



# WELCOME TO The Breakfast Bar!

Josh and Pamela Beadel are Long Beach locals who have lived and worked in downtown since 2002. Their experience managing family-owned restaurants to serving at popular local hangouts have inspired their unique, love-filled concept for our restaurant. The Breakfast Bar blends Josh's vast beverage knowledge and Pamela's expertise running restaurants, with their mutual passion for bringing friends and family together to break bread. Our dream has always been to create a restaurant where we could share our family recipes with the community we love. For us it's all about family! House-made dishes with the highest quality ingredients are of the upmost importance! Many of their recipes have been passed down over four generations. It's the perfect dining experience.... blending edgy comfort food, speciality drinks, and fun family love.

## Shareables

### Hung Over (Breakfast Poutine)

French Fries topped with gravy, scrambled eggs with cheese, pork sausage, mixed peppers, onions, drizzled with spiced sour cream, and served with a side of pico de gallo. 21

### Chicken Wings (Bone-in or boneless)

Eight piece chicken wings tossed in choice of sauce. Served with homemade buttermilk ranch dressing. Sauce Choice: Sriracha Honey Garlic, Buffalo 21.5

**BB Sliders** Two country biscuits, gravy, jack cheese and scrambled eggs, with choice of bacon, sausage, turkey sausage or ham 18.75

### Avo-Toast

Three slices of our grilled house rosemary sourdough bread, avocado spread, baby arugula, tomato, and pickled onion. Drizzled with olive oil, and lemon pepper seasoning 17.5

Add chopped bacon bits +2.75 Add one egg + 3

### Shrimp & Cheesy Roasted Pepper Grits

Jack cheese and roasted pasilla pepper grits. Served with four grilled shrimp and grilled house rosemary sourdough bread 21

### Love-Lee Chicken & Waffles

Two country fried chicken wings and a golden crispy waffle pieces. Served with Nana's gravy, salted butter syrup, and apple cinnamon cheese spread 21.5

### Pig Candy

Four pieces of smoked bacon, 100% Maple syrup, brown sugar, cayenne and red pepper flakes 16.75

### Shrimp Bruschetta

Sautéed shrimp, cherry tomatoes, basil, feta cheese, shallots, and white wine. Served hot over grilled house rosemary sourdough bread 21.5

## Breakfast Entrees

### Uncle Marcee's Omelette Casserole

This brunch favorite has been passed down for three generations, from my Great Uncle Marcee, to my mom, and now me. Made with bread, jack cheese, milk, egg, and prepared 24 hours in advance for best flavor. It's individually baked, drizzled with spiced sour cream. Served with potato pancake, side of pico de gallo, and fruit- *Pamela* 18.5

### Marcee Toppings

#### Meat Toppings

+6.75 each: Turkey Sausage, Ham, Soy Chorizo  
+7 each: Pork Bacon, Sausage, Spiced Ground Sausage,  
+9 each: Sliced Turkey, 1/2 Chicken Breast

#### Veggies Toppings

+2.75 each: Spinach, Tomatoes, Onion, Bell Pepper, Corn, Black Beans, Zucchini, Jalapeno, Pico de Gallo, Cilantro, Mushroom, Cheddar Cheese, Jack Cheese, Parmesan Cheese, Feta Cheese, American Cheese | +4.25 Avocado

## Griddle

All combos below are served with 2 eggs cooked anyway you like. Choice of bacon, sausage links, turkey sausage, ham, or soyrimo.

Traditional Fluffy Buttermilk Pancakes 18.75

### French Toast Combo

Thick cut sourdough French toast topped with fresh berries 20

### "Buck Naked Cakes Combo"

Mom's buttermilk buckwheat pancake recipe grilled to perfection and topped with fresh berries 21

### Waffle Combo

One Belgian waffle topped with fresh berries 21.5

### Lemon Cakes Combo

Mom's famous lemon cake batter made into a pancake, drizzled with zesty citrus frosting and topped with mixed berries 22.5

#### Additions:

Bananas, Chocolate Chips 2.75 each

### Eggs N-E-Way

Two or three eggs cooked anyway you like. Choice of bacon, sausage links, turkey sausage, ham, or soy chorizo. Served with potato pancake and grilled house rosemary sourdough bread 17.75/19.25

Build your own Scramble or Omelet Choose 3 veggies +6

### Breakie Sammie

Grilled sourdough bread, roasted garlic and herb aioli, jack cheese, baby arugula, tomato, and egg. Choice of bacon, sausage links, turkey sausage, ham or soy chorizo. 19 | Avocado +4.25

