



BREAKFAST

Served Daily until 2:00 pm

Eggs

Egg Plate two Eggs any style, Potatoes and Toast.....	5.95
Add Turkey Bacon or Turkey Sausage.....	6.95
Eggs & Fresh Fruit two Eggs any style, fresh Seasonal Fruit and Toast.....	5.95
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.....	4.75
Add Turkey Bacon or Turkey Sausage.....	5.75
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.....	8.95

From the Griddle

All items served with 2 oz Real, Organic Maple Syrup.
Extra Maple Syrup \$2.00

Pancakes with Fruit two made-with-organic Whole Wheat Pancakes topped with seasonal Fruit.....	6.95
Belgium Blueberry Pancakes two made-with-organic Belgium Pancakes cooked with Blueberries inside, topped with seasonal Fruit.	6.95
Banana Nut Buckwheat Pancakes (Vegan) two organic Buckwheat Pancakes cooked with fresh Bananas, Blueberries and Nuts. topped with seasonal Fruit.....	7.95
Pancake Combo two mini Pancakes of your choice, two Eggs any style, Breakfast Potatoes and Turkey Sausage.....	8.25
French Toast three pieces of light Whole Wheat Bread, dipped in Egg batter, spiced with Cinnamon and Vanilla, topped with seasonal Fruit.....	8.75
French Toast Combo one piece of French toast, two Eggs any style, Breakfast Potatoes and Turkey Sausage.....	8.25

Other Breakfast Items

Tofu Scramble 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	6.25
Organic Granola and Fruit served with your choice of Milk or Yogurt.....	6.25
Açai Granola Bowl with Fruit	7.95
Fresh Fruit Bowl	6.25
Muffins or Croissants	1.95

Sides

Turkey Bacon or Sausage	2.50
Avocado	2.00
Cup of Fresh Fruit	3.50
Plain Yogurt	1.75
Breakfast Potatoes	2.75
Side 2 eggs, prepared any style	3.50
Extra Maple Syrup	2.00

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.

In an area where people actively enjoy the outdoors and have a high degree of awareness for their health and well-being and also for their surrounding community, we provide options that serve those needs. We welcome you to our community!

Where we get our ingredients...

We are big believers in the idea that the quality of the ingredients affects the quality of the dish. Right from the beginning, we've always researched the source of our ingredients. Our criteria are: they must be naturally or organically raised and they must use ecologically-sound and humane practices. With that in mind, we thought we'd let you know about some of our ingredient sources:

[Hillikers Eggs](#) (from Lakeside, California)

Hilliker's is a second generation family farm. Their birds eat a vegetarian diet, which consists mainly of corn, soybeans, grains, vitamins, minerals and calcium. The vegetarian feed is more expensive than feeds mixed with ground animal remains but it produces a much healthier chicken and better eggs.

[Jidori Chicken](#) (Japanese for "Chicken of the Earth")

Our birds are raised cage-free, fed all natural grain with no meat byproducts, and without any hormones or steroids. Unlike any other poultry company in Los Angeles, we truck our birds live daily into the heart of the city from Central Valley and process them under strict HACCP guidelines with USDA inspection of every single bird.

[Giusto's Vita Grain](#)-

In 1940, Matthew and Amelia Giusto established a bakery and retail health food business in San Francisco. As Giusto's organic milling and blending operation expanded, the bakery was mainly used to test products to perfect its organic flours. Consequently, the Giusto's name has become synonymous with quality among chefs and bakers and has long been a leading processor and wholesaler of organically grown grains.

[Lundberg Family Farms](#) (from Richvale, California)

Since 1937, the Lundberg family has been growing healthy, great tasting rice while respecting and sustaining the earth. Today, the third generation carries on the family heritage by using eco-positive farming methods that produce wholesome, healthful rice while improving and protecting the environment for generations to come.