

BREAKFAST

7 AM - 12 PM daily

EGGS AND OMELETS

includes choice of hash browns or country potatoes, choice of toast

TWO EGGS (VEG) 9

2 eggs any style
add applewood smoked bacon, sausage, or smoked ham 4
add steak 9

SIRLOIN PATTY AND EGGS 15

hearth ranch grass fed ground beef patty, two eggs any style

HAM AND CHEESE OMELET 12

DENVER OMELET 13

smoked ham, bell peppers, onions, cheddar cheese

CAJUN OMELET 14

cattaneo brother's linguica, shrimp, smoked ham, bell peppers, onion, cheddar, hollandaise

GREEK SCRAMBLE (VEG) 13

spinach, mushrooms, onions, feta cheese

FROM THE GRIDDLE

includes syrup, sweet cream butter
add fresh seasonal berries, applewood smoked bacon, sausage, or smoked ham 4

CAVALIER STACK (VEG) 8

butter milk pancakes, syrup, sweet cream butter

FRENCH TOAST (VEG) 9

syrup, sweet cream butter

BREAKFAST SPECIALS

BREAKFAST BURRITO 12

egg, chorizo, potato, cheddar, avocado, green onion, sour cream, house-made salsa, flour tortilla

BREAKFAST SANDWICH 9

egg, cheddar, choice of bacon, smoked ham, canadian bacon, or sausage, choice of toast or english muffin

LOX AND BAGEL 13

smoked salmon, cream cheese, pickled red onions, lettuce, tomatoes, capers

EGGS BENEDICT 14

canadian bacon, english muffin, hollandaise sauce, hash browns or country potatoes

AVOCADO TOAST (VEG) 13

poached egg, mixed greens, pickled onions

ON THE LIGHTER SIDE

OATMEAL (VEG) 8

irish steel-cut oats, raisins, brown sugar, milk

BAKED GOODS

FRESH BAKED CINNAMON ROLL (VEG) 5

sweet cream cheese icing

BEVERAGES

COFFEE 3

CAPPUCCINO OR LATTE 4

MOCHA 5

HOT CHOCOLATE 4

JUICE 4

SOFT DRINKS 3

coke, diet coke, sprite, root beer, lemonade, iced tea, milk

Rules for Customers

- Face cloths are recommended.
- Use of hand sanitizer is recommended.
- Maintain physical distance from other customers.
- Stop the spread. If you have Covid-19 symptoms, please do not enter.
- Contact SLO County Health Dept. with questions: 805 - 781- 5500

Rules for Employees

- Face cloths are required for all staff.
- Use of gloves is required for all staff.
- Wash hands often.
- Disinfect surfaces between customers.
- Maintain physical distance whenever possible.
- Follow company health protocols.



[VEG] : VEGETARIAN [GF] : GLUTEN FREE [V] : VEGAN

*Thoroughly cooking foods of animal origin such as beef, eggs, fish, lamb, milk, poultry, or shellfish reduces the risk of food borne illness. Individuals with certain healthy conditions may be at higher risk if these foods are consumed raw or undercooked.

LUNCH AND DINNER

11 AM – Close Daily

APPETIZERS

CHARCUTERIE PLATE 16

artisanal meats and cheese, house made tomato jam, pickles, grain mustard, toast points

CHICKEN WINGS 12

choice of bbq or buffalo, bleu cheese dipping sauce

FISH TACOS 12

baja style, coleslaw, chipotle aioli, cilantro, pickles
substitute shrimp add 3

CHICKEN TENDERS 15

with side of coleslaw and bbq sauce

SALADS

CHICKEN CAESAR SALAD 17

romaine hearts, parmesan, croutons, caesar dressing
substitute shrimp add 3

GRILLED SALMON SALAD 19

mixed greens, cherry tomatoes, roasted red peppers, avocado, egg, vinaigrette

SOUPS

SOUP OF THE DAY

cup 5 | bowl 7 | quart 10

CLAM CHOWDER

cup 6 | bowl 8 | quart 10

PASTAS

SPAGHETTI BOLOGNESE 19

italian meat sauce, parsley, grated parmesan, garlic bread

CHICKEN FETTUCCINI ALFREDO 23

white wine, grated parmesan, garlic, cream
substitute shrimp add 3

CREOLE PASTA 26

chicken breast, linguica, bell peppers, mushrooms, cajun spices, parmesan

add shrimp 6

ENTREES

CHEF'S SELECTION STEAK 28

please inquire
mashed potatoes, sauteed vegetables

SHRIMP AND GRITS 26

tomato sauce, shallots, cattaneo brother's linguica, white cheddar, chimichurri

VEGETARIAN SHEPHERD'S PIE 25

impossible burger, fava beans, roasted corn, carrot, potato, tomato, white cheddar

