BREAKFAST & LUNCH

BREAKFAST

Add two eggs & bacon to any pancake or french toast breakfast 4

Coconut French Toast 11
Homemade coconut bread grilled with coconut flakes. Served with bananas, pineapple, raspberry puree & powdered sugar.

French Toast 10
Grilled homemade cinnamon bread served with raspberry puree & powdered sugar

Blackberry Pancakes 9
Three pancakes with blackberries, garnished with seasonal fruit, raspberry puree & powdered sugar

Banana Blackberry Pancakes 9.5
Three pancakes with bananas & blackberries, garnished with seasonal fruit, raspberry puree & powdered sugar

Very Berry Pancakes 10
Three pancakes with raspberries, blackberries, strawberries, raspberry puree, & powdered sugar

The King Cakes 11
Three pancakes with peanut butter, bananas, chocolate chips, raspberry puree, & powdered sugar

The Gringo Breakfast 10
Grilled rosemary potatoes, scrambled eggs, sauteed tomatoes, green onion & grilled rosemary bread.

Soy Chorizo Scramble 11
Eggs scrambled with jack cheese & soy chorizo. Served with rosemary potatoes, black beans, avocado, flour tortillas & a side of salsa cruda

Avocado Scramble 11
Eggs scrambled with avocado & jack cheese, served with a flour tortilla, black beans & rosemary potatoes topped with sauteed tomatoes, green onion, jalapeños & a side of salsa cruda

Margherita Scramble 12
Egg whites scrambled with basil and jack cheese. Served with brown rice and topped with marinated chicken, parmesan, grilled mushrooms, tomatoes, scallions, avocado sauce and a pesto drizzle

Artichoke Scramble 11
Eggs scrambled with artichokes, jack cheese, green onions & tomatoes. Served with crispy rosemary potatoes & a side of rosemary bread.

Nirvana Bowl 11
Marinated grilled tofu, brown rice, broccoli, yellow squash, green zucchini, egg whites, sautéed tomatoes, green onions, & salsa cruda

Roast Beef Hash & Eggs 14
Seared steak, rosemary potatoes, scrambled eggs & rosemary bread served with a side of horseradish cream

Breakfast Burritos 9
Eggs scrambled with jack cheese, scallions & tomatoes wrapped in two flour tortillas. Served with black beans topped with sour cream and cheese & a side of salsa cruda

Breakfast Tamales 11
Slightly sweet corn tamales with roasted tomatillo sauce, scrambled eggs, black beans, sour cream & jack cheese.

Breakfast Quesadilla 10
Bacon, jack cheese, green onions & tomatoes grilled between two flour tortillas. Served with black beans, sour cream and cheese & a side of salsa cruda
ADD SCRAMBLED EGGS INSIDE 2.5

Carnitas Stack 14
Cripy potatoes, black beans, jack cheese, jalapeños, avocado sauce, tomatoes, green onion & cilantro topped with marinated carnitas. Served with corn tortillas.

The Original Power Breakfast 11
Four scrambled egg whites, steamed brown rice, seasonal veggies, broccoli, tomatoes, green onions & a side of salsa cruda.
ADD CHICKEN 3.5

Power Burritos 12
Egg whites scrambled with grilled chicken, jack cheese, green onion & tomatoes wrapped in two flour tortillas. Served with black beans & a side of salsa cruda.

Jalapeño Scramble 10
Four egg whites, jalapeños, scallions & tomatoes, served with black beans, brown rice & a side of salsa cruda.
ADD CHICKEN 3.5

LUNCH

Buddha Bowl 9.75
Big bowl of steamy lemongrass & coconut milk broth with shiitake mushrooms, pan fried noodles, veggies, chili flakes, cilantro & green onions

Lettuce Wraps 11
Teriyaki ginger chicken, crisp lettuce leaves, bean sprouts, cucumbers, peanut sauce & brown rice
CHOICE OF MARINATED CHICKEN OR TOFU

Lunch Tamales 11
Cantina's housemade tamales with fire roasted chiles, served with sour cream, jack cheese, black beans, rice, avocado & tangy tomatillo sauce
ADD CARNITAS, SOY CHORIZO, TOFU OR CHICKEN 3.5
GRILLED STEAK 4

Chicken Burrito 10
Teriyaki chicken, lettuce, tomatoes, avocado, jack cheese, green onion, cilantro & chipotle cream wrapped in a wheat tortilla.
Served with house chips & salsa cruda.

