
Tel: 805-684-0720 Fax: 805-684-0875
E-Mail: giannfrancos@yahoo.com
For Private Parties or Special Events Please call Franco or Anna at 805-684-0720
Management Reserves the Right to Refuse Service to Anyone
# Antipasti
- **Bruschetta**: Toasted crostini topped with tomatoes, cannellini beans, basil & Parmesan
- **Burrata**: Creamy mozzarella with farmer's market tomatoes, Bel Paese cheese, prosciutto & toasted pine nuts with basil infused olive oil
- **Olives**: Italian and Greek olives marinated in lemon and extra virgin olive oil with garlic & honey
- **Panazza**: Organic cherry tomatoes, cucumber, onions, mozzarella, toasted bread & kalamata olives marinated with extra virgin olive oil and fresh lemon
- **Piatto Italiano**: Italian cheeses and cured salami with green olives, pepperoncini, garlic & truffle infused honey
- **Prosciutto**: Prosciutto wrapped pears with gorgonzola, almonds & arugula with Balsamic
- **Antipasto Misto**: Grilled eggplant, zucchini, yellow squash, peppers, carrots, onions, balsamic glaze & goat cheese
- **Carpaccio**: Thin slices of raw Veal Mignon dressed with baby arugula, capers, garlic tomatoes and basil-lemon oil
- **Roasted Portobello Napoleon**: Oven roasted Portobello mushroom with sautéed garlic & spinach & goat cheese complements with champagne

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# Insalati
- **Insalata Italiana**: Hydropoically grown butter lettuce topped with tomatoes, mozzarella, avocado & pancetta finished with olive oil lemon juice
- **Gianfranco's Chopped Salad**: Chopped red leaf & crisp iceberg, hearts of palm, tomatoes, avocado, onion, chicken & pine nuts & our lemon mustard vinaigrette
- **Insalata Mista**: Gianfranco's own roasted beets, organic baby greens, tomatoes, goat cheese & onion with balsamic vinaigrette
- **Insalata di Arugula**: Baby arugula with crispy pancetta, endive, Pecorino Romano, pears perfumed with fresh lemon juice and extra virgin olive oil
- **Toscana Salad**: Mixed organic baby greens, cucumber, gorgonzola, Kalamata olives, Tomatoes, garlic beans, barberry vert & onion with a white balsamic vinaigrette
- **Insalata di Anona**: Sliced mango, strawberries, mandarins, gorgonzola, candied almonds, baby greens in a citrus vinaigrette
- **Insalata di Amalfi**: Citrus marinated scallops, calamari & shrimp, Kalamata olives, onion and tomatoes over a bed of organic baby greens
- **Caesar Cardini**: Romaine hearts, Caesar dressing, croutons and parmesan
- **Add grilled chicken breast**: 6
- **Add grilled shrimp**: 7

---

# Pastas
- **Succetti**: Ricotta and truffle filled pouches in a sage butter sauce
- **Guanciale**: Slow cooked stew with Italian bacon in a spicy basil pomodoro sauce
- **Puttanesca**: Penne pasta with anchovy & caper complemented in a spicy pomodoro sauce
- **Penne ai Vongole**: Cheese pasta sauteed with garlic and cherry tomatoes, shrimp & scallops in a white wine olive oil sauce
- **Fra Diavolo**: Penne pasta with Italian sausage, peppers & onions in a spicy pomodoro sauce
- **Acqua Pura**: Troccoli pasta with seafood in a "Grappa Crab Water Sauce"
- **Ciao Bella**: Rigatoni pasta, chicken, Kalamata, sun-dried tomatoes & broccoli in a wine cream sauce
- **Piccolino**: Angel hair pasta, tomatoes & garlic in a pomodoro sauce with truffle infused olive oil
- **Giallo**: Spaghetti, shrimp, broccoli, mushrooms, sun-dried tomatoes & peas in a balsamic wine sauce
- **Frutti di Mare**: Pasta with seafood in tomato Pernod sauce
- **Rigatoni pasta with root sirloin Bolognese ragù**: 15
- **Tortellini al telefono**: Tortellini, scallops & shrimp in a spicy pomodoro melted mozzarella sauce
- **Lobster Ravioli**: Homemade crab ravioli in a sage butter broth

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# Spinach Ravioli
- **Spinach Ravioli**: Homemade spinach and ricotta ravioli in a toasted pine nut sauce
- **Panini (Complemented with):**
  - **Rustico**: Turkey, mozzarella, tomato, basil, pesto
  - **Marco**: Salame, mortadella & mozzarella
  - **Fettuccine**: Fettuccine Mignon, tomato, grilled onions provolone with a gorgonzola mustard aioli
  - **Ragù**: Pasta, mozzarella & basil with oil
  - **Arrabiata**: Pasta, mozzarella, pepper & basil with oil
  - **Milano**: Chicken breast, tomato, provolone & basil
  - **Mediterraneo**: Pesto, peppers, zucchini, onions, spinach & garlic with a gorgonzola aioli

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# Entrees
- **Petti di Pollo alla Milanese**: Organic breaded chicken breast, pan-fried with arugula & tomato lemon sauce
- **Veal Piccata**: Veal scallopini sautéed and served over angel hair with a lemon-caper butter sauce
- **Risotto di Girasoldo**: M.P.

