

FAST FAST FAST FAST FAST FAST FAST FAST FAST FAST

House Specialties

The O.B. Breakfast

Two eggs cooked any style with your choice of sausage, bacon or ham served with potatoes or fresh fruit & toast

8.50

Blacks Beach

Two eggs cooked any style with potatoes or fruit & toast

7.25

Birchirmuesli (beer-ker-musli)

Homemade daily, fresh seasonal fruit with rolled oats & non-fat yogurt topped with walnuts

Small 2.95 Large 4.25

Veggie Rice Bowl

Mixed veggies, cheddar, eggs & brown rice

5.95

Breakfast Burrito

Three eggs with bacon, cheddar, potatoes, onions & fire roasted chilies wrapped in a flour tortilla. Served with salsa & sour cream upon request

5.95

Fresh Fruit Cup

16oz. of fresh seasonal fruits

3.80

Omelets

Served with your choice of fruit or potatoes & toast

Newbreak Omelet

Three eggs with your choice of three fillings

8.50

Veggie Omelet

Onions, zucchini, mushrooms, spinach, tomatoes, bell peppers & cheddar

8.00

Iron Skillet Frittata

Sautéed onions, spinach, tomatoes, potatoes, bell pepper & scrambled eggs topped with cheddar & sour cream served with toast

8.25

Add bacon or sausage or both

8.95

Huevos Rancheros

Three eggs any style with spanish rice, beans, corn tortillas, avocado & salsa

7.25

Oatmeal

Homemade oatmeal made to order with raisins, brown sugar & fruit

4.59

Add peanut butter

1.50

Meat Rice Bowl

Bacon, Sausage, cheddar, eggs & brown rice

6.50

Veggie Burrito

Three eggs with bell peppers, tomatoes, onions, mushroom, spinach, potatoes & cheddar wrapped in a flour tortilla. Served with salsa & sour cream upon request

5.75



Breakfast Sandwiches

Served on your choice of bagel or pita

Sunrise Sandwich

Two eggs scrambled with sausage, bacon & cheddar

5.35

Veggie Sunrise

Two eggs scrambled with celery, onions, tomato, spinach & cheddar

4.95

Veggie Sausage Sandwich

Egg whites topped with a veggie sausage patty & chipotle aioli on a thin multigrain roll

5.25

3 Egg whites on Pita & side of fruit
3.75

Open Face Bagels

Served on your choice of bagel

Cheesy Melt

Your choice of bagel spread with butter or cream cheese & topped with your choice of melted cheese

4.09

The Hamlet

Your choice of cream cheese or butter, topped with honey ham & your choice of melted cheese

5.45

The Nova

Nova lox, cream cheese, onions & tomatoes
Capers upon request

7.50

Wake up & Smell the Hommus

Hommus, marinated balsamic onions & tomatoes

4.25

Egg & Cheese

Two eggs scrambled with cheddar

4.75

Greek Sunrise

Two eggs scrambled with feta, spinach & oregano

4.99

Mediterranean Egg White Sandwich

3 eggs whites with spinach & sundried tomato tapenade on a multigrain thin or bagel

4.59

Bacon Street Melt

Choice of cream cheese with bacon, tomatoes & melted Swiss

4.99

Add avocado

5.75

Green Eggs 'n Ham

Scrambled eggs with spinach, Black Forrest ham, cream cheese & Swiss melted on top

6.35

Salmon Supreme

Nova lox, cream cheese, onions, tomatoes & topped with Swiss. Capers upon request

7.95

Veggie Bagel

Your choice of cream cheese or hommus topped with cucumbers, tomatoes, onions & romaine

4.75

L.E.O Bagel

Scrambled eggs & sautéed onions topped with Lox

6.75

New York Style Bagels

Blueberry, Cinnamon Raisin, Everything, Wheat Everything, Wheat, Garlic, Onion, Plain, Poppy Seed, or Sesame
Fresh Bagel 1.25

Homemade Cream Cheese

Chive, Sun-Dried Tomato, Popeye, Honey Walnut Raisin, Veggie, Jalapeno, Plain
Bagel with any spread 2.50

Breakfast Combos

Pancake Combo

2 eggs, bacon, potatoes & 3 stack pancake

7.25

Just French Toast

Thick sliced brioche dipped in our homemade batter

6.95

French Toast Combo

2 eggs, sausage & French toast

8.25

Just Pancakes

3 stack

5.00

LUNCH

Healthy Wraps

Served with fresh fruit on your choice of tortilla, spinach or flour.

