



LIGHTHOUSE

DELI / CAFE



**508 W 39th St
San Pedro, CA 90731
(310) 548-3354**

Breakfast

Served all day.

Egg dishes are all served with toast or tortillas and one of the following: homestyle potatoes, Spanish rice, refried beans, black beans, cottage cheese, fruit or tomatoes.

| | | | |
|-------------------------------------|------|-------------------------|------------|
| Ham & Eggs | 7.95 | Bacon & Eggs | 6.75 |
| Polish Sausage & Eggs | 7.95 | Two Egg Plate | 4.95 |
| Pork Link Sausage & Eggs | 6.95 | One Egg Plate | 3.95 |
| Canadian Bacon & Eggs | 7.75 | Egg Whites only | Extra 1.00 |

Breakfast Skillets

#1. Country Skillet 8.25

Country sausage, potatoes, onions, bell peppers, eggs, topped with melted cheese.

#2 Mexican Skillet 8.25

Chorizo, potatoes, onions, spicy jalapeños, eggs, topped with melted cheese.

Add guacamole and sour cream 1.75

#3 Homestyle Skillet 8.25

Polish sausage, potatoes, onions, mushrooms, bell peppers, eggs, topped with melted cheese.

Add avocado 1.25

Griddle

| | | | |
|-------------------------------------|------|--|------|
| Buttermilk Waffle | 4.75 | Stack of Buttermilk Pancakes (3) | 4.75 |
| Waffle Batter of the Day | 5.25 | Stack of Batter or the Day (3) | 5.45 |
| French Toast | 5.45 | Short Stack Pancakes (2) | 3.75 |
| Choice of egg bread or squaw bread. | | Choice of buttermilk or batter of the day. | |

Breakfast Combo

Choice of pancakes, waffles or French toast, plus choice of bacon or sausage and two eggs 7.45 with ham 7.95

Add any of the following:

Granola, blueberries, pecans or almonds, cinnamon apples, fresh banana, pure maple syrup. 1.25

Fresh strawberries seasonally priced.

Omelettes

All omelettes are made with 3 fresh eggs and served with toast or tortillas and one of the following: potatoes, Spanish rice, refried beans, black beans, cottage cheese, fruit or tomatoes.

Egg whites only extra 1.00

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|--|------|---|------|
| Turkey | 7.95 | Vegetable | 6.95 |
| Turkey, avocado, mushrooms, onions and jack and cheddar cheese. | | Fresh Vegetables of the season topped with cheese. Add teriyaki sauce | .60 |
| Bacon | 7.95 | Denver | 7.95 |
| Bacon, avocado, tomatoes and jack and cheddar cheese. | | Ham, onions, tomatoes, bell peppers, mushrooms and jack and cheddar cheese. | |
| Chorizo | 7.75 | Hangover | 7.95 |
| Chorizo, Ortega chilies, onions, tomatoes, jack and cheddar cheese, guacamole and sour cream. | | Hot jalapeños, onions, tomatoes and cilantro topped with chili beans and melted cheese. | |
| Chicken | 7.75 | International | 7.95 |
| Chicken, mushrooms, zucchini, tomatoes, bell peppers and cheese. Add teriyaki or marinara sauce | .60 | Ham, sausage, bacon, onions, tomatoes, mushrooms and jack and cheddar cheese. | |
| Ham and Cheese | 7.75 | California | 7.95 |
| Diced ham and jack and cheddar cheese. | | Bacon, Ortega chilies and provolone cheese topped with guacamole and sour cream. | |
| Chili | 7.75 | Cheese | 6.25 |
| Homemade chili with beans and jack and cheddar cheese. | | Jack and cheddar cheese. | |

Dinners

All dinners served with soup or salad unless noted otherwise. Baked potato available after 4:30 p.m.