---

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Carpinteria, CA 93013
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$15.50 $21.25 $25.50

Garden Special

Our Veggie Combo: Fresh Mushroom, bell pepper, tomato, onion, zucchini & black olive. Jalapeño or pineapple on request.

Chile Verde

Mildly Spicy: Tomatillo sauce, marinated pork & 4 freshly grated cheeses. Cilantro optional.

Rusty’s Special

All Your Favorites: Pepperoni, salami, mushroom, black olive, onion & sausage. Anchovy or bell pepper on request.

El Diablo Fuego

Our Zesty Pizza: Ortega Green Chilies, chorizo, Canadian Style Bacon, pepperoni, onion, tomato & black olive. Jalapeño or pineapple on request.

BBQ Chicken

Spectacular Pizza: White meat chicken marinated in tangy BBQ sauce. Topped with fresh red onion & cilantro. Cashews on request.

Meat Mania

Meat Lover’s Pizza: Canadian Style Bacon, pepperoni, sausage & extra cheese.

Rusty’s Quick Lunch Special

Every Day 11 AM - 4 PM
To Go Add $2.00 (Not Delivered)

Includes: Individual 2 Topping Pizza Small “One Trip” Salad Bar ICE TEA OR SODA

$10.00

Toppings: Build Your Own Pizza

Deluxe A Cheese Lover’s Delight $10.50 $14.50 $18.50
Cheese Add a Topping! $12.00 $16.50 $20.75
Extras Extra Topping or Cheese $1.50 $2.00 $2.25 Extra Ranch Dressing $0.55

Toppings:

- Pepperoni
- Italian Sausage
- Italian Salami
- Chicken (Grilled)
- Canadian Style Bacon
- Meatball
- Chorizo
- Anchovy
- Cashews
- Pineapple
- Ortega Green Chilies
- Black Olive
- Jalapeño
- Extra Cheese

Gourmet 8” Cauliflower Crust ~ Add $3.00

Individual Pizza Up to 2 Toppings $5.95
Pizza By The Slice Deluxe Cheese $4.00 Pepperoni $4.50

Slices at Summerland, Hollister Ave, 111 State Street & Milpas Locations ONLY (Not Delivered)

Oven-Baked Subs

Rusty’s Oven-Baked Subs are Made with Freshly Baked Rolls by Ethnic Breads & Served with 2 Pepperoncini Peppers

Whole Sub $8.00 Half Sub $4.95

Rusty’s Cotto & Italian Salami, Bologna, American & Provolone Cheese, Lettuce, Tomato, Italian Dressing

Canadian Style Bacon Canadian Style Bacon, Provolone Cheese, Lettuce, Tomato, Italian Dressing

Meatball Sliced Meatballs, Marinara Sauce, Mozzarella & Jack Cheese

Veggie Fresh Mushroom, Bell Pepper, Tomato, Onion, Zucchini, Black Olive, Lettuce, Mozzarella & Jack Cheese. Ranch or Italian Dressing

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CLASSIC CHEESE
Homemade fresh marinara w/ mozzarella & parmesan.

HAWAIIAN
Hick forest ham & pineapple on our homemade marinara sauce w/ mozzarella & parmesan.

MARGARITA
Tomatoes & fresh garlic on our homemade marinara sauce w/ mozzarella & parmesan. Topped with fresh basil.

JUMBO
Pepperoni, mushrooms, Italian sausage, bell peppers, red onions & black olives on our homemade marinara sauce w/ mozzarella & parmesan.

PIZZA - GOURMET PIES

AVOCADO FIESTA
Avocado, red onion & sweet white corn on our homemade parmesan cream sauce w/ mozzarella & parmesan. Lightly dressed with roasted red bell pepper sauce, sprinkled with chili flakes and cilantro.

NUTBELLY
Nuttbelly's famous sun dried tomato pesto base, mozzarella, zucchini, artichoke hearts, red onions, sunflower seeds, and parmesan cheese.

RINCON SPECIAL
Spinach, mushrooms, roasted red peppers, caramelized onions, applewood smoked bacon and roasted chicken, on our homemade parmesan white cream sauce w/ mozzarella & parmesan.

PURPLE LOVE
Garlic roasted eggplant, goat cheese and garlic on a savory homemade meat marinara sauce w/ mozzarella & parmesan. Sprinkled with fresh basil.

HAOLE
Black forest ham, pineapple & red onions on our homemade marinara sauce w/ mozzarella & parmesan. Drizzled with roasted red pepper sauce and fresh cilantro.

805 BBQ
Red onions & chicken on our homemade sweet & spicy BBQ sauce w/ mozzarella & parmesan. Drizzled w/ BBQ sauce & topped with fresh cilantro.

VEGETARIANA
Spinach, mushrooms, red onions, tomatoes, black olives & artichoke hearts on our homemade marinara sauce w/ mozzarella & parmesan. Topped with fresh herbs.

GREEK
Spinach, feta cheese, garlic, black olives & sun dried tomatoes on our homemade marinara sauce w/ mozzarella & parmesan.

BESTO PESTO
Pesto sauce, tomatoes & fresh garlic, on our homemade marinara sauce w/ mozzarella & parmesan. Topped with fresh basil.