Rockin' Turkey

Turkey breast, bacon, avocado, onions, tomatoes, romaine, mustard & pepper jack, Swiss or havarti 7.49

Ultimate Chicken

Grilled chicken, lemon garlic sauce, bacon, tomatoes, onions, romaine & cheddar 7.49

The Waldorf

Diced chicken breast with green apples, red grapes, raisins & walnuts mixed in a mild curry dressing with romaine 7.49

Big Fat Greek

Hommus, onions, cucumbers, feta cheese & romaine 6.99

Under the Tuscan Sun

Diced chicken breast, sun-dried tomatoes, Swiss or havarti, zesty tapenade & romaine 7.49

The Secret Garden

Gardenburger, hommus, cucumbers, tomatoes, onions & romaine 7.49

Chipotle Chicken

Grilled chicken, chipotle aioli, brown rice, black beans, salsa, avocado, romaine & cheddar 7.49

Down by the Sea

House made tuna salad, tomatoes, romaine & Swiss or havarti 6.99

Salads

Served with multigrain toast points

Gourmet Spinach Salad

Bacon, feta & onions over baby spinach served with sweet and sour dressing 6.99

Greek Salad

Tomatoes, cucumbers, onions, black olives over romaine with Greek dressing 6.99

Curried Chicken Salad

Diced chicken breast with green apples, red grapes, raisins & walnuts mixed in a mild curry dressing over romaine 7.49

Newbreak Side Salad

Medley of fresh veggies over romaine with your choice of dressing 4.50

Soup

Vegetarian Lentil, Tomato Basil & Chicken Noodle

Cup 2.95 Bowl 4.25

Soup & ½ Signature Sandwich or Salad 6.99

Jo to Go & Other Goodies

½ Dozen bagels 9.95
& 8oz. container of cream cheese

1 Dozen bagels 18.99
& 2 - 8oz. containers of cream cheese

Homemade Cream Cheese Spreads 3.69

Jo to Go (serves 12) 16.99

1 Dozen assorted pastries & muffins 29.99

Kids Menu

Scrambled eggs & fruit 3.00
Grilled cheese & fruit 3.95
Cheese quesadilla & fruit 3.50
PB n' J & fruit 3.25
½ Turkey & cheese sandwich with fruit 3.95

World Teas • Gourmet Coffee • Espresso • Lattes
Mochas • Cappucinos • Frozen Blended Drinks
Fresh Juice • Smoothies • Nectars • Naked Juice
Fresh Muffins • Scones • Pastries • Bagels • Gelato

Signature Sandwiches

On your choice of White, Multigrain, Pita or Ciabatta & served with a side of potato chips

New-B-Ken-OB

Turkey breast, bacon, avocado, tomato, romaine, mayo & Swiss or havarti 7.49

Classic Grilled Cheese

Cheddar grilled with butter 4.25

Newbreak Club

Triple decker, with turkey breast, Black Forrest ham, bacon, tomato, romaine, mayo & Swiss or havarti 7.49

Tuna Salad

House made tuna salad with Swiss or Havarti with romaine & tomato 6.99

Grilled Paninis

Served on grilled ciabatta bread with a side of potato chips

Chicken Mediterranean

Grilled chicken breast, sliced zucchini, pesto tapenade with Swiss, havarti or pepper jack 7.50

T.H.B.

Turkey breast, Black Forrest ham, bacon, garlic feta dressing & havarti 7.50

Turkey Breast

Turkey breast, tomatoes & mustard with Swiss, havarti or pepper jack 7.50

The Tuscany

Grilled chicken, sun dried tomato tapenade, marinated balsamic onions & mozzarella 7.50

Newbreak Santa Fe

Black Forrest ham, fire roasted green chilies, mustard and Swiss 6.95

Vegetarian Fare

On your choice of White, Multigrain, Pita or Ciabatta & served with a side of potato chips

Pesto Melt

Tomato, cucumbers, marinated balsamic onions, romaine & melted mozzarella with pesto tapenade 6.99

Super Bowl (Gluten Free)

Brown rice, red & black beans, black olives, salsa, avocado, sour cream, cilantro and lemon garlic sauce (Sauce contains nuts)
Large 6.49
Small 5.99

Vegetarian Sandwich

Sliced avocado, cucumbers, tomatoes, onions & romaine with mustard & mayo or hommus 6.99

Veggie Burger

Gardenburger with hommus, tomatoes, onions & romaine 6.99



Newbreak Mission

To provide our guests the experience of a full flavor of quality service, rich in the aroma of a smile & wrapped up in a robusto blend of enthusiasm.

PROUDLY SERVING
SADIE ROSE
BAKING CO.
ARTISAN BREADS

690 First Ave (&G St.) San Diego, CA 92101 (619)269-0580