

SESSIONS

V GOURMET SIDES

Y **SHAKA SPUDS (HOUSE-BAKED POTATO CHIPS)**
sage, rosemary, parmesan 5

Y **ROSEMARY SKINNY FRIES**
served w/ house adobo buttermilk 5.5

TOMATO SOUP
basil pesto, crouton, parmesan 8.5

S **CRISPY BRUSSELS SPROUTS**
sweet thai chili sauce, pickled red freso,
fresh mint 9.5

SWEET CORN SALAD
zesty roasted corn salad, fresh chilies,
parmesan 9

FRESH SALADS

Y **WEDGE LEGEND**
smoked bacon, chicken, goat cheese,
red onion, heirloom tomato, spring mix,
atomic vinaigrette, balsamic reduction,
crouton 17.5

V **CRAN-APPLE**
cranberry, granny smith apple,
goat cheese, watermelon radish, G's nuts,
spring mix, balsamic vinaigrette 15.5
*add chicken +3

V **MOROCCAN CAESAR**
baby gem lettuce, candied dates, toasted
coconut, fresh mint, pickled onion, harissa
vinaigrette, grated parmesan, crouton 15.5
*add chicken +3

Y S **THAI CHOP**
chicken, urban baby kale & swiss chard,
arugula, watermelon radish, toasted coconut,
fresh mint, G's nuts, red & napa cabbage,
peruvian peppers, chili garlic dressing 17.5

V **FARMER'S MARKET**
urban baby kale & swiss chard, arugula,
heirloom tomato, peruvian peppers, red onion,
cucumber, watermelon radish, sprouts,
balsamic vinaigrette, crouton 14.5
*add chicken +3

Y **HALF SALAD + SOUP COMBO**
choice of any salad, served with a side of
shaka spuds and a cup of soup 17.5
*sub shaka spuds for fries +.5

SIGNATURE SANDWICHES

Y V **SUMMER ZEPHYR (SANDWICH OF THE YEAR)**
fresh mozzarella, marinated tomato,
pickled onion, basil aioli, arugula,
balsamic reduction, french roll 14.5
*chef max's tip: add bacon +4, or chicken +3

Y **MEDDOCK MELEE**
chicken, jalapeño jack, avocado, sprouts,
marinated tomato, cherry pepper,
adobo buttermilk, squaw 14.5

Y **YOGI (TRY IT ON GLUTEN-FREE FLATBREAD +4)**
chicken, avocado, basil pesto, cucumber,
marinated tomato, arugula, french roll 14.5

GLUTEN-FREE FLATBREAD +4

GOODMOTHER
genoa salami, country ham, lemon ricotta,
shaved red onion, cherry pepper, parmesan,
baby gem lettuce, herb vinaigrette,
ciabatta 15.5

Y **HALF SANDWICH + SOUP COMBO**
choice of any sandwich listed above, served
on ciabatta with a side of shaka spuds and
a cup of soup 17.5
*sub shaka spuds for fries +.5

CHEF MAX'S FAVORITES

Y S **SPICY CRISPY CRUNCHY CHICKEN**
fried chicken, chili garlic slaw,
cucumber, pickled chilies, sriracha aioli,
sesame brioche bun 15.5 *contains nuts

S **SMASHBALLER**
smashed meatball, lemon ricotta, arugula,
basil pesto, herb tomato sauce, fresh mint,
cherry pepper, parmesan, ciabatta 15.5

V **FACE PLANT (VEGAN)**
avocado, arugula, sprouts, marinated tomato,
cucumber, pickled onion, watermelon radish,
balsamic vinaigrette, harissa, ciabatta 14

GLUTEN-FREE FLATBREAD +4

Y **PERFECT BURGER**
double chuck patty, x-special sauce,
baby gem lettuce, cheddar, garlic pickle,
shaved red onion, sesame brioche bun 14.5
*add avo +3, add bacon +4

SINGLE SINGLE
1/4 lb chuck patty, cheddar, x-special sauce,
garlic pickle, sesame brioche bun 10.5
*add avo +3, add bacon +4, double patty +4

Y **BIG TUNA MELT**
dill albacore tuna salad, swiss, garlic pickle,
sriracha aioli, rustic italian 14.5

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Y = LOCAL FAVORITE
V = VEGETARIAN
S = SPICY

SESSIONS

BREAKFAST

V WAFFLE BROWNS

crispy potato waffle, sriracha syrup, rosemary, parmesan 5.5

V CLASSIC TOAST

choice of fresh avocado or lemon ricotta, maldon salt, rustic italian toast 12
*add fried egg +3, add bacon +4

V NUT & HONEY TOAST

lemon ricotta, rosemary, candied dates, G's nuts, pickled onion, toasted coconut, mint, sriracha syrup, rustic italian toast 13
*add fried egg +3, add chorizo +3

V SIGNATURE AVO TOAST

heirloom tomato, arugula, goat cheese, balsamic reduction, rustic italian toast 13
*add fried egg +3, add bacon +4

THE O.G.

choice of smoked bacon, country ham or breakfast sausage, fried egg, cheddar, english style muffin 11.5

Y S WAKE & BAKE

choice of smoked bacon, country ham or breakfast sausage, fried egg, jalapeño jack, avocado, lemon ricotta, pickled red fresno, english style muffin 12.5

Y MORNING ZEPHYR

smoked bacon, fried egg, fresh mozzarella, marinated tomato, pickled onion, basil aioli, arugula, balsamic reduction, english style muffin 13.5

BREAKFAST BURRITOS

V GRINGO BURRITO

scrambled egg, monterey jack, avocado, crispy breakfast potato, salsa roja 12.5
*add bacon, ham, chorizo or sausage +3

Y S CHORIZO BURRITO

chorizo, scrambled egg, monterey jack, crispy breakfast potato, pickled onion, sriracha aioli, radicaliente sauce 13.5

COLD BREW & ICED TEA

BLACK COLD BREW 5.5

Y COLD BREW + MILK & AGAVE 6

COLD BREW LATTE 6

vanilla, lavender, white chocolate lavender, white chocolate mocha, dark chocolate, caramel

ICED MATCHA GREEN TEA 6

ICED VANILLA CHAI TEA LATTE 6

NON-DAIRY MILK OPTIONS

almond, coconut & oat +1

FOR THE GROMS (KIDS 12 & UNDER)

served on a martin's famous soft roll with choice of shaka spuds, fries or applesauce + a bottle of sessions water

MAKENA'S TENDAS

crispy fried chicken tenders 12

BAM BAM'S CHEESEBURGER

pickle, catsup 12

THE LENDOG

1/2 lb foot long hot dog, catsup, sweet sour cherry mustard 12

MARLEY'S GROMWICH

choice of chicken, salami or tuna, cheddar 12

THE SMASHER

kid's meatball slider, lemon ricotta 12

LARABAR LOVES CHEDDAR

grilled cheese on rustic italian 12