CARNIVORE
Peperoni, Italian sausage, applewood smoked bacon & homemade meatballs on our homemade marinara sauce w/ mozzarella & parmesan.

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Tender chunks of pork simmered in a deliciously spicy
sauce made with tomatoes, green chiles and yellow chilies.
$13.75

CARNITAS (SUNDAY ONLY)
Tender chunks of deep fried pork topped with onions
and carrots.
$12.75

CARNIZ CON POLLO
Tender grilled chicken breast over a bed of Spanish rice.
Topped with ranchero sauce.
$14.25

ESPECIALIDADES
All especialidades are served with Spanish rice, refried beans and tortillas.

CAMARON AL MOJO DE AJO
Mexican tiger prawns sautéed in fresh garlic and butter.
Served with pico de gallo salsa, guacamole, sour cream.
$16.50

GRILLED CHICKEN FILLETS
A tender marinated chicken breast grilled to perfection
and served with fresh vegetables, guacamole, pico de gallo,
salta and fresh fruit.
$10.75

RELLENOS CON CREMA
Two pastas of chile stuffed with queso fresco and topped
with a delicious spicy cream sauce.
$12.75

STEAK COMBO
A choice of steak served with your choice of cheese
enchiladas or refried beans.
$15.90

RELLENOS MEXICANOS
A mixed platter of beef stuffed with Tri Tip or grilled chicken
breast, onions and cheese. Topped with jack cheese and a
delicious spicy cream sauce.
$15.90

 Burritos

All combinations are served with rice and beans. Enchiladas are cheese. Burritos are pork.

CHICHARRON
A deep fried burrito filled with shredded beef or chicken,
beans and cheese topped with a red sauce and cheese.
$8.25

BURRITOS GRANDES

A giant burrito filled with rice, beans, and pork chile verde.
$8.50

BURRITO RANCHERO
A giant burrito filled with rice and pinto beans, pico de gallo salsa and your choice of grilled chicken, Tri Tip or pork.
$8.50

CHICKEN & BLACK BEAN BURRITO
A giant burrito filled with rice, black beans, zucchini,
tomato, onions, corn, and pico de gallo.
$8.50

SUPER VEGGIE BURRITO
A giant burrito filled with rice, black beans, zucchini,
tomato, onions, corn, and pico de gallo.
$8.50

Any substitutions are subject to an additional charge.

Add a fresh garden salad for just $2.25.

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Beans, Cheese, Lettuce, Salsa, Sour Cream &
Guacamole 6.29

CHEESE QUESADILLA
Jack Cheese, Cabbage, Pico de gallo 4.29

MEAT QUESADILLA
Your Choice of Carne Asada, Carnitas, Pollo, Chile
Verde or Adobada Meat with Jack Cheese.
Cabbage & Salsa 6.29

VEGGIE NACHO
Chips, Beans, Cheese & Salsa 5.29

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Your Choice of Carne Asada, Adobada, Carnitas, Pollo,
or Chile Verde with Beans, Cheese, Chips & Salsa 6.29

SUPER NACHOS
Your Choice of Carne Asada, Carnitas, Pollo, Chile
Verde or Adobada Meat with Chips, Beans,
Cheese, Salsa, Sour Cream & Guacamole 8.79

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VEGETARIAN BAJA BOWL
16oz Bowl with Beans, Rice, Cheese 4.79

MEAT BAJA BOWL
16oz Bowl with Your Choice of Carne Asada,
Carnitas, Pollo, Chile Verde or Adobada Meat with
Beans, Rice, Cheese 6.29

MONKEY BOWL
Fried Tortilla Bowl with Your Choice of Carne Asada,
Carnitas, Pollo, Chile Verde or Adobada Meat, Rice,
Beans, Jack Cheese, Salsa, Sour Cream 8.79
### Enchiladas 2 por Orden
- Rojas o Verdes Servidas con Arroz, Frijoles y Ensalada $11.25
- Con Carne $12.75
- Enchiladas de Mole $13.99

### Caldos
- Res, Pollo, Albondigas, Camarón $12.99
- Chile Relleno $14.99
- Pozole $12.99
- Menudo Solamente el Sabado $12.99
- Birria $12.99
- Combinacion Chica $12.75

### Servido con arroz y frijoles
- A) 1-Taco Y 1-Enchilada de queso $9.99
- B) 1-Chile Relleno Y 1-Taco $9.99
- C) 1- Enchilada de Queso Y 1-Chile Relleno $9.99
- D) 2-Tacos ($2.50 mas para mariscos)

### Papitas con Queso
- Reg. $8.25 Con Carne $10.99

### Tipo de Plato
- Tipo de Carne que Guste: Arroz, Frijoles y Tortillas $12.95
- Molin Con Pollo, Arroz, Frijoles y Tortillas $12.95
- Molin Con Carnitas, Arroz, Frijoles y Tortillas $12.95
- Chile Relleno Con Arroz, Frijoles y Tortillas $14.99
- Costillas de Puerco en Chile Verde $13.50
- Plato de Milanesa $13.99