| | | | |
|--|-------|--|-------|
| 1. Top Sirloin Steak | 13.25 | 5. Prime Rib | 14.95 |
| 8 oz. USDA choice top sirloin steak charbroiled to your taste, served with choice of potato and veggies. | | 12 oz. serving of prime rib served with steamed veggies and choice of potato. | |
| 2. New York Steak | 13.95 | 6. Pork Chops | 12.95 |
| 10 oz. USDA choice New York steak charbroiled to your taste, served with choice of potato and veggies. | | Two 6 oz. pork chops grilled or cooked Cajun style and choice of potato and veggies. | |
| 3. Homemade Meatloaf | 9.95 | 7. Lemon Pepper Chicken Breast | 11.75 |
| Our own homestyle recipe meatloaf served with mashed potatoes and veggies. | | A boneless, skinless 8 oz. chicken breast with lemon pepper seasoning, served with choice of potato and veggies. | |
| 4. Beef Liver & Onions | 8.95 | 8. Lemon Pepper Catfish | 11.95 |
| Fresh beef liver topped with grilled onions and served with mashed potatoes and veggies. Add bacon | 1.25 | Catfish fillet with lemon pepper seasoning, served with mashed potatoes or veggies. | |
| | | 9. ½ Baked Chicken | 11.25 |
| | | Oven baked chicken served plain or barbecue style with choice of potato and veggies. | |

Children Menu

Available for children under 12 years old.

| | | | | | |
|----------------------------|------|-------------------------------------|------|--------------------------------|------|
| 1. Cheeseburger | 3.25 | 4. Cheese Quesadilla | 3.45 | Jr. Combo | 2.95 |
| With French fries or fruit | | 5. Bean & Cheese Burrito | 3.45 | 1 pancake, 1 egg, 2 bacon. | |
| 2. Hot Dog | 3.45 | 6. Spaghetti's | 3.45 | Cereal | 1.95 |
| With French fries or fruit | | 7. Cheese Pizza | 3.15 | Lucky Charms, Coco Puffs, Trix | |
| 3. Chicken Strips | 4.25 | Individual size. | | Mickey Pancake | 1.75 |

Appetizers

Nachos

Tortilla chips topped with beans, tomatoes, onions, olives, cilantro and melted cheese. 6.75

Super Nachos

Tortilla chips topped with beans, shredded beef or chicken, tomatoes, onions, olives, cilantro and melted cheese. 8.45

Chicken Strips

Breaded chicken breast, deep fried, served with ranch dressing for dipping. 7.45

Hot Wings

Chicken thighs and wings with hot sauce, served with celery and ranch dressing for dipping. 7.45

Cheese Quesadilla

Served with guacamole, sour cream and salsa. 6.25

Add beef or chicken. 2.25

Chips and Salsa 2.50

Soup & Chili

Homemade Chili with Cheese and Onions

cup 3.45 bowl 4.45

Fresh Daily Soup

cup 3.45 bowl 4.45

Burgers

1/3 lb. charbroiled burger with choice of ground turkey, vegetarian patty, ground beef or boneless chicken breast. Served with fries or potato salad. Add curly fries 1.00 extra.

Garden Burger

7.95

Vegetables, tomato, sprouts, fresh spinach, onions, mushrooms and melted cheese.

Beacon Burger

8.95

Grilled onions, mushrooms, bacon and melted jack and cheddar cheese.

Korean Bell

8.95

Patty topped with melted cheese and smothered with fresh mushrooms sautéed in teriyaki sauce.

Cabrillo Beach

8.95

Melted jack and cheddar cheese, sliced avocado, tomato, onion and sprouts.

Cheese Burger

7.95

Melted jack and cheddar cheese, lettuce, tomato and onion.

Burger

7.95

Lettuce, tomato and onion.

Chili Size (Open Face)

8.95

Beef patty with cheese, topped with our homemade chili.

All served with cheese, lettuce, tomato, onions and choice of bread.

Deli

**Roast Beef • Turkey • Ham • Salami
Chicken Salad • Ham Salad**

**Add
avocado**

1.25

Sourdough, whole wheat,
white, squaw or pita.

