

First things first!

Suggested Wine Pairing

- 6 **Chili Lime Edamame**
For a little kick, try our Edamame tossed with Sesame Oil, Chili flakes, and a little Lime Juice- they're addictive! **\$4.50**
- 17 **Brie, Mango, and Avocado Quesadilla**
Who doesn't like Brie and Mango together? Rolled with Onion, Red Pepper, and Cilantro in a Whole Wheat Tortilla, then cut into bite-size pieces. Perfect for sharing. **\$10**
- 8 **Ahi Tartare**
For all you fresh Ahi lovers, we toss Ahi, fresh Papaya and Avocado with Lemon Juice, pile it into a stack and serve it with Ginger- Yum! **\$12**
- 12 **Fresh Spring Rolls**
Fresh Veggies, Tofu and Herbs wrapped in Rice Paper and served with a Thai Peanut Sauce that you could swim in. (yes, it's that good!) Available with Chicken on Request **\$8**
- 31 **Flatbread with Prosciutto & Roasted Grapes**
House made Herb Flatbread, Prosciutto, Herb Roasted Grapes, and Parmesan. We drizzle it with Balsamic Vinaigrette, add Arugula Greens and a Masterpiece is born! **\$10**

Hot Things and Cold Things

- 7 **Soup of the Day**
Ki, our founder, was an amazing Soup cook. We continue that tradition by making a wonderful variety of soups every day. **\$5.25**
- Dinner Salad: Caesar or House**
The Caesar is traditional, the house is tossed with Ki's famous Herbal Dressing **\$5.25**
- 8 **Gazpacho**
A refreshing appetizer after a warm day: Roma Tomatoes, Peppers and fresh Herbs Blended, pureed and served chilled with a drizzle of Basil oil and a dash of Worcestershire for a little kick! **\$6**
- 7 **Heirloom Caprese**
Luscious Heirloom Tomato slices with Mozzarella Cheese slices and Basil, drizzled with Balsamic Vinegar and Basil oil- simply delicious **\$10**
- 14 **Baby Green Salad with Berries**
Fresh Berries, Candied Walnuts and Gorgonzola Cheese with Honey Lime Vinaigrette...One of our favorites! **\$9**
- 10,17 **Salmon on Organic Field Greens**
4 oz Grilled Salmon on a bed of Organic Field Greens tossed in Raspberry Vinaigrette with Candied Walnuts, Mushrooms, Craisins, and Gorgonzola Cheese- Great if you want a lighter meal! **\$13**
- 20 **Top Sirloin Salad**
Baby Greens, Caramelized Onions, Peppers, Tomatoes, Gorgonzola, in a creamy Horseradish Dressing. Also great for a lighter meal! **\$16**

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KI'S
RESTAURANT

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 (well over a decade) 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.

We provide options that serve the needs of people who actively enjoy the outdoors and have a high degree of awareness for their health and well-being and also for their surrounding environment.

We welcome you to our community!

Other things to note

- Large Parties Are Subject to a 18% Gratuity.
- Meals shared by two people are subject to a \$3.00 split plate charge.
- Items ordered from downstairs menu are subject to a \$3.00 surcharge.

Ask about our Gluten free menu!

When you want something, but not too big...

