

## PANCAKES & FRENCH TOAST

The following items are decorated with berry puree and powdered sugar

<b>NAKED PANCAKES</b> Three plain griddled cakes .....	7.25
<b>BLACKBERRY PANCAKES</b> Three blackberry pancakes .....	8.25
<b>BANANA BLACKBERRY PANCAKES</b> Three large pancakes with bananas and blackberries .....	8.50
<b>BLUEBERRY CORNMEAL PANCAKES</b> Three pancakes with blueberries and yellow cornmeal.....	8.50
<b>GRANOLA BANANA PANCAKES</b> Three cakes with toasted grains, almonds and bananas .....	8.50
<b>BLUEBERRY PANCAKES</b> Three griddle cakes with blueberries .....	8.25
<b>STRAWBERRY GRANOLA PANCAKES</b> Three pancakes with fresh strawberries and grain cereal ...	8.50
<b>STRAWBERRY BANANA PANCAKES</b> Fresh strawberry & banana pancakes stacked three high.....	8.50
<b>MISSION FRENCH TOAST</b> Made with fresh baked cinnamon bread .....	10.25

Add two scrambled farm fresh eggs and double smoked bacon .....

Crispy rosemary potatoes may be substituted for bacon or scrambled eggs..... for an add'l 1.00

## SOY CHORIZO SPECIALS

<b>SOY CHORIZO &amp; EGGS</b> Soy chorizo scrambled with eggs, served with black beans, cheese, chipotle crema & flour tortillas .....	10.95
<b>PAPAS CON CHORIZO</b> Soy chorizo with crispy potatoes, black beans, jalapeños, cheese, salsa, scallions, chipotle crema and avocado slice. Served with large whole wheat tortilla.....	9.95
Add scrambled eggs.....	2.50
<b>SOY CHORIZO BURRITO</b> Black beans, crispy rosemary potatoes, scrambled eggs, jack cheese, cilantro, scallions, tomatoes and chipotle crema in a large whole wheat tortilla.....	11.25

## SMALL PLATES

<b>THE URBAN ASSAULT</b> Your choice of avocado toast, flaky croissant, banana bread or muffin, fresh squeezed orange juice and Mission house blend regular or decaf coffee .....	8.95
<b>TOASTED GRANOLA &amp; FRESH FRUIT</b> Our own housemade grain cereal with almonds, raisins, honey and an assortment of seasonal fresh fruit.....	8.95
Add Fage low fat yogurt. 1.50	
<b>FRUIT BOWL</b> A seasonal array of fresh fruit .....	8.75
Add Fage low fat yogurt. 1.50	
<b>MISSION CINNAMON TOAST AND FRESH FRUIT</b> With berry puree .....	8.75
<b>ROSEMARY BREAD &amp; SALSA</b> Appetizer of grilled rosemary bread and fresh salsa .....	3.50
<b>CHIPS AND SALSA CRUDA</b> Corn chips and our housemade salsa cruda .....	3.50

## EXTRA STUFF

Grilled Rosemary Bread Slice .....	1.50	Crispy Rosemary Potatoes.....	3.95
Cinnamon Bread Slice .....	2.50	Add Cheese .....	1.25
Flour Tortilla .....	1.00	Sour Cream .....	1.00
Salsa Cruda .....	1.00	Chicken Apple Sausage.....	3.95
Side Avocado .....	1.50	Substitute Egg Whites.....	1.50
Four Strips Double Smoked Bacon .....	4.25	Pure Maple Syrup 2 oz.....	1.25
Two Strips Double Smoked Bacon .....	2.75	Side Two Eggs .....	3.25

Mission Tee Shirts.... 18.00 & 20.00

## MISSION FAVORITES

Gluten-Sensitive Menu\* Available Upon Request

We serve farm fresh eggs

### MISSION ROSEMARY

Crispy rosemary potatoes, scrambled eggs, tomato & onion garnish with rosemary bread.... 8.95

