

First Awakenings

125 Ocean View Blvd 93950-3046 · +18313721125 · Updated: Jan 14, 2026

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SALADS 11

Black & Bleu

\$10.99

grilled steak, spring mix, romaine, tomato, red onion, avocado, bleu cheese crumbles and bleu cheese dressing.

Cobb Salad

AVAILABLE OPTIONS

diced tomato, chopped bacon, turkey, bleu cheese, hard boiled egg and avocado layered over a bed of fresh greens.
served with your choice of dressing.

Full Order: \$9.29

Half Order: \$7.99

Sizzling Oriental Salad

\$9.29

grilled teriyaki chicken breast, fresh vegetables and water chestnuts stir fried in our sweet and sour dressing. served atop mixed greens, then smothered in oriental noodles.

Asian Harvest Salad

\$9.29

grilled chicken, tomato, red grapes, red onion, walnuts, sliced apple, spring mix, feta cheese, romaine and asian sesame dressing.

Garden Salad

\$5.99

romaine lettuce, red onions, tomatoes, cucumbers, mushrooms and broccoli.

Chicken Caesar

AVAILABLE OPTIONS

diced chicken breast, seasoned croutons, romaine lettuce, mixed greens tossed in our tangy caesar dressing and topped with fresh parmesan cheese.

Full Order: \$9.29

Half Order: \$7.99

Southwestern

\$9.29

grilled chicken, spring mix, romaine, corn, black beans, tomato, jack cheese and chipotle ranch dressing.

Tuscan Chicken Salad

\$9.29

grilled chicken, spring mix, romaine, red onion, feta cheese, kalamata olives, tomato and italian dressing.

Fruity Chicken

\$9.29

your choice of chicken salad or dolphin safe albacore tuna. served with the seasons freshest fruit.

Popeye

\$9.29

fresh spinach and mixed greens, crisp bean sprouts, chopped egg and bacon tossed with our zesty sweet and sour dressing.

Taco Salad

\$9.29

homemade chorizo and black beans on a bed of mixed greens. topped with avocado, diced tomato, cheese and tortilla chips. served with chile salsa and sour cream.

SANDWICHES 21

Al B. Core Tuna Salad	\$8.99
the finest dolphin safe white albacore tuna combined with water chestnuts, celery and mayonnaise. spread thin on a multi-grain bread with lettuce and tomato.	
Attila The Ham	\$8.99
ham and swiss with tomato and lettuce on grilled rye, spread with dijon mustard to your taste.	
Bay Burger	\$9.19
grilled tender calamari steak, melted jack cheese, tartar sauce, tomato and lettuce on a roll.	
Beef Encounter	\$9.19
thinly sliced roast beef, piled high with sliced mushrooms and melted jack cheese on a sandwich roll. served with au jus on the side.	
Beef Memories	\$9.19
sliced roast beef, onion and bell pepper sauteed and seasoned with spices and garlic. served with tomato and a blanket of swiss cheese on grilled rye.	
Chicado	\$9.19
grilled chicken breast with avocado, melted jack cheese, tomato, lettuce and mayonnaise on a roll.	
Blte	\$8.99
just like it sounds plus melted cheese, mayo and a fried egg served on multi-grain bread.	
Chicken Little	\$8.99
our chicken salad made with water chestnuts, raisins and celery mounded on english muffins and topped with tomato and melted jack cheese.	
Chicken Or Carnitas Quesadilla	\$9.29
a flour tortilla stuffed with your choice of meat, onion, diced tomato, green chiles with jack and cheddar cheeses melted to perfection. folded and served with salsa, sour cream and chives.	
Seasoned Lemon Chicken	\$9.19
grilled breast of chicken with herb cream cheese, sprouts, tomato and lemon on a whole wheat toast.	
Classic Reuben	\$9.19
corned beef stacked on grilled rye with kraut, swiss cheese and thousand island dressing. substitute turkey if youd like.	
Del Carnita	\$9.19
carnitas, diced onion, mushroom, avocado, ripe tomato and melted jack cheese on a steak roll.	
Easy Rider	\$9.19
pulled pork, with a chipotle sauce, sauteed onion and mushroom with jack cheese on a steak roll.	
Monterey Club	\$9.19
turkey, avocado, bacon, tomato, cheese, alfalfa sprouts and mayo on multi-grain bread.	
Pollo Verde	\$9.19
tender chicken breast grilled with pesto, tomato, lettuce, and melted jack cheese, on a roll.	
Steak Sandwedge	\$10.99
sauteed onion and mushroom, jack cheese, lettuce and tomato on a steak roll.	

