



## BREAKFAST FAVS SERVED TILL 3PM

### blue whale brekky \$16

two eggs, bacon or (vg) soyrizo, sauteed greens, hash brown patty, avo, sourdough toast.

### breakfast bowl \$15

farro, arugula, oyster mushroom, fresno chili hummus, crispy garlic chip, goat cheese, topped with a fried egg.

### big wave burrito \$15

flour tortilla, hash brown patty, cheddar, soft scramble with bacon or (vg) soyrizo, avo, aji verde crema.

### classic french toast \$14

thick-cut brioche, raspberry and vanilla cream, raspberry compote, powdered sugar.

### ube pancakes \$16

two fluffy ube infused hot cakes, ube cream, shaved toasted coconut, seasonal berries.

### morning sando \$15

ciabatta bun, bacon, egg, cheddar, chipotle aioli, avo, served with a hash brown patty. sub turkey bacon +\$2

### chicken & waffles \$18

horchata waffle, crispy buttermilk chicken, fresno agave glaze.

### breakfast tacos \$15

two corn tortillas, fried chickpeas, soft scramble with bacon or (vg) soyrizo, avo, cotija cheese, aji verde crema.



## COFFEE & TEA

### coffee

espresso \$4  
americano \$4  
flat white \$4.5  
cappuccino \$4.5  
latte \$5.5  
hot brew \$4  
cold brew \$5

### milk

oat +\$1  
almond +\$1  
coconut +\$1

### specialty \$6

tres leches latte  
kyoto matcha latte  
mayan mocha  
vanilla chai latte  
turmeric latte  
lavender latte

### teas \$4.5

rose (herbal)  
mango black  
green cherry roobios  
liquid sunshine (green)  
throat coat (herbal)



## TOASTS ALL DAY

### avo toast \$13

avo mousse, sliced avo, cherry tomato, pickled shallot, ciliegine mozzarella, herbs, chili crisp.

### lox toast \$15

seeded sourdough, chive cream cheese, norwegian smoked salmon, heirloom tomato, red onion, watercress, herb oil.

### dark cherry toast \$13

hazelnut-chocolate spread, roasted dark cherries. white honey, toasted macadamia, powdered sugar.



## SMOOTHIES

### verde ballena \$12

avocado, kale, dates, hemp seeds, cacao, almonds, almond milk

### whales workout \$12

banana, peanut butter, dates, oats, hemp protein, honey, oat milk

### acapulco acai \$12

acai, blueberry, brazil nuts, nutella, chia seeds, oat milk

### tulum tropical \$11

pineapple, mango, kiwi, hemp seeds, coconut water, lime juice

### mango tajín \$11

mango, banana, coconut cream, chamoy, tajin, orange juice

**smoothie add ons:** collagen +\$2      chia seeds +\$1  
whey protein +\$2      hangover cure +\$2      hemp seeds +\$1  
hemp protein +\$2      chia seeds +\$1  
hemp seeds +\$1



## SUPERFOOD BOWLS

### blue whale bowl \$13/\$16

served with acai as the base and topped with strawberry, banana, blueberries, almonds, cacao nibs, goji berries, hemp seeds, honey & drizzled with peanut butter.

### build your own bowl \$13/\$16

fill out the byob menu!



# LUNCH & DINNER SERVED FROM 1030AM

## lobster roll \$22

brioche lobster roll, watercress, chive aioli, crispy garlic, melted compound butter.  
served with fries.

## bw smash burger \$17

brioche bun, two smash patties, cheddar, arugula, bw secret sauce.  
served with fries.

## octopus tacos \$19

two corn tortillas, charred octopus, cabbage slaw, aji verde, cotija, avo, aji verde crema

## cali burrito \$18

marinated ribeye, crispy fries, guac, cheddar, pico, aji verde crema.

## pan seared salmon \$21

crispy skin-on salmon, roasted market veggies, pea puree, compound butter.

## crying tiger ribeye \$22

thai style charcoal grilled ribeye, served with crispy fries, nam jim jaew sauce.

## seared ahi \$21

furikake crusted ahi filet, fresh mango pineapple pico, sautéed greens, wasabi aioli.



## chicken tenders & fries \$16

buttermilk chicken tenders, crispy house fries or sweet potato fries.



## BOWLS

### ahi poke bowl \$17

blue fin, sushi rice, ponzu, sesame, garlic chili crisp, ginger, cucumber, avo, edamame, sesame rice cracker.

### baja bowl \$11

cilantro-lime rice, avo, mango pineapple pico, black beans, aji verde crema.

### terriyaki bowl \$11

sushi rice, avo, charred veggies, housemade teriyaki glaze.

### additional proteins

local tempeh +\$5  
marinated chicken +\$6  
salmon +\$7  
seared ahi +\$8  
octopus +\$8  
lobster +\$13



DIVE IN. CRUISE OUT.

FOLLOW US @BLUEWHALESJD

SEA YOU SOON!

## SALADS

### whaledorf salad \$12

mixed greens, crisp apple, grape, candied pecan, shaved parmesan, apple vinaigrette.

### ensalada de pulpo \$19

mixed greens, charred sliced octopus, cherry tomato, garlic chips, cilantro lime vinaigrette.

### baja ceasar \$12

tossed petite romaine, shaved parmesan, garlic bread crumb, chipotle caesar dressing.

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marinated ribeye +\$7  
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lobster +\$13



834 KLINE ST, LA JOLLA, CA

858-352-6580

OPEN 8AM TILL 9PM DAILY



# BUILD YOUR OWN BOWL!

R 12oz \$12

L 16oz \$16



- bases**
- amazon acai
  - dragon fruit pitaya
  - matcha matcha
  - coastal coconut
  - blue majik
  - tropic mango
  - ube
  - cacao
  - passion fruit

- granola**
- organic hemp granola
  - local granola +\$1

- chia pudding**
- pitaya chia pudding
  - blue whale chia pudding



- fresh fruit**
- strawberries
  - banana
  - blueberries
  - kiwi
  - pineapple
  - raspberries
  - passionfruit +\$1

- toppings**
- coconut shavings
  - goji berries
  - almonds
  - cacao nibs
  - sunlower seeds
  - pumpkin seeds
  - chia seeds
  - flax seeds
  - hemp seeds
  - dried cranberries
  - bee pollen

- nut butters**
- peanut butter
  - almond butter
  - cashew butter
  - nutella

- sweeteners**
- honey
  - blue agave
  - cacao power
  - matcha dust
  - cinnamon
  - himalayan salt
  - butterflyfly pea dust
  - chamoy
  - tajin



- for here
- to go

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