### Extras
- Crema 4 oz $1.00 $1.65
- Guacamole 4 oz $2.25
- Chips $1.50

### Salsas
- 16oz Roja, Verde o Pico de Gallo $7.00
- 16oz Salsa Habanera $8.00
- 32oz Roja, Verde o Pico de Gallo $9.00
- 32oz Salsa Habanera $10.00

### Pescado o Camaron Empanizadas
- Servido con Papitas y Ensalada $13.00
- Tostada de Ceviche $6.50
- Tostada de Ceviche de Camaron $7.00
- Taco de Pescado o Camaron $6.25
- Coctel de Camaron $13.75

### PRECIOS NO INCLUYEN IMPUESTOS

<table>
<thead>
<tr>
<th>Sandwiches</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Hamon, Pavo o Combinacion</td>
<td>$8.00</td>
</tr>
</tbody>
</table>

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### REYES MARKET

![REYES MARKET Logo](image)

**TIPOS DE CARNE**
- Adobada, Al Pastor, Asada, Cabeza, Carnitas, Pollo, Chile Verde (Res), Chile Verde con Nopales, Lengua, Chile Relleno, Bistec Ranchero, Buche, Milanesa, Chicharron Rojo o Chicharron Verde,

### Burritos
- Frijoles y Queso $6.00
- Frijoles, y arroz $5.25
- Frijoles, Queso, Arroz $7.75
- Frijoles, Queso, Arroz y Carne ** $10.99
- Frijoles, Queso, Arroz, Chile Relleno $10.99
- Frijoles, Queso, Arroz, Chile Relleno y Carne ** $12.99
- Frijol, Queso, Arroz, Guacamole, Crema, Cebolla, Cilantro $9.99
- Súper Burrito Frijoles, Queso, Arroz, Carne, Crema Y Guacamole $12.75
- California: Asada, Queso, Crema, Agacuete Y Papitas $14.99
- Burrito De Camaron o Pescado $13.99

### Torta
- Tipo de Carne que Guste ** $10.99
- Con Frijoles y Agacuete $12.75
- De Milanesa $11.99

### Sopas, Gorditas o Tostadas 2 por Orden
- Vegetariana $10.50
- Con Carne $12.95

### Tacos Dorados 2 Por Orden
- Papas o Frijoles $7.25
- Con Carne $8.25

### Tacos Grandes 2 Por Orden
- Con tortillas hechas a mano tipo de carne que guste $8.99

### Quesadilla Tortilla de Harina Grande
- Reg. $8.25
- Con Carne $10.99

### Quesadillas (2) Tortilla de Maiz
- Reg. $4.75
- Con Carne $5.25

### Nachos
- Reg. $8.25
- Con Carne $10.99

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Meat only
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Rice or Beans
Tri-tip, rice, beans & cheese
Tri-tip meat only
Bean & cheese
Rice, beans & cheese

Breakfast Burritos

Chorizo & eggs
Sausage & eggs
Ham & eggs
Potato & eggs
Bacon & eggs

SPECIALS

Joe’s Torta
Chicken, Pork or Beef
w/beans, Cheese, Lettuce
& Tomato in a Bolillo on
top of sauce. (kind of
mesey)

Rey’s Burrito
Chicken, Pork or Beef Large Burrito
w/beans & Rice. With Red or Green
Sauce poured all over it, and topped
w/cheese. (Rey prefers the green
sauce)

Tamale Plate
Served with rice, beans and a
tamale smothered in red sauce
1 tamale or 2 tamales

Special Plates
Chile colorado w/rice & beans
Chile verde w/rice & beans
Chile relleno w/rice & beans

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2. EGGS, CHEESE, AND BEANS
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4. CHORIZO, EGGS, AND BEANS
5. EGGS, POTATOES, AND CHEESE
6. EGGS, LETTUCE, TOMATO, GUACAMOLE AND CHEESE
7. PORK CHILE VERDE, EGGS, AND CHEESE
8. EGGS, BACON, AND CHEESE
9. LA MEXicana-SCRAMBLED EGGS WITH ONION, TOMATO, CHILE GUERO, AND BEANS

SPANISH OMELET
OMELET FILLED WITH SAUTEED ONIONS, BELLPEPPERS, ZUCCHINI, MUSHROOMS, AND CHEESE. SERVED WITH BEANS AND RICE. $5.75

HUEVOS RANCHEROS
2 EGGS OVER EASY ON A CRISPY CORN TORTILLA COVERED WITH SALS.A. SERVED WITH BEANS AND RICE.

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All of our tamales are home made and topped with salsa and cheese.
Chicken
Pork
Rajas
Oaxaca
Vegetable

ENCHILADA
choice of chicken or beef, & rice all wrapped in two corn tortillas covered with enchilada sauce & melted cheese

REllENO PLATE
two chile rellenos covered with salsa and melted cheese served with rice and beans

TACO SALAD
Corn tostada with black beans topped with romaine lettuce, special dressing, jack cheese, slices of chicken, avocado, roasted red bell pepper, sour cream, and blue corn chips

TORTA
Carne asada, beans, lettuce, tomato, salsa Mexicana, and guacamole served on a Mexican roll

FLAUTA
choice of beef, chicken, or pork wrapped in a large flour tortilla covered with melted cheese and salsa guacamole and sour cream

CHIMICHANGA
a large deep fried beef or chicken burrito with beans topped with salsa, lettuce, cheese, and sour cream