### ZEN BREAKFAST

Scrambled egg whites, braised organic tofu, brown rice, grilled zucchini & squash, mushrooms with tomato & onion garnish.... 11.95

### MISSION CROISSANT

Croissant filled with eggs, jack, cream cheese, tomatoes and scallions, served with fresh fruit.... 11.95

### CHICKEN APPLE SAUSAGE & EGGS

Aidell's chicken apple sausage is lightly sautéed, served with crispy rosemary potatoes, grilled rosemary bread and scrambled eggs.... 12.95

### HANGER STEAK HASH & EGGS

Grilled CAB Hanger steak, horseradish cream, rosemary potatoes, grilled rosemary bread and scrambled eggs.... 13.95

## LATINO BREAKFAST PLATES

ALL ITEMS INCLUDE BLACK BEANS, CHEESE, SOUR CREAM, CILANTRO, SCALLIONS AND SALSA

### BREAKFAST BURRITOS

Eggs scrambled with cheese, scallions & tomatoes wrapped in two handmade tortillas.... 8.50

### RANCHEROS VERDE

Fresh flour tortillas with eggs over medium, black beans, cheese & roasted chile verde sauce.... 10.95

### MISSION CHILAQUILES

Corn tortilla chips, layered with black beans, cheese, scrambled eggs, roasted tomato ginger sauce & chipotle cream.... 10.25

### BREAKFAST QUESADILLA

Layered with cheese, crispy bacon, cilantro, scallions, tomatoes and fresh salsa.... 8.95  
With scrambled eggs..... Add 2.50

### VEGETARIAN PLATO VERDE CON HUEVOS

Our sweet corn & green chili tamales and eggs over medium, covered with roasted tomatillo sauce.. 10.95

### PAPAS LOCO

Rosemary potatoes, grilled jalapenos, black beans, cheese, avocado slice, sour cream & tortillas.... 8.95  
With two scrambled eggs..... Add 2.50

### DESAYUNO BURRITO

Large tortilla filled with potatoes, eggs, cheese, beans, scallions & chipotle cream.... 9.95

### POWER PLATO BREAKFAST

Scrambled egg whites, Aidell's chicken apple sausage, fresh flour tortillas and black beans... 11.95

## COFFEE

THE LAST LEGAL VICE / FAIR TRADE COFFEE

<b>HOUSE BLEND</b> Freshly roasted and ground to meet your high standards .....	2.95
<b>COLD BREW</b> Smooth, low-acid, high octane cold extracted organic coffee, over ice .....	4.00
<b>ESPRESSO</b> Intense, flavorful, aromatic shot of espresso. The essence of coffee .....	3.00
<b>LATTE</b> Espresso, a large portion of steamed milk topped with foam .....	4.00
<b>CAFE AMERICANO</b> Espresso blended with pure steamed water .....	3.00
<b>HAMMERHEAD</b> Espresso blended with our freshly roasted coffee .....	3.25
<b>CAFE AU LAIT</b> House coffee with steamed milk and foam .....	3.25
<b>CAPPUCCINO</b> Espresso and steamed milk topped with foam .....	3.50
<b>THAI COFFEE</b> Our own freshly roasted coffee served with sweetened condensed milk .....	3.75
<b>MISSION MOCHA</b> Milk blended with fine chocolate, espresso and whipped cream .....	4.00
<b>MISSION MOCHA THAI</b> Mission mocha with sweetened condensed milk .....	4.50
<b>CAFE CON CHOCOLATE</b> House coffee blended with Mexican chocolate, topped with whipped cream .....	3.50
<b>MEXICAN HOT CHOCOLATE</b> With whipped cream and lbarra chocolate sprinkles .....	3.25
<b>HOT CHOCOLATE</b> Milk steamed and blended with our fine chocolate.....	3.00
<b>VINCENT VEGA</b> Coca-Cola, shot of espresso and Torani vanilla syrup, over ice.....	4.25
<b>CARAMEL MACCHIATO</b> Double latte with vanilla and caramel .....	4.50
<b>BLENDED FRAPPÉ</b> Iced coffee blended with cocoa and milk.....	4.50
<b>OREGON CHAI LATTE</b> Black tea, honey, vanilla, spices and milk .....	4.95

