



Vegetarian/Vegan Options

BREAKFAST

Served Daily until 2:00 pm

Eggs (NOT FOR VEGANS)

- EGG PLATE** two Eggs any style, Potatoes and Toast.....**5.95**
- EGGS & FRESH FRUIT** two Eggs any style, fresh Seasonal Fruit and Toast.....**6.25**
- HUEVOS RANCHEROS** two Eggs over medium, topped with Salsa and Cheese served with Corn Tortillas, Beans, Potatoes and Guacamole**8.95**
- MONDO BURRITO** scrambled Eggs, Cheese, Avocado, Breakfast Potatoes, and Salsa Fresca rolled in a Whole Wheat Tortilla.....**4.95**
- BREAKFAST BURRITO** two Eggs scrambled with Onions, Tomatoes and Cheese rolled in a Whole Wheat Tortilla served with Beans, Potatoes, Guacamole and Salsa.....**8.95**
- EGG SANDWICH** two Eggs scrambled with Onions, Tomatoes and Cheese on Sour Dough toast served with Breakfast Potatoes**7.95**
- OMELETTE** comes with your choice of four items—Onions, Tomatoes, Green Peppers, Broccoli, Cauliflower, Spinach, Mushrooms, or Cheese. Served with Breakfast Potatoes, and Toast.....**9.25**

From the Griddle

All items served with House-made Organic Maple Syrup.

- PANCAKES WITH FRUIT (NOT VEGAN)** two made-with-organic Whole Wheat Pancakes topped with seasonal Fruit.....**7.25**
- BELGIUM BLUEBERRY PANCAKES (NOT VEGAN)** two made-with-organic Belgium Pancakes cooked with Blueberries inside, topped with Seasonal Fruit.**7.25**
- BANANA NUT BUCKWHEAT PANCAKES (VEGAN)** two organic Buckwheat Pancakes cooked with fresh Bananas, Blueberries and Nuts. topped with seasonal Fruit.....**8.25**
- FRENCH TOAST (NOT VEGAN)** three pieces of light Whole Wheat Bread, dipped in Egg batter, spiced with Cinnamon and Vanilla, topped with seasonal Fruit.....**8.95**

Other Breakfast Items

- TOFU SCRAMBLE (VEGAN)** Tofu, Green Peppers, Tomatoes and Onions sautéed in Tamari, Spices and Olive Oil served with Potatoes, Beans and Toast**8.95**
- HOT ORGANIC OATS & FRUIT (VEGAN)****6.25**
- ORGANIC GRANOLA AND FRUIT** served with your choice of Milk or Yogurt **(NO MILK OR YOGURT)****6.25**
- AÇAI GRANOLA BOWL WITH FRUIT (VEGAN)****7.95**
- FRESH FRUIT BOWL (VEGAN)****6.25**
- MUFFINS OR CROISSANTS (NOT VEGAN)****2.15**

Sides

- AVOCADO**.....**2.00**
- CUP OF FRESH FRUIT**.....**3.75**
- PLAIN YOGURT**.....**1.75**
- BREAKFAST POTATOES**.....**2.75**
- SIDE 2 EGGS**, prepared any style.....**3.95**

VEGETARIAN OPTIONS

Make sure to tell your server any modifications marked in **RED**.

VEGAN OPTIONS

Please tell your server both the **RED** and the **GREEN** modifications.

Please be aware that we have a small kitchen. While we do clean the surfaces and appliances before preparing your meal, dairy, meat and seafood products are also prepared on them.

Who we are, what we think....

Ki's was started as a simple idea in a small converted beauty shop in Cardiff-by-the-Sea. In 1980, Catherine "Ki" Holcomb partnered with her son, Barry, to provide the local community fresh juice and vitamins. Shortly after, Ki started cooking home style meals prepared in a healthful manner. The meals were a hit and the popularity of Ki's grew steadily. Since then, we have moved to this location on the beach and grown into a full scale restaurant. What hasn't changed is our belief that good health comes from eating real and whole foods. You will not find unnecessary additives and preservatives in our food. From the get-go, we have tried to serve the full spectrum of foods: fresh fish, naturally raised beef and poultry, organic whole grains and mainly organic veggies.