NACHOS
our nachos are topped with melted cheese, sour cream, beans, and fresh guacamole, add beef or chicken $1.75

TOstada
a crisp flat corn tortilla topped with beef or chicken, beans, rice, cheese, salsa, guacamole, and sour cream

A large menu with various Mexican dishes and breakfast options is also displayed.
Oaxaca Fresh
Mexican Grill
305 684-3635
21 Linden Ave.
Pomona, CA 93013

Flavor of the Zabaleco Region
Enjoy Mexican Cuisine...on the lite side!
Original Sauces - Shrimp & Seafood
Breakfast from 9am
Lunch & Dinner Specials

OAXACA FRESH
721 Linden Avenue 684-3635
**Desayuno • Breakfast**

**BURRITOS GRANDES**
- **COMBINADO** • Huevos con jamón, tomatillo, salchicha y queso . . . . 5.75
- COMBO egg, ham, bacon, sausage & cheese . . . . 5.75
- Huevos con jamón y queso • egg with ham & cheese . . . . 5.00
- Huevos con salchicha y queso • egg with bacon & cheese . . . . 5.00
- Huevos con tocino y queso • egg with bacon & cheese . . . . 5.00
- Cheese con huevos y queso • egg w/spicy sausage & cheese . . . . 5.00
- Omelet • ham, tomato, onion, bell pepper & cheese . . . . 5.00
- Papa con huevos y queso • egg with potato & cheese . . . . 5.00
- Huevos con dos carnes (pork, beef, and sausage) y queso . . . . 5.25

**BURRITOS CHICOS**
- **COMBINADO** • Huevos con jamón, tomatillo, salchicha y queso . . . . 2.75
- Huevos con jamón y queso • egg with ham & cheese . . . . 2.25
- Huevos con tocino y queso • egg with bacon & cheese . . . . 2.25
- Cheese con huevos y queso • egg w/spicy sausage & cheese . . . . 2.25
- Omelet • ham, tomato, onion, bell pepper & cheese . . . . 2.25
- Papa con huevos y queso • egg with potato & cheese . . . . 2.25

**CHILAQUILES** con huevo . . . . 6.75
Fried tortilla chips, toasted in red or green sauce, grilled with egg & cheese topping

**HUEVOS RANCHEROS** . . . . 6.75
Fried eggs served atop a dorrito covered with a tomato sauce

**HUEVOS A LA MEXICANA** . . . . 6.75

**MENÚDOS** chica . . . . 6.50
grande 7.50

**CHAMPUURADO** mexican hot chocolate
12 oz . . . . 2.00
16 oz . . . . 2.75

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**Bakey Hours**
Monday through Saturday. OPEN 5:00am
Sunday . . . . OPEN 6:30am

**Tortillas hechas a mano todos los días**
Fresh tortillas made daily
Panadería Maria’s
Mexican Bakery & Take-out
4912 Carpenteria Avenue • Carpinteria, CA 93013
(805) 684-5556

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**Comida • Lunch & Dinner**

**BURRITOS**
- **Adovada marinated pork** $5.75
- **Asada grilled beef** $5.75
- **Chile Rellenos cheese-stuffed green chile** $5.75

**TACOS**
- **Adovada** $1.95
- **Asada** $1.95
- **Cornitas** $1.95
- **Pollo chistera** $1.95
- **Chile Rellenos cheese-stuffed green chile** $1.95

**TAMALES**
- choice of meat pork or chicken **$1.85**
- Pollo **$1.85**
- Queso **$1.85**

**QUESADILLAS**
- $3.75

**QUESADILLAS SUIZAS**
- $5.75

**TORTAS**
- Mexican sandwich **$5.75**

**SOPES**
- Soft single layer of nachos, socio, chilaquiles, or cheese **$3.75**

**GORDITAS**
- Stuffed pocketed tortillas **$3.75**

**GORDITAS SIN CARNE**
- $3.00

**PLATILLOS**
Con arroz y frijoles • served with rice and beans

**PLATILLO DE TACOS** 3 tacos **$7.25**

**PLATILLO DE FLAUTAS** 3 flautas **$7.25**
3 tortillas de pollo — 3 deep fried flour tortillas with chicken

**CHILE RELLENO**
- des chiles **$7.75**
- two cheese-stuffed green chiles served with rice and beans

**ENCHILADAS**
- 3 enchiladas **$7.75**
- Chile Raya a Chile Verde con Queso, Pollo o Res
- two enchiladas served with rice & beans and your choice of red or green sauce plus your choice of: cheese, chicken or beef

**COSTILLAS**
- **EN CHILE VERDE** **$7.75**
- Braised pork ribs marinated in green sauce served w/rice & beans

**TORTA DE TAMAL**
- $3.50

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**A LA CARTE**

**FLAUTA** de pollo **$1.85**

**FRENCH FRIES**
- **$1.75**

**ORDEN DE FRIOLES**
- **$1.50**

**ORDEN DE ARROZ**
- **$1.50**
**MENU**

**BURRITOS**

Bean & Cheese Burrito  
Beans, Cheese, Rice

Regular Burrito  
Meat, Rice, Beans, Salsa

Veggie Burrito  
Beans, Cheese, Salsa, Guacamole, Sour Cream, Rice, Lettuce

Super Burrito  
Meat, Rice, Beans, Cheese, Guacamole, Sour Cream, Salsa

**TACOS**

Tacos  
Asada, Pastor, Lengua, Pollo, Cabeza, Tripas con Cebolla, Cilantro, Salsa

Torta  
Lettuce, Tomato, Cheese, Your Choice of meat!