Teriyaki Chicken	\$9.19
melted jack cheese over tender marinated chicken with tomato and lettuce.	
The Deli	\$8.29
your choice of roast beef, ham, or turkey with lettuce, mayo, tomato and monterey jack cheese on whole wheat.	
Turk E. Supreme	\$9.19
english muffin stacked with turkey, avocado, tomato, bacon and melted jack cheese. topped with sour cream and chives.	
Vege-lean	\$8.99
whipped herb cream cheese on multi-grain bread layered with fresh mushrooms, ripe tomato, spinach, sliced cucumber, avocado and a blanket of alfalfa sprouts.	
Garden Burger	\$8.99
a vegetarian alternative on a roll with jack and cheddar cheeses, tomato, lettuce and mayonnaise.	

HERES THE BEEF 5

Bbq Bacon Burger	\$9.79
bacon, bbq sauce, red onion, tomato, lettuce, jack and cheddar cheeses on a roll.	
Blue Lagoon Burger	\$9.59
bleu cheese crumbles, bacon and tomato on a roll.	
Burger Basics	\$9.59
lettuce, tomato, mayo, red onion, jack and cheddar cheeses on a roll.	
Mushroom Swiss	\$9.59
fresh sauteed mushroom, swiss cheese, tomato and lettuce on a roll.	
Patty Melt	\$9.59
thousand island dressing, swiss cheese and sauteed onion on marbled rye.	

CREPEGGS 4

Over Lightly	\$8.79
jack and cheddar cheeses, avocado, sliced mushroom and sprouts. served with our special dressing.	
Turkey Dill	\$8.99
diced turkey, mushrooms, chopped spinach, onion and monterey jack cheese folded in our crepegg. topped with diced tomatoes, our award-winning hollandaise sauce and fresh dill.	
California Crepe	\$8.99
avocado, mushroom, onion, ham, jack cheese and sour cream with our own salsa on the side.	
Hawaiian Crepe	\$8.99
ham, pineapple, jack cheese, sour cream and chives.	

GOURMET PANCAKES 8

Plain	\$7.99
recommended for the purist.	
Bluegerm	\$8.29
Wheat Germ	\$8.29
hard to believe these are good for you.	
All That Razz	\$8.79
raspberry, coconut and granola.	
Fresh Apple Cinnamon & Oatmeal	\$8.29
Bananagerm	\$8.29
plenty of berries.	
Raisin-walnut	\$8.29
a tasty treat.	
Wheatberry	\$8.79
available in season. wheat germ, fresh strawberries and whipped cream.	

TRADITIONS 6

Two Eggs	\$6.29
served with potatoes and a muffin.	
Chicken Fried Steak	\$9.99
served with country gravy, two eggs, potatoes and muffin.	
Biscuits With Country Gravy	\$7.59
served with two eggs and potatoes.	
Two Eggs & Meat	\$8.19
served with your choice of bacon, turkey sausage, ham or pork sausage, potatoes and a muffin.	
Calamari Steak	\$8.99
served with two eggs, potatoes and a muffin.	
Steak	\$10.99
served with sautéed onion and mushroom, two eggs, potatoes and a muffin.	

ON THE SIDE 8

Potatoes	\$2.79
Bacon, Sausage Or Ham	\$3.79
One Egg	\$1.09
Sour Cream	\$0.79

Mushroom Caps	\$3.79
Calamari	\$3.99
Avocado	\$1.59
Salsa	\$0.59