From our first day of business three decades ago, we've always believed in being part of the community. In addition to actively taking part in supporting and raising funds for local schools, we also support local organizations that promote environmental awareness such as the San Elijo Lagoon Conservancy. Our ongoing plan is to regularly integrate environmentally friendly actions into our day-to-day business. Long ago we became a pioneering user of the now pervasive biodegradable brown napkin. Our to-go containers can all be composted and our to-go cups are made of a corn base.

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Vegetarian/Vegan Options

LUNCH

Salads

GARDEN SALAD Romaine Lettuce, Red Cabbage, Carrots, Cucumbers, Sprouts, Tomatoes & Sunflower Greens...**5.50 / 7.50**

SOUTHWESTERN CHICKEN SALAD grilled Chicken, Mixed Baby greens, Organic Black Beans, Corn, Avocado, Salsa Fresca and a Chipotle Cilantro Vinaigrette.....**10.50**
NO CHICKEN, SUB TEMPEH

KIM'S SALAD Romaine Lettuce, Red Cabbage, Carrots, Cucumbers, Sprouts, Tomatoes and Sunflower Greens topped with Ki's Millet Burger**9.25**

SUPER SALAD Romaine Lettuce, Red Cabbage, Carrots, Cucumbers, Sprouts, Tomatoes & Sunflower Greens topped with Jack Cheese, Avocado and Roasted Turkey**9.95**
NO TURKEY, SUB TEMPEH
NO JACK CHEESE

CHOPPED SALAD (NOT VEGAN) chopped Romaine Lettuce, Red Cabbage, Cucumbers and Roma Tomatoes topped with Feta Cheese and Nuts served with a Feta Vinaigrette.....**8.50**

GREEK CHICKEN SALAD Romaine Lettuce, Red Onions, Tomatoes, Olives, Artichoke Hearts, Cucumbers, Feta and Chicken served with an Herb Vinaigrette**11.25**
NO CHICKEN, SUB TEMPEH
NO FETA CHEESE

Lunch Entrées

TOSTADA SUPREMA baked Wheat Tortilla topped with Beans, Salad, Salsa, Brown Rice and Guacamole, with Sour Cream upon request**8.50**
NO SOUR CREAM

BUTTERNUT SQUASH & CORN ENCHILADA Butternut Squash and Corn rolled in a Wheat Tortilla topped with Enchilada Sauce, Black Olives and Cheese served with Beans, Brown Rice and Guacamole.....**10.50**
NO JACK CHEESE

TACOS served in soft Corn Tortillas with shredded Cabbage, Lettuce, Jack Cheese and diced Tomatoes, Brown Rice, Black Beans and Guacamole on the side**10.95**
CHOICE : TOFU NO JACK CHEESE

FAJITAS: VEGETABLE**9.95**
sautéed with Onions, Peppers and Squash served with Salsa Fresca, Guacamole, Sour Cream, Corn Tortillas, Beans and Rice
NO SOUR CREAM

PESTO PRIMAVERA (NOT VEGAN) vegetables sautéed with Pesto sauce and tossed with Penne and topped with Parmesan Cheese. Served with Garden Salad and Garlic Toast.....**10.95**

THAI LINGUINI Linguini and fresh Seasonal Vegetables sautéed in a spicy Peanut Sauce topped with Jidori Chicken or **TOFU** served with a Garden Salad and Garlic Toast.....**11.95**

VEGGIE LASAGNA (NOT VEGAN) a blend of Vegetables, Tomato Sauce and Cheese served with Garden Salad and Garlic Toast**11.95**

STIR FRY VEGETABLES fresh Seasonal Vegetables sautéed in Pineapple Tamari Sauce over Brown Rice topped with Cashews served with Cornbread.....**11.95**
WITH TOFU