All drinks available iced or decaf. Substitute Organic Soy or All Natural Almond milk..... 50¢

## SHAKES, SMOOTHIES, ETC...

<b>POWER-ADE SLUSH</b> A high energy thirst quencher with kiwi Torani .....	3.25
<b>BEAN CLOUD</b> Vanilla ice cream, iced coffee, chocolate and whipped cream.....	4.50
<b>MOCHA SHAKE</b> Espresso, vanilla ice cream, chocolate and whipped cream.....	4.75
with banana .. 5.25	
<b>MOCHA CHIP SHAKE</b> Espresso, vanilla ice cream, chocolate chips, topped with whipped cream.....	4.95
<b>NON-FAT BLACKBERRY BANANA SMOOTHIE</b> A Mission favorite .....	4.50
<b>MANGO AND GREEN TEA FREEZE</b> .....	4.50
<b>SODAS</b> Coke, Diet Coke, Sprite, Lemonade, Powerade .....	2.95
<b>ITOEN GREEN TEA</b> Refreshing chilled Japanese Green Tea.....	3.25
<b>BOTTLED WATER</b> .....	2.00
<b>BLOODY MARY</b> With a vodka-style spirit from Asia, garnished with celery & olives .....	6.25
<b>VIRGIN MARY</b> Garnished with celery & olives .....	3.25

FOR OUR BEER AND WINE SELECTION PLEASE SEE TABLE TENT

## MORNING BEVERAGES

<b>COLD PRESSED FRESH ORANGE JUICE</b> ....	3.75	<b>MISSION MIMOSA</b> ....	5.50
<b>MILK</b> Lrg....	2.75	<b>SM</b> ....	1.75
<b>APPLE JUICE</b> ....	2.75	<b>ASSORTED TEAS</b> ....	2.95
<b>CRANBERRY JUICE</b> ....	3.00		

Water served upon request

In order to accommodate all of our guests during our busy hours, we cannot be as flexible with substitutions and special requests. Using the freshest ingredients our kitchen prepares everything to order. Your patience is appreciated. Enjoy and taste the difference.

# MISSION LUNCH FAVORITES

**Gluten-Sensitive Menu\* Available Upon Request**

We are proud to serve Jidori Non-GMO Organic Free Range Chicken and CAB Hanger Steak

Sandwiches come with your choice of chips and salsa or organic mixed greens with balsamic vinaigrette

- SOUP OF THE DAY** A hearty bowl of housemade soup with grilled rosemary bread ..... 6.50
- SALAD & SOUP OF THE DAY** Organic salad greens, bowl of soup and rosemary bread ..... 8.25
- BLT SALAD WITH TURKEY** Organic greens, romaine lettuce, smoked turkey, tomatoes, avocado, sunflower sprouts and bacon with balsamic vinaigrette ..... 11.50
- GRILLED CHICKEN SALAD** Organic greens, romaine lettuce, fresh grilled corn, grape tomatoes, cotija cheese, sunflower sprouts, carrots, jicama and red onion with a lemon basil vinaigrette ..... 12.95
- HOUSE QUESADILLA** Grilled Jidori chicken, cheese, tomatoes, cilantro, salsa cruda, green onions and sour cream served with Mission black beans..... 10.50
- CHICKEN PESTO QUESADILLA** With cheese, basil pesto, tomatoes, onions & green salad..... 10.75
- TAMALES VERDE** Vegetarian tamales with black beans, rice, roasted salsa verde and salad ..... 9.95
- TOMAS' SOY CHORIZO QUESADILLA** Whole wheat tortilla with soy chorizo, jack cheese, scallions and tomatoes. Served with black beans and chipotle crema..... 9.95
- GRANDE BURRITO** Large tortilla filled with rice, corn, black beans, tomatoes, sour cream, cheese, cilantro and scallions, served with corn chips and salsa..... 8.50 With chicken ..... Add 3.50
- MISSION NACHOS** Black beans, green onions, tomatoes, salsa, avocado, sour cream and cheese..... 8.50 With Soy Chorizo..... Add 2.00
- VEGGIE SANDWICH** On brown bread with avocado, cucumber, roma tomato, mayo and greens..... 8.95
- CHICKEN PESTO SANDWICH** Housemade pesto & grilled chicken with mayo, tomato & greens..... 11.75
- TURKEY SANDWICH** Smoked turkey with tomato, lettuce & mayo on grilled rosemary bread..... 10.75
- GRILLED CHICKEN SANDWICH** Grilled breast of chicken, roma tomatoes, mayo & greens ..... 11.50
- BLT** Crisp double smoked bacon, roma tomatoes, lettuce & mayo on grilled rosemary bread..... 10.75
- MISSION CLUB** Smoked turkey, bacon, avocado, tomato, lettuce & mayo on rosemary bread..... 12.95