5.95

Large deli roll 6.45

Hot or cold pastrami
sandwich on a deli roll.

6.95

1/2 sandwich from the deli
with soup, chili, salad, deli fries,
fruit or potato salad.

6.25

Salads

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| Greek Salad | 7.95 | Cobb Salad | 8.95 |
| Tomatoes, cucumber, lettuce, olives, feta cheese, with extra virgin olive oil. | | Turkey, ham, cheese, olives, tomato, bacon, egg and crumbled blue cheese. | |
| Stuffed Tomato Salad | 8.45 | Chicken Fajita Taco Salad | 8.95 |
| Large tomato stuffed with tuna salad or chicken salad on a bed of lettuce with hardboiled egg, cucumbers, sprouts and mushrooms. | | Lettuce, black beans, cheese, salsa, sour cream, guacamole, topped with tender chicken breast fajitas. | |
| Chef Salad | 8.95 | Taco Salad | 8.75 |
| Mixed greens, turkey, ham, roast beef, jack and cheddar cheese, tomato, onion, avocado and egg. | | Lettuce, black beans, cheese, salsa, sour cream and guacamole. Served with beef, chicken or vegetables. | |
| Caesar Salad | 7.45 | Spinach Salad | 7.45 |
| Romaine, parmesan and croutons. | | Fresh spinach, mushrooms, egg, carrots and bacon bits. | |
| add Charbroiled Chicken | 8.95 | Tuna Salad | 8.45 |
| Candied Walnut Salad | 8.45 | Mixed greens, albacore tuna, tomato and onion. | |
| Mixed baby greens, blue cheese crumbles and candied walnuts, with balsamic vinaigrette. | | Fresh Fruit Salad | 8.95 |
| Cajun Chicken Salad | 8.95 | The freshest fruits in season served on a bed of lettuce, with yogurt, ice cream or cottage cheese. | |
| Charbroiled chicken breast with Cajun spices. | | Dinner Salad | 4.50 |
| | | Mixed greens, croutons and tomato. | |

Chef's Creations

Entrées served with a choice of soup or salad, unless noted otherwise.

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|--|-------|---|-------------------|
| Vegetarian Lasagna | 9.75 | Taco Plate | One 5.95 Two 7.95 |
| Layers of pasta with carrots, zucchini, spinach, onions, mushrooms, 4 types of cheese and marinara sauce. | | Soft taco(s) with rice, beans, salad, guacamole and sour cream; choice of beef or chicken. No soup or salad. | |
| Teriyaki Chicken & Fresh Vegetable Stir Fry | 10.95 | Chicken Fajita Plate | 9.95 |
| Boneless chicken tenders, broccoli, carrots, mushrooms, onions, tomatoes and bean sprouts over white rice. | | Boneless chicken breast sliced and grilled with red and green bell peppers and onions, served with rice and refried or black beans and flour or corn tortillas. No soup or salad. | |
| Eggplant Parmesan | 10.25 | Wet Burrito | 7.25 |
| Fresh eggplant lightly breaded and topped with marinara sauce and melted cheese. | | Homemade Cajun style black beans or refried beans, vegetables, cheese and olives with rice, sour cream and guacamole. | |
| Chicken Marsala | 11.95 | Add beef or chicken | 7.25 |
| Chicken breast in Marsala wine sauce topped with onions and mushrooms and served with mashed potatoes and veggies. | | Falafel Plate | 8.25 |
| Chicken Parmesan | 11.95 | Two veggie patties served with shredded lettuce, topped with onions, tomatoes, cilantro and avocado and 2 pita breads. No soup or salad. | |
| Boneless chicken breast lightly breaded and topped with marinara sauce and melted cheese. | | Pasta of the Day | Prices Vary |
| Chicken Curry | 10.95 | Fresh pasta with homemade sauce (see our specials board.) | |
| Boneless chicken tenders and fresh vegetables with curry sauce, served over white rice. | | | |

See blackboard for daily specials,
or ask your server.

