

# CAPTAIN'S BRUNCH 6am-2pm



## SIGNATURE BRUNCH

<b>THE LONGSHOREMAN</b>	22
2 eggs your way, baby potatoes, & Choice of toast: White, Wheat, Sourdough, Rye or English Muffin SIDE CHOICE: Bacon, Pork Sausage, Turkey Sausage, Chicken Sausage, Cut Fruit.	
<b>MARKET OMELET</b>	22
<b>choice of 3</b> items enveloped in fluffy whole eggs, served with baby potatoes & Choice of Toast: White, Wheat, Sourdough, Rye or English Muffin <b>choice of 3:</b> bacon, turkey sausage, pork sausage, ham, spinach, tomato, mushroom, cheddar cheese, or swiss cheese	
<b>HEIRLOOM TOMATO OMELET</b>	22
Tomato + Burrata Cheese + Basil + Avocado + Baby Potatoes + choice of toast.	
<b>EGGS BENEDICT</b>	20
English Muffin + Poached Egg + Hollandaise + Country Ham baby potatoes	
<b>CHURRO FRENCH TOAST</b>	19
Larder Baking Company Brioche + Cinnamon & Sugar Sprinkle + Cream Cheese Drizzle + Cajeta Dulce de Leche	
<b>LBC BLT</b>	21
La Brea Sourdough + Neuskes Bacon + Avocado + Arugula + Heirloom Tomato + G.V.A + Fries	
<b>PROOF BREAKFAST BURRITO</b>	19
Scrambled Eggs + Black Beans + Chicken Sausage + Pepper Jack Cheese + Bell Peppers + Red Onion + Salsa + Baby Potatoes	
<b>CHILAQUILES ROJO</b>	12
Soyrizo + Avocado + Crema + Queso Fresco + Fried Eggs	
<b>SMOKED SALMON AVOCADO TOAST</b>	18
Grilled Artisan Bread + Mashed California Avocados + Smoked Salmon + Cucumber + Pickled Red Onion + Capers	
<b>CHICKEN &amp; WAFFLES</b>	22
Malted Waffle + Buttermilk Fried Chicken Tendies + Fermented Hot Honey + Maple Bourbon Butter	
<b>MOLTEN LAVA PANCAKE</b>	19
Chocolate Pancake + Hershey's Chocolate + Orange Zest + Whipped Butter + Black Lava Salt	
<b>STEEL CUT OATMEAL &amp; FRESH FRUIT</b>	17
Dried Fruit + Nuts + Brown Sugar + Cut Fruit	
<b>BREKKIE BURGER</b>	22
2 Brisket Patties + New School American Cheese + House Pickles + Neuskes Bacon + Fried Egg + Fries	

## EAT WELL MENU

Our Chef has crafted these delicious dishes with your well-being in mind, giving you the freedom to choose when it comes to portion size, nutritional balance and quality of ingredients.

**COCONUT CHIA PUDDING** half 10 | full 14  
Seasonal Fresh Fruit + Local Honey + Toasted Coconut + Mint

**CHILAQUILES ROJO** half 12 10 | full 19  
Soyrizo + Avocado + Crema + Queso Fresco + Fried Eggs

**ACAI BOWL** half 10 | full 16  
Blended Acai + Granola with Nuts & Raisins + Berries + Bananas + Peanut Butter + Honey + Flax Seeds + Shredded Coconut

**WESTIN** | **EAT WELL FOR YOU**  
HOTELS & RESORTS

**OUR SOURCING PROMISE**  
We actively seek out suppliers we trust, to source ethical, sustainable and organic ingredients wherever possible.

## YOGURT + FRUIT + GRAINS

<b>CUT FRUIT AND BERRIES BOWL</b>	13
<b>WILD BERRY &amp; GRANOLA PARFAIT</b>	16
<b>COCONUT CHIA PUDDING</b>	14
seasonal fresh fruit + local honey + toasted coconut + mint	
<b>BANANA NUTELLA TOAST</b>	14
coconut + local honey + sea salt	

## BEVERAGE

<b>STARBUCKS COFFEE, LATTE OR CAPUCCINO</b>	7
<b>TAZO TEA</b>	6
<b>choice:</b> awake English breakfast, early grey, Zen green, passion, calm chamomile	
<b>JUICE</b>	8
<b>choice:</b> orange, apple, or cranberry	
<b>MILK</b>	7
<b>choice:</b> whole, 2%, fat free, almond, soy	
<b>RUFFINO 187ml</b>	6
<b>MIORETTO PROSECO 750ml</b>	25
<b>ILINI LAMBRUSCA</b>	13/48
<b>CHANDON BRUT</b>	20/80

## SIDES

<b>PLATE OF BACON or SAUSAGE</b>	9
<b>BABY POTATOES</b>	7
<b>PLAIN GREEK YOGURT CUP</b>	7
<b>ONE EGG YOUR WAY</b>	6
<b>TOAST</b>	6
<b>choice:</b> English muffin, white, wheat, or sourdough	
<b>CEREAL</b>	9
<b>choice:</b> Raisin Bran, Corn Flakes, or Granola	
<b>choice of milk:</b> whole, 2%, fat free, almond, soy	

Please notify server if you are paying with a voucher or have a group discount Maximum 4 separate checks or credit cards per table due to system limitations 20% gratuity added to parties of 6 or more.



Lunch 11am – 5pm

Dinner 5pm – 11pm

Happy Hour 3pm – 7pm

[NavyProofLB.com](http://NavyProofLB.com) | [@NavyProof](https://www.instagram.com/NavyProof)

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