

**FROM THE PRESS  
& BLENDER**

**COLD PRESS JUICES (LITTLE WEST)**

**green detox \$14** <sub>v</sub>  
coconut, cucumber, celery, kale,  
fennel, parsley

**gold'n greens \$14** <sub>v</sub>  
pineapple, fuji apple, cucumber, kale,  
dandelion, turmeric, lemon, mint

**sunrise \$14** <sub>v</sub>  
orange, carrots, coconut h2o, lemon,  
ginger, turmeric

**ginger snap \$14** <sub>v</sub>  
fuji apple, green apple, ginger, lemon

**SMOOTHIES**

**power up \$16** <sub>vg</sub>  
rice milk, bananas, dates,  
raw almond butter, whey protein

**powder fitness \$16** <sub>vg</sub>  
dates, organic apple juice, bananas,  
whey protein powder

**californian \$16** <sub>v</sub>  
detox cold press juice, almond butter,  
pea protein powder

*wellness* **CUISINE**

**seasonal california fruits \$24** <sub>vg/gf</sub>  
berries, chef's selection of seasonal  
fruit, yogurt

**yogurt parfait \$19** <sub>vg</sub>  
yogurt, vanilla, almond granola, honey,  
fresh berries

**bruleed steel cut oats \$19** <sub>vg/gf</sub>  
bananas, blueberries, almonds,  
torched turbinado sugar

**caprese avo toast \$24** <sub>vg</sub>  
mozzarella, heirloom tomato compote,  
balsamic, arugula

**lobster scramble\* \$38** <sub>gf</sub>  
mushrooms, brie cheese, chives,  
free range eggs

**spinach egg white omelet \$26** <sub>vg/gf</sub>  
tomato, feta cheese, mushrooms

**coliseum omelet \$28** <sub>vg/gf</sub>  
mushrooms, oven roasted tomato,  
peppers, mozzarella, arugula pesto

**SWEET  
MORNING**

**buttermilk pancakes \$16** <sub>vg</sub>  
powdered sugar, maple syrup

**belgian waffle \$16** <sub>vg</sub>  
whipped cream, powdered sugar

**brioche french  
toast \$18** <sub>vg</sub>  
vanilla-cinnamon batter,  
seasonal berries, powdered sugar

**the pelican  
breakfast \$24** <sub>vg</sub>  
house-baked pastries,  
fresh-squeezed juice, coffee or tea

**EGGS & more**

*served with breakfast potatoes and choice of toast*

**build an omelet \$27** <sub>gf</sub>  
**choice of three:** bacon, ham, sausage,  
tomato, mushroom, peppers, spinach,  
onion, cheddar, goat cheese

**two eggs your way\* \$27** <sub>gf</sub>  
two eggs any style, two strips of bacon,  
two sausage links

**BREAKFAST**

**A.M. FAVORITES**

**cold-smoked salmon  
bagel\* \$28**  
pickled red onions, capers, arugula,  
cream cheese, toasted bagel,  
dill creme fraiche

**farmer's hash\* \$24** <sub>gf</sub>  
potato, bacon, spicy italian sausage,  
onions, jalapenos, tomato, herbs,  
fried egg, bearnaise

**breakfast burrito \$22**  
scrambled eggs, bacon, breakfast  
potatoes, cheddar cheese, salsa

**smoked salmon  
eggs benedict\* \$32**  
english muffin, poached eggs, espelette,  
bearnaise, breakfast potatoes

**wagyu breakfast  
burger\* \$36**  
snake river farms, american cheese,  
egg, secret sauce, hash brown, bacon,  
brioche bun, breakfast potatoes

v=vegan vg=vegetarian gf=gluten free

\*Consuming raw or undercooked meats, poultry,  
seafood, shellfish or eggs may increase your risk  
of foodborne illness. For parties of 6 or more,  
20% gratuity is added automatically.