Sandwiches

Add curly fries 1.00 extra

Point Fermin

Pita bread stuffed with melted jack and cheddar cheese, mushrooms, sprouts, avocado, tomato, served with fresh fruit. 7.95

Add chicken salad or tuna salad 8.75

Abalone Cove

Breaded calamari steak (poor man's abalone) served on grilled thick sourdough with melted jack and cheddar cheese, lettuce, tomato and tartar sauce, served with deli fries or potato salads. 9.45

Sunken City

Prime rib on grilled thick sourdough with melted jack and cheddar cheese, lettuce, tomato and horseradish sauce, served with deli fries or potato salad. 9.95

Vegetarian Submarine

Squaw bread with melted jack and cheddar cheese, shredded vegetables, fresh spinach, tomato, sprouts, mushrooms and onions, served with fresh fruit, choice of creamy curry or Italian dressing. 8.25

Grazing Bull

A large deli roll piled with beef, ham or turkey, simmered in barbecue sauce and served with deli fries or potato salad. 8.45

Jimbo Special

A fresh baked deli roll with turkey, melted jack and cheddar cheese, grilled onion, Ortega chiles, tomato, lettuce and guacamole, served with deli fries or potato salad. 8.95

Bacon Lettuce Tomato

Bacon, lettuce and tomato, served with deli fries or potato salad. 7.95

Club Sandwich

Turkey, ham, bacon, lettuce, tomato and mayo, served with deli fries or potato salad. 8.75

Melties: Roast Beef, Turkey, Ham or Tuna

Grilled thick sourdough topped with melted jack and cheddar cheese, served with deli fries or potato salad. 8.45

Add grilled onions or grilled Ortega chiles .50

Hot Pastrami Meltie

Grilled thick sourdough topped with melted jack and cheddar cheese, served with deli fries or potato salad. 8.75

Add grilled onions or grilled Ortega chiles .50

Eggplant Sandwich

Breaded fresh eggplant served on grilled thick sourdough with marinara, served with deli fries. 8.45

Chicken Gyro Sandwich

Chicken gyro in pita bread with tomato, lettuce, onions, ranch dressing, served with deli fries, potato salad or fresh fruit. 8.75

Patty Melt

Beef patty on grilled rye with cheese and grilled onions, served with deli fries or potato salad. 8.25

Add bacon 1.25

Specialties

Breakfast Burrito

Eggs, beans, vegetables, homemade sauce, jack and cheddar cheese, olives, cilantro, guacamole and sour cream, served with fresh fruit. 7.45

Add chicken or beef 8.45

Light and Natural Plate

Choice of hot oatmeal, cold cereal or homemade granola (with milk or yogurt), fresh fruit and toast. 7.75

Popeye Special

Grilled English muffin, topped with ham, scrambled eggs, fresh spinach, tomatoes, mushrooms, onions and jack and cheddar cheese, served with fresh fruit. 8.75

Mexican Machaca

Shredded beef or chicken, scrambled together with eggs and vegetables, topped with cheese, with toast or tortillas. 7.95

Chicken Cutlet

Boneless chicken breast breaded and fried with country gravy, 2 eggs, potatoes and toast. 8.75

Chicken Fried Steak

Beef cube steak breaded and fried, served with country gravy, 2 eggs, potatoes and toast. 8.75

Diced Ham Scrambler

Diced ham and cheese with onions, served with homestyle potatoes and toast. 7.25

Diced Polish Scrambler

Diced Polish sausage with onions, peppers, tomatoes, mushrooms and cheese, served with homestyle potatoes and toast. 7.75

Chorizo Scrambler

Chorizo sausage and eggs, topped with cheese, served with potatoes and toast. 7.25

Eggs Benedict

Grilled English muffin topped with 2 poached eggs and hollandaise sauce, served with homestyle potatoes or fruit. 8.75

Huevos Rancheros

2 eggs served on a tortilla and topped with our homemade Spanish sauce and melted cheese, served with black or refried beans, Spanish rice and tortillas. 7.45

