



# Lunch Menu

## STARTERS & SIDES

**HOUSE MADE SOUP / CUP \$6 / BOWL \$8**

*Ask Your Server for the Soup of The Day*

**GRILLED AVOCADO & RICOTTA V / \$14**

*Oven Roasted Baby Heirloom Tomatoes  
Toasted Pinenuts / Basil Oil / Balsamico  
Citrus Sea Salt / Panini-Grilled Focaccia*

**FAVA BEAN HUMMUS VE / GF / DF / \$15**

*Grilled Veggies / Baby Organic Kale  
Toasted Cashews / Zaatar-Olive Oil*

**PASADERA CHILI GF / CUP \$6 / BOWL \$8**

*Shredded Cheddar / Green Onions*

**MONTEREY BAY CALAMARI / \$15**

*Tempura Fried and Served with House Cocktail  
and Tartar Sauce*

**FREE-RANGE CURRIED CHICKEN  
LETTUCE CUPS GF / DF / \$12**

*Three Petite Iceberg Lettuce Cups  
Pistachio-Raisin Curry Chicken Salad*

## WRAPS & ROLLS

*Each served with Choice of Salad or Fries*

**BUFFALO CHICKEN WRAP / \$17**

*Flour Tortilla / Boneless Franks Hot Sauce  
Chicken / Romaine / Ranch / Carrots*

**SALMON AVOCADO WRAP / \$18**

*Spinach Flour Tortilla / Salmon / Avocado  
Spanish Rice / Tomato / Lettuce / Salsa Aioli*

**PRIME RIB WRAP / \$18**

*Tomato Flour Tortilla / Thin-Sliced Prime Rib  
Spinach / Crispy Onions / Horseradish Aioli*

## ENTREES & CLUB CLASSICS

**CALI CREPES / \$23**

*(3) Portobello & Chicken Crepes / Basil Cream Sauce  
Charred Baby Tomatoes / Crispy Leeks  
Choice of Salad, Veggies or Rice*

**PASADERA TACOS DF / \$15**

*Crispy Local Sand Dabs / Pico de Gallo / Cabbage Slaw*

**OPTIONAL SUBSTITUTE**  
*Chipotle Seared Portobello VE*

**FREE-RANGE CHICKEN QUESADILLA / \$15**

*Tajin-Seared Chicken / Shredded Cheese  
Guacamole Pico de Gallo / Sour Cream*

**ADDITIONS** 3 Prawns / \$5 4oz Steak / \$6

**THE HERON BURGER / \$15**

*Sirloin Steak Burger / Cheddar / Grilled Onions  
Lettuce / Tomato / House Dressing / Fries or Salad*

**ADDITIONS** Bacon / \$1 Avocado / \$1.50

**OPTIONAL VEGAN SUBSTITUTE**

*Impossible Burger w/out Cheese | Beyond Burger / +\$2*

**FISH & CHIPS / \$17**

*Classic Beer Battered Cod / Fries  
Green Goddess Tartar Sauce / Malt Vinegar*

## LUNCH SPECIALS

*Please visit the restaurant today to  
view our specials this week. Or call  
(831)647-2400 to place a to-go order  
and ask about our specials.*

**GF** - Gluten Free

**V** - Vegetarian

**VE** - Vegan

**DF** - Dairy Free

*\*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness.*



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## SALADS, BOWLS & SANDWICHES

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### ORGANIC CAESAR SALAD / \$15

*Chopped Local Romain / White Anchovies / Sourdough Croutons  
House Caesar Dressing / Shaved Parmesan*

#### CAESAR SALAD ADDITIONS

|                   |                          |                |
|-------------------|--------------------------|----------------|
| 5oz Chicken / \$5 | 5oz New York Steak / \$8 | 5 Prawns / \$9 |
|-------------------|--------------------------|----------------|

### “BEETS & ROCKET” SPRING SALAD V / GF / \$15

*Organic Local Baby Arugula / Citrus-Roasted Beets / Pistachio-Crusted Goat Cheese  
Avocado / Orange Segments / Pickled Red Onion / Tangerine-Ginger Vinaigrette*

### TOSSED CALIFORNIA COBB GF / \$17

*Grilled Free-Range Chicken Breast / Avocado Egg / Cucumbers / Organic Romaine  
Tomatoes / Bleu Cheese / Bacon / Cheddar Cheese / Choice of Dressing*

### MONTEREY SEAFOOD LOUIE / \$24

*Local Dungeness Crab / Baby Shrimp / Avocado / Romaine / Cucumber  
Tomatoes / Olives / Crispy Onions / Thousand Island Dressing*

### SOY-SESAME CHARRED MUSHROOM BOWL VE / GF / DF / \$17

*Char Siu Portobello / White Bean Puree / Steamed Rice  
Avocado / Sanp Peas / Toasted Cashews*

### PONZU SALMON BOWL GF / DF / \$18

*Chunks of Sesame-Seared Sustainable Salmon / Avocado / Cucumber  
Edamame / Steamed Rice / Ponzu Sauce / Side of Honey-Sriracha Aioli*

### CALI CHICKEN AVO PANINI ON FOCACCIA / \$17

*Free-Range Grilled Chicken / Avocado / Sharp Cheddar / Tomato / Basil Aioli  
*Served with Choice of Salad or Fries**

### JUNIOR CLUB SANDWICH / \$16

*Roasted Turkey Breast / Avocado / Bacon / Lettuce / Tomato  
*Served with Choice of Salad or Fries**

### MONTEREY CHICKEN CHEESESTEAK / \$19

*Free-Range Chicken / Artichokes / Peppers / Pepperjack Cheese / Roasted Garlic Aioli/ Hoagie Roll  
*Served with Choice of Salad or Fries**

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