Suggested Wine Pairing

- 10 **Macadamia Coconut Mahi Mahi with Thai Peanut Sauce**
4oz. Mahi rolled in Macadamia Nuts and Coconut Tropical Salsa, Thai Peanut Sauce, Organic Jasmine Rice And Asparagus.... Inspires dreams of Tropical Sunsets.....\$17
- 18,20 **Maple Ginger Salmon**
Maple Syrup, Ginger and Salmon...how can you go wrong? 4oz. Salmon served with Jasmine Rice, sautéed Asparagus and Bok Choy. \$17
- 28, 32 **Petite Filet Mignon with Basil Mushroom Demi-Glaze**
5 oz naturally raised Beef served with Julienne Vegetable Medley on a bed of Parmesan Mashed Potatoes with Spinach... just enough to satisfy that Meat craving! \$20
- 17, 20 **Risotto- your choice**
Risotto with Olive Oil, sautéed Onions, Parmesan Cheese, and fresh Herbs:
Toss in Portobello and Button Mushrooms roasted to Perfection and a drizzle of Truffle Oil
OR add Pesto Sauce and Roasted Pine Nuts.
Simple and Delicious! \$13
- 8 **Butternut Squash Soft Rolled Tacos**
Our famous Butternut Squash and Corn mixture rolled in two Corn Tortillas and served with Black Beans and Jasmine Rice. The dish is finished with a Jicama Corn Relish and Avocado-Crème Fraîche \$13

Are you hungry? Here's the section for you:

- 17 **Catch of the Day-** \$ Market Price
Fresh Fish Prepared Daily
- 33 **Peppercorn Rubbed Rib-Eye with Rosemary Demi-Glaze**
10 oz naturally raised Creekstone Farm Rib-Eye rubbed with Peppercorns and finished with a Rosemary Demi-Glaze Served with Balsamic grilled Asparagus, Roasted Potatoes and Vegetable Medley \$25
- 28 **Cuban Pork Chop with a Sofrito Sauce**
10 ½ oz Pork rubbed with Cuban spices, served with a Sofrito sauce (Green Peppers, Onions, and Garlic) on a bed of Black Beans and Rice \$20
- 18,20 **Baked Salmon in Parchment**
7 oz Salmon fillet, Feta Cheese, Basil, Tomatoes, Garlic Butter and White Wine baked in parchment paper. Served with Roasted Potatoes and sauteed Vegetables \$21
- 35 **Jidori Chicken with Bourbon Brown Sugar BBQ Sauce**
Summer is here (whether the weather cooperates or not) and we're going to celebrate! Bourbon Brown Sugar Barbeque Sauce brushed on an roasted 8 oz skin-on Chicken breast, served with Root Beer Baked Beans, grilled Corn on the Cobb with Smoked Paprika Herb Butter, and a Southwestern Cole Slaw.\$18
- 6,10 **Thai style Seafood Curry**
Fresh Seafood, Coconut Milk, Curry Spices Assorted Vegetables, Jasmine Rice \$18
- 7 **Stir Fried Vegetables with Tofu**
Seasonal Vegetables, Tofu, Pineapple-Tamari Sauce, Cashews, Cornbread, served over Brown Rice. \$16

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:

Thunder Ridge Ranch-

At TR Ranch, our Black Angus cattle is all-natural, grass-fed, grain-finished beef. Raised w/out growth hormones, our cattle are never fed animal byproducts or antibiotics.

Jidori Chicken Breasts

"Jidori" is a Japanese term and the simplest translation means "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 here in Los Angeles, we truck our birds live daily into the heart of the city from California's Central Valley and process them under strict HACCP guidelines with USDA inspection of every single bird.

Our grains come from Giusto's Vita Grain-

In 1940, Matthew and Amelia Giusto established a bakery and retail health food business in San Francisco and have passed down their tradition to their two sons, Fred and Al. Over the past 60 years, Giusto's has set the standard for high quality baking ingredients. 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.

Our Rice comes from Lundberg Family Farms-

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. (Lundberg Family Farms is based in Richvale, California)

Our dried beans come from Multiple Organics-

At Multiple Organics, we pride ourselves on the quality and safety of the ingredients we offer, and in the relationships the company has nurtured around the world with our supplier and farmer partners and their communities. We demand more for you by working with factories that implement the highest quality control standards. We do our own inspections with third-party food scientist auditors and test every lot upon arrival of each load at a third party US Laboratory. We work with farms and processors to improve safety, promote local social improvements, and develop community projects.

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Add Chicken, Shrimp, Scallops or 4 oz. Salmon to any entree \$5.95