

BREAKFAST

Ends at 11A.M.

A.M. BURRITO -\$12.45 NF

2 Eggs Scrambled, Breakfast Potatoes with Choice of Protein, Veggies, and Cheese. Wrapped in a Flour Tortilla, served with a side of Pico de Gallo.

Options

Protein: Bacon, Ham, or Sausage
Veggies: Mushroom, Bell Pepper, Onion, Tomato
Cheese: Cheddar, Swiss, Provolone, Feta or Pepper Jack

RISE N' SHINE SANDWICH -\$12.00 NF

Choice of Egg, Protein, and Bread, with Lettuce and Tomato.

Options

Egg: Fried, Scrambled or Egg Whites
Protein: Bacon, Ham or Sausage
Cheese: Cheddar, Swiss, Provolone, or Pepper Jack
Bread: White, 6 Grain Whole Wheat, Squaw, Sourdough, or Croissant

AVOCADO TOAST -\$9.75 VGVN

Choice of Bread, Spread with Roasted Beet Hummus, topped with sliced Avocado.

BYO OMELETTE -\$12.75 NF

Choice of Protein, Cheese and Veggies. Served with Breakfast Potatoes and a choice of Fruit or Toast.

Options

Protein: Bacon, Ham, or Sausage
Veggies: Mushroom, Bell Pepper, Onion, Tomato
Cheese: Cheddar, Swiss, Provolone, Feta or Pepper Jack
Bread: White, 6 Grain Whole Wheat, Squaw, or Sourdough

EGGS-QUISITE -\$12.00 NF

2 Eggs, Breakfast Potatoes, Choice of Protein and Choice of Toast or Fruit.

BREAKFAST SIDES & ADD-ONS

Bacon, Ham or Sausage-\$4.75 GFNF

2 Eggs- \$5.45 VGVNF | 1 Egg- \$2.25 VGVNF

Toast- \$3.50 VG | Breakfast Potatoes- \$3.75 VGVN

Avocado- \$2.75 VGVN | Fruit- \$2.50 VGVN

ENTREES

BOWTIE PASTA -\$13.50

Bowtie Pasta Tossed in a Sundried Tomato Cream Sauce with Mushrooms & Grilled Chicken. Topped with Parmesan & Green Onions. Served with a Roll & Butter.

GOURMET MAC & CHEESE -\$12.00 NF

Classic Cheddar Mac & Cheese with your choice of 1 Protein, 1 Veggie and 1 Additional Cheese. Topped with Bread Crumbs.

Options

Protein: Bacon, Fried Chicken, Buffalo Chicken, or BBQ Pulled Pork
Veggies: Green Onions, Fried Onions, Grilled Onions, or Sautéed Mushrooms
Cheese: Cheddar, Parmesan or Bleu Cheese Crumbles

CHICKEN ALFREDO PASTA - \$15.00 NF

Served with a side of Caesar Salad and Roll with Butter.

Additional Daily Specials Available Weekly
Check our Website for Details!

SALADS

Add Protein for Additional Charge:

Boiled Chicken -\$3.00 Grilled Chicken -\$3.50 Carnitas -\$3.50

CHINESE CHICKEN

NO MEAT SM \$6.00- LG \$8.00

BOILED SM \$8.95- LG \$10.95

GRILLED SM \$9.50- LG \$11.95

Mix of Red Leaf, Romaine and Iceberg, tossed with Wontons, Sliced Almonds, Green Onions and Choice of Chicken in our Signature Chinese Dressing.

MEXICAN -\$11.25 VGVNF

Mix of Red Leaf, Romaine and Iceberg, tossed with Black Olives, Black Beans, Roasted Corn, Pico de Gallo, Tortilla Strips and Cotija Cheese in a Creamy Cilantro Dressing, topped with Avocado.

THAI CHICKEN CRUNCH -\$12.50

Red Leaf, Romaine and Iceberg, with Grilled Chicken, Napa Cabbage, Cucumbers, Carrots, Green Onions, Fresh Cilantro, Wontons, Peanuts and Bell Peppers in a Thai Peanut Dressing.

Dietary Key: VG – Vegetarian | GF – Gluten Free | VN – Vegan | NF – Nut Free

CALI BLEU -\$10.50 GF

Mixed Field Greens tossed with Dried Cranberries, Bleu Cheese, Bacon and Caramelized Pecans in a Raspberry Vinaigrette.

FRIED CHICKEN -\$12.50 NF

Mix of Romaine and Red Leaf, tossed with Roasted Corn, Tomatoes, and Bacon in Ranch Dressing. Topped with Fried Chicken and Avocado.

GREEK -\$10.50 VGVNF

Mix of Romaine and Red Leaf, tossed with Kalamata Olives, Feta Cheese, Cucumbers, Red Onions and Tomatoes, in Italian Vinaigrette.

VEGGIE CHOP -\$10.00 VGVN

Mix of Field Greens tossed with Carrots, Celery, Cucumbers, Tomatoes, and Bell Peppers with your Choice of Dressing.

CHEF -\$11.50 GFNF

Mix of Red Leaf, Romaine and Iceberg, with Turkey, Ham, Tomatoes, Cheddar, Swiss and a Sliced Boiled Egg tossed in Ranch Dressing.

CAESAR -\$9.50 NF

Mix of Red Leaf and Romaine, tossed with Croutons, Parmesan Cheese and Caesar Dressing.

BYO SALAD -\$12.50

Choice of 2 Lettuce Options, 1 Protein, 1 Cheese, 1 Topping, 1 Nut, 4 Veggies, and a Dressing of your Choice.