**MENU**

Quesadilla’s  
Regular Cheese, Zuisa, Meat, Cheese, Salsa

Nacho’s Regular  
Cheese, Guacamole, Sour Cream, Salsa

Nacho’s Super  
Cheese, Meat, Guacamole, Sour Cream, Salsa

Platos / Asada Y Pastor  
Chile verde  
Lengua, Pollo, Cabeza, Tripas, Rice, Beans, Cheese, Guacamole, Sour Cream, Salsa

Chile Relleno’s  
Enchiladas  
Rice, Beans, Sour Cream, Lettuce

Copel de Camaron  
Tomato, Onion, Cilantro, Avacado

Abulon y Pulpo  
Plato Alteño

**BREAKFAST**

Regular Breakfast Burrito  
Egg, Potato, Cheese

Breakfast Burrito  
Egg, Potato, Cheese  
Your choice of Meat: Ham, Chorizo

Breakfast Quezadillas  
Egg, Potato, Cheese  
Your choice of Meat: Ham, Chorizo

Huevos Rancheros  
Rice, Beans, Sour Cream, Lettuce

Huevos a la Mexicana

Huevos con Chorizo

Breakfast Served All day

**BEVERAGES**

Sodas 12oz. Cans.  
Pepsi, Diet Pepsi, 7up, Coke, Diet Coke

16oz. Bottles.  
Coke.

20oz. Bottles.  
Pepsi.

Jarritos 13.5oz. Bottles.  
Tamarind Soda, Mandarin Orange Soda, Strawberry Soda

Beers Imports  
Corona, Bohemia, Negra, Modelo

Beers Domestic  
Budweiser, Bud Light, Coors Light

Orchata (White)  
Jamaica (Red)  
Tamarindo (Brown)

Zanahoria (Fresh Squeeze Carrot Juice)

Naranja (Fresh Squeezed Orange Juice)

Drinks Available

Medium & Large
Special Dinners

A. $20.95 per person
Soup: Wonton Soup or Egg Drop Soup
Appetizer: Egg Roll, Fried Wonton, Fried Shrimp and Steamed Rice
and ONE Choice of the Following:
- Chicken Chow Mein
- Sweet and Sour Chicken
- Mongolian Beef
- Shrimp Chop Suey
- Szechuan Pork
- Kung Pao Chicken

B. $22.95 per person
Soup: Hot & Sour Soup or Wonton Soup
Appetizer: Fried Shrimp, Barbecue Spare Ribs, Egg Roll, Paper Wrapped Chicken and Steamed Rice
and ONE Choice of the Following:
- Orange Chicken
- Moo Goo Gai Pan
- Beef with Broccoli
- Imperial Shrimp
- Salt & Pepper Ribs
- Sweet & Sour Shrimp
- Beef on Sizzling Plate

Can of Coke, Diet Coke, Sprite, Root Beer, Lemonade, Dr. Pepper.........................2
Mango Iced Tea (House Brewed)....................4
Thai Iced Tea (House Brewed)....................4.95
Apple Juice........3
Green Tea or Mango Ice Cream..................4
Banana Egg Rolls........5
Fried Banana........5
TsingTao Beer or Sapporo Beer..............5
LUNCH Special
Available on Tue-Fri from 11:00 am - 2:30 pm

Choose one Entrée with Your Choice of Meat
Served with Chicken Tom Yum Soup or House Salad and Steamed Rice. Also includes Appetizer
(Spring Roll and Fried Wantons)
Choice of Chicken, Beef, Pork, Vegetable or Tofu $11.50
Shrimp $13.50 (Brown Rice add $0.50)

PAD THAI
One of the most famous Thai noodle dishes, wok-fried with your choice of meat, egg, bean sprout, green onion and crushed peanut.

PAD SEE EW
Choice of meat wok-fried with flat rice noodle, egg and broccoli in Thai black thick soy sauce.

CHOW MEIN
Choice of meat wok-fried with yellow egg noodle, bean sprouts and mixed vegetables.

SPICY FRIED NOODLE
Choice of meat wok-fried with flat rice noodle, chili, bell pepper, egg, bamboo shoot, onion and basil leaf.

SPICY BASIL LEAVES
Choice of meat stir-fried with chili, bell peppers, onion and basil leaf.

SWEET & SOUR
Choice of meat battered and deep fried with bell pepper, pineapple, tomato, onion, carrot, cucumber in sweet & sour sauce.

GARLIC PEPPER
Choice of meat stir-fried with fresh garlic and white pepper.

PRIK KING
Choice of meat stir-fried with green bean and chili paste.

CASHEW NUTS
Choice of meat stir-fried with cashew nut, onion, bell pepper, water chestnut, celery, mushroom and chili paste.

GINGER
Choice of meat stir-fried with fresh ginger, onion and mushroom.

