

CAPTAIN'S BRUNCH

6am-2pm



SIGNATURE BRUNCH

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



OUR SOURCING PROMISE

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

YOGURT + FRUIT + GRAINS

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

BEVERAGE + BUBBLY

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

SIDES

PLATE OF BACON or SAUSAGE	9
BABY POTATOES	7
PLAIN GREEK YOGURT CUP ONE	7
EGG YOUR WAY	6
TOAST	6
choice: English muffin, white, wheat, or sourdough	
CEREAL	9
choice: Raisin Bran, Corn Flakes, or Granola	
choice of milk: 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 | [@NavyProof](https://www.instagram.com/NavyProof)

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