

CAST & PLOW

COMMUNITY MADE

BREAKFAST

ORGANIC EGGS

EGG WHITE FRITTATA 19.

wild mushrooms, goat cheese
spinach, green salsa

LOX & POACHED EGG 22.

smoked salmon, whole wheat english
muffin, dill hollandaise

SHAKSHOUKA 18.

sunny egg, tomato stew, harissa, feta, pita

LA WRAP 22.

chorizo, egg white scramble, avocado
enchilada sauce

OMELET 24.

selection of three ingredients
breakfast potatoes, toast

EGGS BENEDICT 22.

Canadian bacon, breakfast
potatoes asparagus, traditional
hollandaise

CHORIZO & POTATO HASH 22.

sunny eggs, avocado, spanish
chorizo crispy tortilla

AVOCADO BRUSCHETTA 18.

poached eggs
sourdough toast, tomatoes
pesto

SIDES

PEPPERED MAPLE SMOKED BACON 8.

CHICKEN & APPLE SAUSAGE 7.

PORK SAUSAGE 7.

SPIRAL HAM 7.

GRILLED ASPARAGUS 9.

BREAKFAST POTATOES 6.

Cast & Plow is committed to fresh, organic, locally grown and raised ingredients to create food that fulfills our appetites and pleases our sensibilities while promoting good health, sustaining our environment and supporting the local economy.

We believe that everyone benefits when we know the source of food and its journey to your table.

EXECUTIVE CHEF
Eric Duchene

FAVORITES

YOGURT PARFAIT 15.

granola, honey, local berries
organic greek yogurt

OATMEAL 14.

banana puree, almonds, dried
fruit cocoa nibs, flax seeds

CAKES OR WAFFLES 17.

strauss family farm organic
ricotta, bing cherry compote

FRENCH TOAST 18.

brioche, vanilla cream,
housemade strawberry jam

SB SMOKED SALMON 20.

chef's condiments, multigrain bagel

CA FRUIT 18.

local fruit, market berries
orange-soaked chia seeds

MARINA BREAKFAST 26.

two eggs, breakfast potatoes
bacon or sausage, toast, beverage

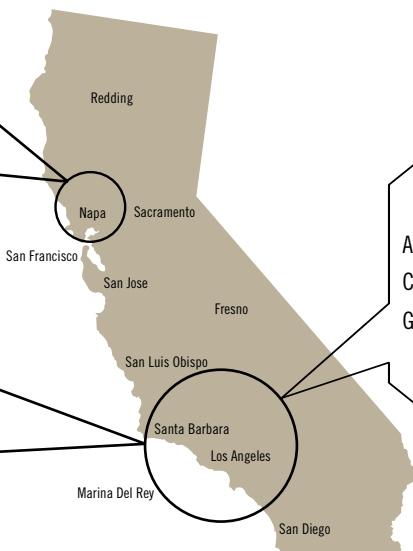
MARKET TABLE

SEASONAL FRUIT & BERRIES
ORGANIC YOGURT, SMOKED SALMON, PASTRIES
CEREAL, BACON, BREAKFAST POTATOES
EGGS TO ORDER, FRUIT JUICES

Butter: Straus NJM FBNFS
Petaluma CA
Sheep Milk Yogurt: Bellwether FarmT,
Petaluma CA

Smoked Salmon: The Santa Barbara Smoke
House, Santa Barbara, CA

Berries: Harry's SSJFT, Ventura, CA
Orange and Grapefruit Juice: Perricone
FarmT, Beaumont, CA



Avocados: Bliss Family Farm, Santa Barbara,
CA Berries: Harry's Berries Farm, Ventura, CA
Goat Cheese: Drakes Family Farm, Ontario CA

18% gratuity to be added
for parties of 6 or more