

# SESSIONS

## V GOURMET SIDES

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

### SWEET CORN SALAD

zesty roasted corn salad, fresh chilies,  
parmesan 9

**S CRISPY BRUSSELS SPROUTS**

sweet thai chili sauce, pickled red freso,  
fresh mint 9.5

### TOMATO SOUP

basil pesto, crouton, parmesan 8.5

## FRESH SALADS

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**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

## SIGNATURE SANDWICHES

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**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

## CHEF MAX'S FAVORITES

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**Y BASTION OF JOY**

roast beef, havarti, pickled onion, napa slaw  
w/ atomic dressing, balsamic dressing,  
challah bun 15.5

**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

**S HYBRID OF AWESOME**

roast beef, havarti, swiss, pickled onion,  
fresh mint, pickled red freso, harissa,  
stracciatella, rustic italian 15.5

**Y BIG TUNA MELT**

dill albacore tuna salad, swiss, garlic pickle,  
sriracha aioli, rustic italian 14.5

**THE CORNDOG**

1/2 lb foot long hot dog, pickled onion,  
sour cherry mustard, esquites, parmesan,  
cilantro 13.5

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**Y** = LOCAL FAVORITE  
**V** = VEGETARIAN  
**S** = SPICY

# SESSIONS

## BREAKFAST

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### 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

### 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

## BREAKFAST BURRITOS

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### 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

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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

## HOT COFFEE & TEA

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FRESHLY ROASTED DRIP COFFEE 3.5

RISHI EARL GREY 4

RISHI MATCHA GREEN 4

RISHI ENGLISH BREAKFAST 4

\*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 or applesauce + a bottle of sessions water

### 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