Single Happiness 12
Crisp brown rice, broccoli & seasonal vegetables served with grilled chicken or tofu with a side of peanut sauce

Double Happiness 14
Crisp brown rice, broccoli & seasonal vegetables served with grilled steak & chicken with a side of peanut sauce

Dragon Potatoes 8.5
Crispy rosemary potatoes grilled with jalapeños, onions, tomatoes, black beans, avocado, jack cheese, sour cream, a side of salsa cruda & a flour tortilla
ADD CARNITAS, SOY CHORIZO, TOFU OR CHICKEN 3.5
GRILLED STEAK 4
SCRAMBLED EGGS 2.5

Brian's Bowl 11
Brown rice, black beans, avocado, tomatoes, green onions, broccoli, roasted tomatillo sauce, jack cheese & a side of Amalia's sauce. Served with flour tortillas.
ADD CARNITAS, SOY CHORIZO, TOFU OR CHICKEN 3.5
GRILLED STEAK 4
SCRAMBLED EGGS 2.5

SOUPS & SALADS

Blue Cheese Walnut Salad 10
Mixed greens, blue cheese crumbles, walnuts, onion, cilantro, tomatoes, balsamic vinaigrette & grilled rosemary bread
ADD CHICKEN, TOFU OR CARNITAS 3.5

Mexican Chopped Salad 9
Mixed greens, chopped romaine lettuce with radishes, cucumbers, tortilla strips, chipotle corn salsa & a pepita seed mix. Tossed with a cumin vinaigrette
ADD CHICKEN, TOFU OR CARNITAS 3.5

Soup of the Day
Bowl is served with grilled rosemary bread or a tortilla
BOWL OF SOUP 7
CUP OF SOUP 5

Soup & Salad 10
Mexican chopped salad with a bowl of soup & grilled rosemary bread
SUB BLUE CHEESE WALNUT SALAD FOR 2

TORTAS

Served with house chips & salsa cruda. Sub mixed greens with choice of dressing for 2

Veggie Torta 9
Avocado, cucumbers, jack cheese, jalapeños, lettuce, tomatoes & mayonnaise

Carnitas Torta 10
Tender braised carnitas, avocado, jack cheese, jalapeños, lettuce, tomatoes & mayonnaise

Chicken Torta 10
Grilled chicken, avocado, jack cheese, jalapeños, lettuce, tomatoes & mayonnaise

Steak Torta 12
Grilled steak, avocado, jack cheese, jalapeños, lettuce, tomatoes & mayonnaise

TACOS

Served with rice & beans, fresh corn salsa & chipotle cream

Carnitas Tacos 9.5
Braised carnitas, cotija cheese, guajillo chile sauce, cilantro lime sauce & pickled red onion

Chicken Tacos 9.5
Marinated chicken breast, jack cheese, avocado sauce, chipotle cream & pico de gallo

Soy Chorizo Tacos 9
Soy chorizo, avocado sauce & pico de gallo

Steak Tacos 11
Grilled marinated steak, jack cheese, avocado sauce & pico de gallo

STARGAZER FARMS

FARM FRESH INGREDIENTS

We grow as many ingredients as possible on our very own Stargazer Farm. These ingredients are grown following organic farming practices in Sandy, OR.

KIDS

Fruit Face Pancake 6
Cheese Quesadilla 6
Egg, Bacon, & Fruit 6

COFFEE & TEA

House Blend 2.5
Fair Trade and 100% organic Guatemalan dark roast

Espresso 3
The essence of coffee

Latte 4
Espresso, large portion of steamed milk topped with foam

Cafe Americano 3.5
Espresso blended with pure steamed water

Hammerhead 4
Espresso blended with our freshy ground coffee

Cafe Au Lait 3.5
Our house blend coffee with steamed milk and foam

Cappuccino 4
Espresso and steamed milk topped with foam

Thai Coffee 4
Our freshly roasted coffee with sweetened condensed milk

Mexican Mocha 4.5
Milk blended with spicy mexican chocolate & espresso. Topped with whip

Mexican Mocha Thai 4.5
Our Mexican Mocha with sweetened condensed milk

Chai Latte 4.5
Black tea, honey, vanilla, spices and steamed milk

Soul Bowl 4.5
Black vanilla tea, espresso, cinnamon, steamed soy milk, vanilla and honey.

Hot Tea 3
Pan fried green, jasmine, english breakfast, earl grey, rooibos, yerba mate, orange spice, passion fruit and chai
CAFFEINE FREE - Lemon zinger, chamomile, euco-mint

COLD DRINKS

Iced Tea 3
Passion fruit, green and blood orange (CF)

Juice
OJ, cranberry, apple, grapefruit, lemonade & POM

Soda 2.5
Coke, diet coke, sprite

Pineapple Orange Kale Juice 5
Made fresh in-house

BAR

Mimosa 6
Oj and champagne

Brazilian Mimosa 7
Oj, cranberry and champagne

Apple Pomegranate Mimosa 7
Apple, POM juice and champagne

Orange Pineapple Kale Mimosa 7
Our fresh mix and champagne

Bloody Dragon 7.5
House mix, worschestershire, tabasco, lime, lemon, course pepper, etc...

SIDES

Cinnamon bread	4
Rosemary bread	3
Rosemary potatoes	4
Sage sausage	5
Two pieces of bacon	3
Four pieces of bacon	4
Scrambled eggs	2.5
Scrambled egg whites	3
Substitute egg whites	2
Substitutions	1.5
Split charge	1.5

ISABEL'S CANTINA
PACIFIC BEACH

This menu is served
Mon - Sun 8am to 3pm

Check in on
Facebook and Yelp!

18% gratuity on parties of 6 or more.

Chef Isabel Cruz & Chef de cuisine Amalia Romero

www.isabelscantina.com

We prepare our food from scratch with love and care. If you are in a hurry, please inform your server and we will do our very best to accommodate you.