PAD PRIK TAI DAM
Choice of meat stir-fried with crushed black peppercorns, onion, bell pepper, green onion, celery and mushroom.

MIXED VEGETABLES
Choice of meat stir-fried with assorted fresh vegetables.

RED CURRY
Choice of meat cooked with red curry paste, coconut milk, bamboo shoot and Thai basil leaf.

YELLOW CURRY
Choice of meat cooked with mild yellow curry, coconut milk, potato, carrot and onion.

PANANG CURRY
Choice of meat cooked with panang curry paste, coconut milk, bell pepper and green pea.

DESSERT
COCONUT ICE CREAM $5.50
(2 scoops)
GREEN TEA ICE CREAM $5.50
(2 scoops)
FRIED BANANA WITH ICE CREAM
STICKY RICE WITH MANGO (SEASONAL)
$9.50
STICKY RICE WITH MANGO
$9.50
**LUNCH SPECIALS**

served with miso soup or cabbage salad

**Chicken Bowl** 16.00
garnished with steamed vegetables

**Beef Bowl** 17.00
marinated beef with onions and mushrooms

**Chirashi Bowl** 21.00
assortment of sashimi over rice

**Ahi Poke Bowl** 17.00

**Spicy Tuna Bowl** 16.00

**Katsudon** 16.00
chicken katsu bowl with cooked egg

**DINNER SPECIALS**

served with miso soup, rice & salad

**Sushi Combo** 31.00
2pcs each of tuna, albacore & yellowtail sashimi plus 4pcs of nígiri
*choice of spicy tuna roll or California roll

**Sashimi Dinner** 27.00
3pcs of Tuna, Salmon & Yellowtail

**Chirashi Bowl** 27.50
assortment of sashimi over rice

**Eel Bowl** 29.00

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**CARPINTERIA SPECIALS**

**Sushi Plate** 21.50
California roll (8pcs) & Nigiri (5pcs)
* served with miso soup

**Handroll Special** 18.75
California Roll, Spicy Tuna Roll & Alaskan Roll * served with miso soup

**Vegetarian Special** 18.00
Inari (2pcs), Vegetable Roll & Cucumber Roll * served with miso or salad

**Crunchy Halibut** 24.50
sautéed with almonds and lemon butter sauce * served with steamed vegetables, miso soup, rice & salad

**Seafood Symphony** 22.00
Salmon, Shrimp, Clams, Mussels cooked in white wine sauce over rice * served with miso soup, cabbage salad and rice

**Roasted Vegetables** 16.50
served over a bed of rice

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**Sushi Teri**
Japanese Restaurant

1013 Bath St, Santa Barbara (805)963-1250
5746 Calle Real, Goleta (805)964-9909
970 Linden Ave, Carpinteria (805)745-1314
213 W. Ocean Ave, Lompoc (805)740-0123
WHAT THE PROS ARE CRUSHING ON

Looking for something fresh to sip? We asked local wine professionals to tell us a bit about one of their faves.

Carpinteria Wine Company
4193 Carpinteria Ave., Unit 1
(805) 684-7440

2018 GROUNDWORK WINE COMPANY
SANTA BARBARA COUNTY SYRAH

"From winemaker Curt Schalchlin, this cool-climate Syrah has a nice balance of dark berries and pepper that would complement a hearty beef stew. My husband and I enjoy this with a steak from the barbecue. This Rhone wine is produced from two sites in Santa Barbara County and is another great value from the Groundworks lineup." $16.99/bottle

Jane Dambach

Pacific Health Foods
944 Linden Ave. • (805) 684-2115

ORMEASCO DI PORNASSIO

"Grown and harvested in a small village outside of Piedmont, Italy, this wine is pure elegance. After tasting it and learning the history of the land and the family that made the wine, it became a stand-out for me. Made with the delicate dolcetto grape, also known as 'little sweet one,' this wine always leaves me wanting to know more about the terroir—and wanting another glass." $35.99/bottle

Amy Stanfield
REPUBLIC OF PINK ROSÉ

"What can I say about Republic of Pink Rosé? It checks so many boxes for me: pairs well with almost anything. It's crisp and refreshing, the color is gorgeous and the pièce de résistance? The label! It's fun, flirty and a crowd pleaser. Rosé is an easy varietal to please most palates. I always have a bottle ready to go in my fridge!" $10/glass • $20.99/bottle

TENDU MATARÓ FROM DUNNIGAN HILLS

"The Tendu Mataró from Dunnigan Hills is a fantastic light chilled red that I enjoyed all summer. The ABV is just over 10%, which has been nice to be able to have more than one glass and not feel done for the night. Tendu is one of the few reds I would recommend drink on a sunny afternoon on the patio."

$10/glass • $25/bottle
Come on in and visit our taproom, sample our brews and enjoy the island view.