BROILED SALMON 25

sauteed vegetables, rice, mushroom butter

SWORDFISH 28

8 oz steak, chimichurri, sauteed vegetables, rice

SLOW-ROASTED BABY BACK RIBS 24

bbq sauce, coleslaw, corn bread, honey butter

MEATLOAF 23

mashed potatoes, gravy, sauteed vegetables

ROASTED TURKEY BREAST 21

mashed potatoes, gravy, sauteed vegetables, cranberry sauce, garlic bread

CHICKEN MARSALA 21

sauteed vegetables, mushrooms, rice

FRIED CHICKEN (4 PIECE) 19

deep fried chicken, mashed potatoes, gravy, coleslaw

FISH AND CHIPS 16

fresh house-dipped cod, tartar sauce, coleslaw

SANDWICHES

served with french fries, sweet potatoes, fresh fruit, or coleslaw

HEARST BURGER 13

lettuce, tomato, onion, brioche bun
substitute vegetarian burger upon request

IMPOSSIBLE BURGER (100% VEGAN) 17

lettuce, tomato, grilled onion, avocado, black garlic and almond spread

SALMON BURGER 16

lettuce, tomato, onion, tartar sauce, brioche bun

BLTA 12

bacon, lettuce, tomato, avocado, mayo, toasted sourdough

ROASTED CHICKEN 13

provolone, jalapeno pickles, sriracha mayo, toasted brioche bun

DESSERTS

chef's selection | please inquire 8



[VEG] : VEGETARIAN [GF] : GLUTEN FREE [V] : VEGAN

*Thoroughly cooking foods of animal origin such as beef, eggs, fish, lamb, milk, poultry, or shellfish reduces the risk of food borne illness. Individuals with certain healthy conditions may be at higher risk if these foods are consumed raw or undercooked.

BEVERAGES

WINE BY THE BOTTLE

24

CHARDONNAY

tolosa 375ml/750ml	16/24
stillwaters	30
hearst	30
daou	32
harmony cellars	35

SAUVIGNON BLANC

stillwaters	25
tobin james	28
honing	32

RIESLING

tobin james	25
-------------	----

PINOT GRIGIO

mosby winery	30
--------------	----

ROSÉ

sanford	30
tolosa	28

MISCELLANEOUS

daou pessimist	37
derby 15 10 rhone	30
hearst malbec	50

SPARKLING WINE AND CHAMPAGNE

stanford	7/16
tobin james dreamweaver	17
dom perignon	250

CABERNET SAUVIGNON

daou	38
hearst	39
stillwaters	40
san simeon	45

MERLOT

wild horse	27
victor hugo	32
stillwaters	37
hearst	45

PINOT NOIR

tolosa 375ml/750ml	28/45
josh	36
stephen ross	45
windward	55

SYRAH

tolosa	38
san simeon	40

ZINFANDEL

peachy canyon	30
opolo summit creek	35
cabernet sauvignon	9.50

BOTTLED WATER

san pellegrino 500ml	2.95
san pellegrino 1L	5.95
evian 1L	5.95

WINE BY THE GLASS

JW MORRIS

chardonnay	7
white zinfandel	7
cabernet sauvignon	7
pinot noir	7

STILLWATERS

chardonnay	8.50
sauvignon blanc	8.50
merlot	9.50

BEER BY THE BOTTLE

LOCAL

firestone 805	6
firestone dba	6
hoppy poppy ipa	6

DOMESTIC

bud light	5
coors	5
coors light	5
sam adams	6
sierra nevada pale ale	6
o'douls non-alcoholic	5

IMPORTED

corona	6
modelo	6
heineken	6
guinness stout	6

HARD CIDER

angry orchard	5
---------------	---

Rules for Customers

- Face cloths are recommended.
- Use of hand sanitizer is recommended.
- Maintain physical distance from other customers.
- Stop the spread. If you have Covid-19 symptoms, please do not enter.
- Contact SLO County Health Dept. with questions: 805 - 781- 5500

Rules for Employees

- Face cloths are required for all staff.
- Use of gloves is required for all staff.
- Wash hands often.
- Disinfect surfaces between customers.
- Maintain physical distance whenever possible.
- Follow company health protocols.



CAVALIER
COASTAL KITCHEN

Warning: Drinking distilled spirits, beer, coolers, wine and other alcoholic beverages may increase cancer risk, and during pregnancy, can cause birth defects.