CURRY CHICKEN grilled Chicken Breast topped with a mild curry sauce served with Brown Rice and fresh steamed Seasonal Vegetables.....**10.95**
NO CHICKEN, SUB TEMPEH

Sandwiches/Wraps

Served with choice of one side: cup soup, garden salad, corn chips, beans & rice, coleslaw

SUPER VEGGIE SANDWICH Avocado, Lettuce, Tomatoes, Carrots, Onion, Sprouts, Cucumber and Cheese**7.25 / 9.25**
NO JACK CHEESE

VEGGIE BURGER a delicious thick Millet Burger baked golden brown served with Cheese, Avocado, Lettuce, Tomato, Onion, and Pickles..... **9.75**
NO JACK CHEESE

MARINATED TEMPEH SANDWICH marinated Tempeh, grilled Onions, Lettuce, Tomato, Avocado and Chipotle Mayo (**VEGAN**) served on a Multi-grain Baguette **10.25**

Please consult our menu boards for all we have to offer for beverages:

Fresh Squeezed Juices
All Natural Smoothies
Coffee Drinks and more

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CHEF: MARCELINO ARROYO



Vegetarian/Vegan Options

DINNER

Starter Plates

Suggested Wine Pairing

- 7 **Chili Lime Edamame**
Sesame oil, Chili flakes, Lime \$4.50
- 19 **Brie, Mango, and Avocado Quesadilla**
Onion, Cilantro, Red Pepper, Wheat Tortilla
NOT AVAILABLE FOR VEGAN \$11
- 8 **Fresh Spring Rolls**
Fresh Veggies, Tofu and Herbs wrapped
In Rice Paper with Peanut Dipping
Sauce \$8

Soup and Salad Starters

- 9 **Our Fresh Soup of the Day (most of our soups are vegan, Ask your server to be sure) \$5.25**
- 7 **House Salad**
Baby Greens, Cabbage, Carrots, Cucumber \$5.25
- 8 **Mixed Green Salad with Grilled Vegetables**
Baby Greens, Goat Cheese, and grilled Eggplant, Zucchini, Yellow Squash, Onions and Asparagus with Balsamic Vinaigrette...A seasonal favorite! **NO GOAT CHEESE FOR VEGAN \$10**
- 15 **Arugula Pear Salad**
Mixed Lettuce and Arugula with grilled Fennel, Heirloom Tomatoes, toasted Almonds tossed in a Gorgonzola and Yogurt dressing and topped with Pear poached in red wine.....so good! **NO GORGONZOLA FOR VEGAN, SUB VEGAN DRESSING, \$10**

Petite Meals

- 7 **Asian Salmon Salad SUB TEMPEH OR TOFU**
4 oz Grilled Salmon on a bed of Organic Field Greens tossed in Ginger Miso Dressing with Toasted Sesame Seeds, Snow Peas, Cilantro, Green Onions, and Mandarin Orange Slices, garnished with glass noodles.....Great if you want a lighter meal! \$17
- 12 **Butternut Squash Soft Rolled Tacos**
Served with black beans and Jasmine Rice and finished with a Jicama Corn Relish and Avocado-Creme Fraiche, **NO AVOCADO CREME FRAICHE FOR VEGAN, SUB AVOCADO \$13**

Full Entrees

Monthly Featured Vegetarian Entrée
Sometimes we highlight an entrée we have on our menu and sometimes we come up with something new and delicious. Ask your server what the featured Entrée is this month

- 5,10 **Thai style Seafood Curry, SUB TEMPEH OR TOFU** Fresh Seafood, Coconut Milk, Curry Spices, Assorted Vegetables, Jasmine Rice \$20
- 8 **Stir Fried Vegetables over Brown Rice**
Seasonal Vegetables, Pineapple Tamari Sauce, Cashews, Cornbread, **WITH TEMPEH OR TOFU \$14**

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