Clint Eastwood

A tortilla topped with potatoes, 2 eggs, our homemade Spanish sauce and melted cheese, plus 2 sausages. 7.95

Spinach, Feta & Sundried Tomatoes Scramble

3 eggs scrambled with fresh spinach, Greek feta cheese and sundried tomatoes, served with homestyle potatoes or fruit and toast. 7.75

Eggs Florentine

Grilled English muffin topped with sliced tomatoes, fresh spinach, 2 poached eggs and hollandaise sauce, served with homestyle potatoes or fruit. 7.45

Add bacon 1.25

Baja Scramble

Jalapeños, mushrooms, onions, tomatoes, potatoes, eggs and cheese, served with choice of potatoes, fruit or rice and beans and toast. 7.75

Breakfast Quesadilla

A flour tortilla stuffed with eggs, cheese and a choice of shredded chicken or beef, served with homestyle potatoes or fruit. 8.25

Beer & Wine

Domestic Beer 2.50 • Import & Micro 3.25

Wines (prices vary)

| | |
|---------------------------|------|
| Cappuccino | 2.85 |
| Espresso | 2.55 |
| Coffee Latté | 3.15 |
| Coffee Mocha | 3.25 |
| Coffee | 1.85 |
| Decaf | 1.85 |
| Hot Tea/Herbal Tea | 1.85 |

Beverages

| | | |
|-------------------------------|----------|----------|
| Milk (whole or nonfat) | sm. 1.50 | lg. 2.35 |
| Chocolate Milk | sm. 1.75 | lg. 2.50 |
| Soft Drinks | | 1.85 |
| Assorted Juices | | 1.85 |
| Mineral Water | | 1.85 |
| Orange Juice | sm. 1.50 | lg. 2.75 |
| Hot Chocolate | | 1.85 |

Shakes

Jogger's Special: Vanilla ice cream, banana, protein powder, juice or milk

Favorite: Vanilla ice cream, banana, orange juice, splash of pineapple-coconut juice.

Milkshakes: Peanut Butter • Chocolate
Oreo Cookie • Butterscotch • Vanilla
Strawberry • Banana • Berry • Date

4.25

Smoothies

Tropical: Banana, fruit and apple-boysenberry juice.

Seasonal: Strawnd pineapple-coconut juice.

Berry: Banana, fruit aberries, banana and apple juice

Sunrise: Strawberries, banana and orange juice.

Stinger: Yogurt, banana, blueberries,
protein powder and honey.

4.95

Add malt, protein powder, bee pollen or spirulina .25¢

Side Orders

| | | | |
|---------------------------------|-------------------|--|------------|
| Polish Sausage | 3.25 | Cottage Cheese | 2.50 |
| Ham | 3.25 | Tomatoes | 1.95 |
| Bacon | 2.95 | One Egg | 1.75 |
| Avocado | Seasonally priced | Two Eggs | 2.25 |
| Guacamole | 1.50 | Hot Oatmeal | 2.95 |
| Rice | 1.50 | Granola | 3.50 |
| Beans (Refried or Black) | 1.50 | Cold Cereal | 2.25 |
| Mashed Potatoes | 2.95 | Toast | .95 |
| Tortillas (2) | .50 | Baked Potato (after 4: 30 p.m.) | 3.25 |
| Sour Cream | .50 | French Fries | 2.95 |
| Side One Taco | 2.95 | Homefries | 2.95 |
| Bowl of Fruit (3) | 3.75 | Curly Fries | extra 1.00 |

Lighthouse Deli & Cafe

508 W. 39th Street • San Pedro, California 90731

For To Go Orders, Phone (310) 548-DELI

15% Gratuity added to parties of 10 or more

Party Platters Available To Go - Ask your Server!

We are not responsible for lost or stolen articles. • We reserve the right to refuse service to anyone.
Sales tax will be added to the retail price on all taxable items. • tabletimeplus.com • 800.326.8741 • 01-12 ©