Brew by the Beach...
PRIVATE PARTY ROOM AVAILABLE FOR EVENTS

Locally Brewed by ISLAND BREWING COMPANY

FRESH • FLAVORFUL • LOCAL
ISLAND Brewing Company
BREWED ON THE SANTA BARBARA COAST

TAPROOM OPEN:
Monday-Thursday 12-9pm
Friday 12-10pm
Saturday 11am-10pm
Sunday 11am-9pm

5049 8th Street - Carpinteria
islandbrewingcompany.com
805-745-8272
SOUP N SALAD

Order or Soup of the Day - Cup $4.50, Bowl $7.00, Dough Bread Bowl $10

Carpinteria Salad - $3
Local Organic Mixed Greens, Carrots, Tomatoes, Avocado, Apple
Shaved Parmesan and Herbed Buttermilk Dressing

Kale Salad - $12
Local Organic Kale, Avocado, Cabbage, Carrots, Peptitas, Dried Cranberries, Garlic, Apple, Red Onion, Shaved Parmesan

Fried Chicken Salad - $15
Local Organic Mixed Greens, Fried Mary’s Free Range Chicken, Cornbread, Dried Cranberries, Jicama, Carrots, Peptitas, Herbed Buttermilk Dressing

All House Made Dressings: Ale Mustard, Balsamic Vinegar & Oil, Bleau Cheese, Buttermilk, Ranch, Spicy Mustard, Chipotle Mayo

Mac Brown Braised Brat - $14
Beer Braised Castas Valley Farm Hormone Free Bratwurst, SauerKraut, Spicy Mustard and Potato Chips, Sub Fries $1

FARE TO SHARE

Hummus - 7
Soft Pretzel Bites and Raw Veggies

Grilled Artichoke - 9
Lemon Aioli and Chipotle Mayo

Mary’s Free Range Chicken Wings - 9
Three Choices of Seasonings: BBQ, Spicy Sriracha, Teriyaki, Ranch or Blue Cheese Dressing

French Fries - 6

Fried Cornmeal Dusted Dill Pickle Bites - 6
Ranch Dressing and Sriracha Sauce

TO FILL THE BELLY

RB Burger - 14
Painted Hills Grass Fed, Hormone Free Ground Beef, Organic Fried Egg, Fried Jalapeno, Bacon, Onion Strings, Cheddar Cheese, Lettuce, Tomato and Avocado on Brioche Bun. Your choice of Small Salad, or Potato Chips. Sub Fries add $1, Sub Mary’s Free Range Turkey Patty

The Basic Burger with Cheese - 12
Painted Hills Grass Fed, Hormone Free Ground Beef, Cheddar or Swiss Cheese, Special Sauce, Lettuce, Tomato and Red Onion on Brioche Bun. Your choice of Small Salad or Potato Chips. Sub Fries add $1
Make it a double add $3, Add avocado $1, Add Bacon $1, Add Onion Strings $1
Sub Mary’s Free Range Turkey Patty

Cajun Chicken Sandwich - 13
Mary’s Free Range Blackened Chicken Breast, Cheddar or Swiss Cheese, Mayo, Lettuce, Tomatoes, Shredded Lettuce and Red Onion on Brioche Bun. Your choice of Small Salad or Potato Chips. Sub Fries add $1 Add avocado $1, Add Bacon $1

Sriracha Chicken Sandwich - 13
Mary’s Free Range Fried Chicken Breast, Blue Cheese Spread, Sriracha Sauce, Lettuce, Tomato on Brioche Bun. Your choice of Small Salad or Potato Chips. Sub Fries add $1 Add avocado $1, Add Bacon $1

Sliders

Chicken - 14
Fried Mary’s Free Range Chicken Breast, Blue Cheese Spread, Sriracha Sauce, Shredded Lettuce, Tomato

Tacos

Carnitas - 11
Hormone Free Pork, Pico De Gallo, Pickled Red Onion, Mojo Sauce

Veggie - 11
Hormone Free Portabella Mushrooms, Pico De Gallo, Pickled Red Onion, Cilantro, Cheese

5055 CARPINTERIA AVE, CARPINTERIA, CA
WWW.RINCONBREWERY.COM
APIARY

DRINK your FLOWERS

JUN

HARD KOMBUCHA
MADE FROM HONEY

with ORGANIC ROSE, LAVENDER AND ORGANIC HIBISCUS.

6% ALC/VOL. 750ML.

GOVERNMENT WARNING: (1) According to the Surgeon General, women should not drink alcoholic beverages during pregnancy because of the risk of birth defects. (2) Consumption of alcoholic beverages impairs your ability to drive a car operate machinery, and may cause health problems.

BOTTLED BY APIARY

CARPINTERIA, CA 93013

TAPROOM OPEN:

Brew by the Beach...
Restaurants with Seafood

Cork Tree Cellars: Seafood entrees and salads
910 Linden Ave

Gianfranco’s: Italian-style seafood entrees
666 Linden Ave

Siam Elephant: Thai shrimp & seafood soups, salads, entrees
509 Linden Ave

Sushi Teri: Sushi
970 Linden Ave

Cork Tree Cellars: Seafood entrees & salads
910 Linden Ave

Little Dom’s Seafood: Seafood Bar & entrees
686 Linden Ave

Delgado’s Mexican: Seafood entrees & tacos
4401 Carpinteria Ave

Teddy’s by the Sea: Seafood entrees & salads
5096 Carpinteria Ave

Zooker’s: Seafood entrees & salads
5404 Carpinteria Ave

Uncle Chen Chinese Shrimp & seafood entrees
1025 Casitas Pass Rd
(Shepard Place Shopping Center)

Padaro Beach Grill: Seafood appetizers & tacos
3765 Santa Claus Lane