Options:

Lettuce- Field Greens, Iceberg, and Red Leaf/Romaine Mix

Topping- Croutons, Wontons, Tortilla Strips, Dried Cranberries, Mandarin Oranges

Protein- Grilled Chicken, Boiled Chicken, Chicken Salad, Tuna Salad, Boiled Egg, Bacon, Carnitas, BBQ Pulled Pork, or Fried Chicken

Nuts- Peanuts, Almonds, Caramelized Pecans

Veggies- Cucumbers, Tomatoes, Red Onions, Celery, Cilantro, Napa Cabbage, Green Onions, Black Olives, Black Beans, Pepperoncini, Mushrooms, Carrots, and Pico de Gallo

Add Avocado for \$2.75

Dressing- Chinese, Thai Peanut, Ranch, Italian Vinaigrette, Raspberry Vinaigrette, Creamy Cilantro, Caesar

Cheese- Cheddar, Feta, Cotija, Parmesan, Bleu Cheese

SANDWICHES

Comes with Choice of Fresh Fruit or Deli Salad.

All of our meats are nitrate free.

*Half Sandwiches not available on Rolls or Croissants

*Add Avocado for \$2.75

B.L.T. NF

Half- \$7.25 Whole- \$10.25

Bacon, Red Leaf Lettuce, Tomato and Mayo on Choice of Bread.

CLUB NF

Half- \$8.25 Whole- \$11.25

Ham, Turkey, Bacon, Red Leaf Lettuce, Tomato, and Mayo on Choice of Bread, with Choice of Cheese.

VEGGIE VG

Half- \$7.50 Whole- \$10.25

Avocado, Red Leaf Lettuce, Cucumbers, Carrots, Roasted Beet Hummus, Tomatoes, Choice of Cheese, and Choice of Bread.

ITALIAN -\$11.50 NF

Capicola, Mortadella, Salami, Ham, Provolone, Pepperoncinis, Red Leaf Lettuce, Tomato, Italian Vinaigrette, served on a Roll.

SOUTHERN COMFORT -\$10.50 NF

Mac & Cheese topped with BBQ Pulled Pork and Fried Onions on toasted Sourdough Bread.

TARZANA -\$11.50 NF

Roasted Turkey, topped with Apple Wood Smoked Bacon, Swiss Cheese & Avocado Ranch, Panini Pressed on 6 Grain Whole Wheat Bread.

FRENCH DIP -\$11.50 NF

Thinly Sliced Roast Beef, topped with Grilled Onions and Horseradish on a Grilled Roll.

ALBACORE TUNA MELT -\$11.95 NF

Classic: Grilled Tuna Salad topped with melted Cheddar Cheese on toasted White Bread.

Santa Fe: Grilled Tuna Salad topped with melted Pepper Jack Cheese & Chipotle Aioli on toasted White Bread.

ORTEGA TURKEY PANINI -\$11.50 NF

Roasted Turkey topped with a Grilled Ortega Chili, Pepper Jack Cheese and Chipotle Aioli, Panini Pressed on Sourdough Bread.

FUNKY CHICKEN -\$11.25

Grilled Chicken Salad, topped with melted Cheddar Cheese on toasted Squaw Bread.

FRIED CHICKEN SANDWICH -\$11.50 NF

Fried Chicken tossed in your Choice of BBQ, Ranch or Buffalo. Topped with Fried Onions, Coleslaw & Tomato, served on a Milk Bun.

CAPRESE PANINI MELT -\$11.25 VG

Mozzarella, Roasted Tomatoes, Basil Pesto and Balsamic Reduction on a Panini Pressed French Roll.

BYO SANDWICH

Half- \$7.25 Whole- \$11.95

Choice of 1 Protein, 4 Veggies, 1 Cheese, Condiments and Bread. Extra Options available for Additional Charge.

Option:

Protein: Turkey, Grilled Chicken, Chicken Salad, Tuna Salad, Egg Salad, Bacon, Carnitas, BBQ Pulled Pork, Fried Chicken, Ham, Roast Beef, Salami, Capicola, or Mortadella

Veggies: Red Leaf Lettuce, Tomato, Field Greens, Cucumbers, Red Onions, Bell Peppers, Cilantro, Black Olives, Mushrooms, & Pepperoncinis

Cheese: Cheddar, Swiss, Provolone, Pepper Jack

Bread: Roll, Croissant, White, Sourdough, Squaw, Flour Tortilla, 6 Grain Whole Wheat

Condiments: Mayo, Garlic Aioli, Chipotle Aioli, Yellow Mustard, Dijon Mustard, Spicy Mustard, Pesto, Ranch, Avocado Ranch, BBQ, Buffalo

SMALL SOUP & HALF SANDWICH COMBO -\$12.50

SOUP DU JOUR

SM- \$4.95 LG- \$6.95 QUART- \$13.75

KIDS MENU

Includes Fresh Fruit. Fruits May Vary.

GRILLED CHEESE SANDWICH- \$7.25 VG NF

CHEESE QUESADILLA- \$7.00 VG NF

MAC & CHEESE- \$8.50 VG NF

POPCORN CHICKEN TENDERS- \$9.00 NF

Dietary Key: **VG** - Vegetarian | **GF** - Gluten Free | **VN** - Vegan | **NF** - Nut Free



2809 Pacific Coast Hwy

Torrance, CA. 90505

(310)784-1077

torrance@liscascafebakery.com

Find our Daily Specials online at:

www.liscascafebakery.com

Open Monday-Friday 9:00am-6pm

Saturday- 9:00am-3:00pm

*Menu Subject to Change



GRUBHUB