### Papa Joe (Egg in a Hole Grilled Cheese)

Thick cut white bread with two eggs cooked inside and melted jack, cheddar cheese. Choice of bacon, sausage links, turkey sausage, ham, or soy chorizo. 17.75

### Breakfast Burrito

Two eggs scrambled with black beans, pico de gallo, cheddar cheese, avocado and a drizzle of spiced sour cream. Wrapped in a tortilla, with your choice of bacon, sausage, turkey sausage, ham, or soy chorizo. 19 | Add double meat +7

## Benedicts

### Eggs Noni

Grilled house rosemary sourdough bread, grilled tomato, sautéed spinach, and two poached eggs, and topped with Red Gindo's spiced hollandaise. Served with potato pancake 18

### Eggs Papi

Grilled house rosemary sourdough bread, choice of bacon, sausage links, turkey sausage, ham, soy chorizo, two poached eggs topped with Red Gindo's spiced hollandaise. Served with potato pancake 18

### Shrimp Bruchetta Benedict

Sautéed shrimp, cherry tomatoes, spinach, basil, shallots, white wine. Served hot over grilled house rosemary sourdough bread with two poached eggs, topped with Red Gindo's spiced hollandaise and feta cheese. Served with potato pancake 29

### Meatloaf Steak & Eggs

House Spiced Mexican style meatloaf made with beef, pork and soy chorizo. Topped with two eggs anyway you like. Served with a potato pancake and grilled house rosemary sourdough bread 23.5

### Country Fried Chicken Breakfast

Breaded and fried full chicken breast. Smothered with Nana's gravy and served with two eggs anyway you like, biscuits and potato pancake 23.5

## Healthy Choices

### Daily Fuel

Mom's homemade granola, served with yogurt, and topped with fresh seasonal fruit and honey 15.5

### Oatmeal

Old fashioned oats, made with your choice of whole milk, oat milk, or water. Served with sliced almonds and brown sugar 15.5 | Add berries +2.75 | \*Substitute Oatmilk +2.5

Substitute any bread for GF Bun 3

\*\*We offer Gluten Free options however our kitchen is not Gluten Free Certified\*\* \*Consuming raw or undercooked meats, poultry, seafood or eggs may increase your risk of foodborne illness.  
18% Gratuity will be added for parties of 6 or more. Be courteous to those waiting and please limit your time to 90 minutes.

# Lunch

All sandwiches, except grilled cheese, are served with a choice of French fries, tater tots, or a Potato Pancake.  
Truffle Garlic Parmesan Fries or Tots + 5 | Fruit, Soup or Salad +4.75

## BLT+A

Four strips of smoked bacon, garlic herb aioli, tomato, iceberg lettuce and avocado. Served on toasted sourdough bread 19

## Classic Double Smash Burger\*

Two quarter pound smashed beef patties, melted American cheese, grilled onions, tomato, iceberg lettuce, & thousand island dressing. Served on a toasted torta bun 22.5

Make it a BREAKFAST BURGER with fried egg 3

## Turkey Club

Oven roasted and sliced premium turkey breast, house roasted garlic herb aioli, tomato, baby arugula, and smoked bacon. Served on toasted sourdough bread 22.5

## 1/2 Sandwich Combo

Choice of BLT+A or Grilled Cheese.  
With side choice 15.5 | Turkey Club +3.5

## That's a Wrap

A mixture of spinach, napa cabbage, romaine lettuce, cilantro, red onion, cherry tomatoes, jack cheese, and avocado. Tossed in ranch dressing and wrapped in a spinach tortilla 16

Add Protein: Half Chicken Breast,  
Sliced Turkey, Fried Chicken Tenders + 9 Each

## Vegan Bowl

Soyrizo, mixed peppers, onion, cilantro, corn, and black beans, cooked and topped with an avocado. Served in a bowl with a side of pico de gallo and side flour tortilla 19.5

## Vegan Burrito

Made with soyrizo, cilantro, onion, corn, roasted red pepper, raw spinach, black beans, mushrooms, and avocado spread. Wrapped in a tortilla. Served with fruit 19.5

## Grilled Cheese & Tomato Basil Soup

Thick cut white bread drizzled with white truffle oil, grilled and stuffed with horseradish and chive infused white cheddar cheese. Served with a cup of homemade tomato basil soup 19