**AVAILABLE MONDAY THRU FRIDAY AFTER 11:30 EXCLUDING HOLIDAYS**

## CHINO-LATINO

INTRODUCING A SIMPLE, HEALTHY, ETHNICALLY ECLECTIC WAY OF DINING

### VEGETARIAN ROLL-UP

Whole wheat tortilla, pan fried noodles, sprouts, julienne vegetables, cilantro with Thai peanut sauce..... 11.50

### GINGER SESAME ORGANIC TOFU WITH BROWN RICE

Crunchy brown rice with zucchini, gold bar squash, bean sprouts and broccoli, braised ginger sesame tofu with a light drizzle of peanut sauce..... 11.95

### HANGER STEAK QUESADILLA

Large tortilla filled with grilled Hanger steak, jack cheese, tomatoes, cilantro, and scallions. Served with black beans..... 12.50

### GINGER SESAME JIDORI CHICKEN ROLL UP

Large tortilla with chicken, crispy noodles, scallions, veggies & salad greens with Thai peanut sauce..... 12.50

### BAJA SHRIMP WRAP

Grilled large tortilla with shrimp, jalapenos, black beans, cheese, cabbage and chipotle cream..... 12.50

### INDO CHINE HAPPINESS BOWL

Brown rice is grilled with zucchini, squash, sprouts and shiitake mushrooms, topped with ginger sesame Jidori chicken, Hanger steak or shrimp with a light drizzle of peanut sauce

With choice of two..... 13.95 With choice of three..... 15.95

# FROM OUR BAKERY

Unique handmade breads & pastries baked fresh daily

- BROWNIE**.... 3.00 **CARAMEL NUT BROWNIE**.... 3.25 **BRAN MUFFIN**.... 3.25
- LARGE CROISSANT**.... 3.50 **GERRY'S PECAN BANANA BREAD**.... 3.00 **MUFFINS** (Daily Selection).... 3.25

**THE MISSION** is our concept of a Cafe specializing in simple, healthy, tasty food with a whimsical edge and a focus on artful presentation at an affordable price. The simplicity and fresh ingredients are produced with dedication to the cause of living in a more conscientious world. This modern concept in healthy dining combined with pleasant surroundings is our specialty. We hope you will enjoy your experience of eating at The Mission. Your comments and suggestions are always appreciated. Thank you and we'll see you again soon.

## DINE IN OR CARRY OUT

THE MISSION - MISSION BEACH  
3795 Mission Boulevard Mission Beach, CA 92109  
858/488-9060

THE MISSION - NORTH PARK  
2801 University Avenue North Park, CA 92104  
619/220-8992

THE MISSION - SoMa  
1250 J Street East Village, CA 92101  
619/232-7662

[www.TheMissionSD.com](http://www.TheMissionSD.com)