## Grilled Chicken Sandwich

Grilled or blackened chicken breast, jack cheese, house roasted garlic and herb aioli, red onion, tomato, roasted red bell pepper, and baby arugula. Served on a toasted torta bun 21.5

## Fried Chicken Sandwich

Battered and fried chicken breast, jack cheese, tomato, pickles & garlic aioli. Served on a toasted torta bun 21.5

## Fried Chicken Tender Strips

Four hand battered & fried chicken tenders. Served with homemade buttermilk ranch dressing 18

Popular Sandwich Additions Hickory Bacon 7, Tomatoes 2.75, Sautéed Mushrooms 2.75, Grilled Onions 2.75, Avocado 4.25

# Soups & Salads

## Soup & Salad Combo

Tomato Basil soup paired with choice of Classic Caesar or Watermelon Arugula Salad. Served with a slice of grilled house rosemary sourdough bread 18

## Classic Caesar

Chopped romaine lettuce, parmesan cheese and homemade croutons. Tossed in our homemade creamy Caesar dressing. Served with a slice of grilled house rosemary sourdough bread 17

Homemade Tomato Basil Cup 7.75 | Bowl 15

## Watermelon Arugula Salad

Arugula, tossed in olive oil, balsamic vinegar, fresh lemon juice salt and pepper. Topped with feta cheese, watermelon, and pickled red onion. Served with a slice of grilled house rosemary sourdough bread 18.25

## Soup of the Day

Cup 7.75 | Bowl 15

## Cobb Salad

Mixture of spinach, romaine lettuce, baby arugula, bacon, red onion, cheddar cheese, bell pepper, tomato, hard-boiled egg, avocado. Served with a slice of grilled house rosemary sourdough bread. Served with Ranch dressing 19.5

Protein Choices: Half Chicken 9 | Full Chicken 13 | Grilled Shrimp 13 | Sliced Turkey 9 | Fried Chicken Tenders + 9

Dad's Favorite Lemon Cake Pancake 11.5  
Mom's famous lemon cake batter made into a pancake, drizzled with zesty citrus frosting and topped with mixed berries.  
World famous in 2 counties!

## Sweet Stuff

Donut Sammie :  
Glazed donut stuffed with whipped cream cheese filling. 8.5  
| Add strawberries & bananas +3  
| Add pig candy bacon + 8.5

Pam's Chocolate Banana Bread Loaf 14.5  
.....  
GF Blueberry Muffin 9

# Sides & More

Fluffy Cake 7.5

French Toast 8

GF Buck Naked Cake 8.5

Waffle 10.95

Biscuit, Toast, or Tortilla 5

One Egg 3

3 Veg Choice Omelette 11.5/13.5

Pork Bacon or Sausage 7

Ham or Turkey Sausage 6.75

Chicken Wing 7.25

Potato Pancake 5.75

Fruit 7.5

Greek Yogurt 8

Granola 9.25

Nana's Gravy 7.75

Biscuits & Gravy 11

Cheddar Grilled Cheese 9.5

House Salad or Caesar Salad 10

Watermelon Arugula Salad 11

Cheesy Pasilla Pepper Grits 8

French Fries or Tater Tots 7.75

add truffle garlic parmesan for 4.25

# Beverages

## Sodas

Coke, Diet Coke, Sprite, Lemonade, Mr. Pibb, Raspberry Tea, Orange Fanta, Ginger Ale, Shirley Temple, Roy Rogers 5.5

Iced Coffee or Drip Coffee 5.5

Double Shot Espresso 5

## Rishi Hot Tea

English Breakfast, Turmeric Ginger Chamomile, & Jasmine Green Tea 6.5

## Fresh Juice 12oz 7

Orange, Grapefruit

## Other Juices 12oz 6

Pineapple, Apple, Tomato, Cranberry

## Milk 12oz 7

Whole, Oat

Virgin Signature Lemonades 8.5

Virgin Bloody Mary 8.5

# Coffee Drinks

## Mocha Muchacho 8.5

Espresso, Steamed Milk, Mexican Chocolate, Cinnamon, and Whipped Cream

## Red Eye 6.5

Drip Coffee and Espresso

## Chai Latte 7.5

## Cubano 6.5

Coffee, Espresso, Raw Sugar

## Cappuccino or Latte

(Caramel, Vanilla, or Mocha) 7.5

## Spiked Your Coffee 13

Add a Shot of Bailey's, Kahlua or Frangelico

Jackie's Hot Chocolate 7.5

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