



WELCOME TO The Breakfast Bar!

Josh and Pamela Beadel are Long Beach locals who have lived and worked in downtown since 2002. Their experience managing family-owned restaurants to serving at popular local hangouts have inspired their unique, love-filled concept for our restaurant. The Breakfast Bar blends Josh’s vast beverage knowledge and Pamela’s expertise running restaurants, with their mutual passion for bringing friends and family together to break bread. Our dream has always been to create a restaurant where we could share our family recipes with the community we love. For us it’s all about family! House-made dishes with the highest quality ingredients are of the upmost importance! Many of their recipes have been passed down over four generations. It’s the perfect dining experience.... blending edgy comfort food, speciality drinks, and fun family love.

Appetizers

Hung Over (Breakfast Poutine)

French Fries topped with gravy, scrambled eggs with cheese, pork sausage, mixed peppers, onions, drizzled with spiced sour cream, and served with a side of pico de gallo. 20.5

BB Sliders

Three mini country biscuits, gravy, jack cheese and scrambled eggs, with choice of bacon, sausage, turkey sausage or ham 18.25

Chicken Wings

Eight piece chicken wings tossed in choice of sauce. Served with homade buttermilk ranch dressing. Sauce Choice: Sriracha Honey Garlic, Buffalo 21



Avo-Toast

Three slices of our grilled house rosemary sourdough bread, avocado spread, baby arugula, tomato, and pickled onion. Drizzled with olive oil, and lemon pepper seasoning 17

Add chopped bacon bits +2.75 Add one egg + 3

Shrimp & Cheesy Roasted Pepper Grits

Jack cheese and roasted pasilla pepper grits. Served with four grilled shrimp and grilled house rosemary sourdough bread 21

Shrimp Bruschetta

Sautéed shrimp, cherry tomatoes, basil, feta cheese, shallots, and white wine. Served hot over grilled house rosemary sourdough bread 21

Love-Lee Chicken & Waffles

Two country fried chicken wings and a golden crispy waffle pieces. Served with Nana’s gravy, salted butter syrup, and apple cinnamon cheese spread 21



Deviled Eggs

Six half eggs stuffed with house recipe, egg yolks, mayonnaise, mustard, Red Gindo’s Hot Sauce, and homemade dill pickle relish 13.75 +Chopped bacon bits 2.75



Pig Candy

Four pieces of smoked bacon, 100% Maple syrup, brown sugar, cayenne and red pepper flakes 16.25



Devil Fries

Crispy French fries tossed in deviled egg filling, bacon bits, & Red Gindo’s cream sauce and cilantro 13.25

Breakfast Entrees

Uncle Marcee’s Omelette Casserole

This brunch favorite has been passed down for three generations, from my Great Uncle Marcee, to my mom, and now me. Made with bread, jack cheese, milk, egg, and prepared 24 hours in advance for best flavor. It’s individually baked, drizzled with spiced sour cream. Served with potato pancake, side of pico de gallo, and fruit- *Pamela* 17.5

Marcee Toppings

Meat Toppings

+6.25 each: Turkey Sausage, Ham, Soy Chorizo
+6.75 each: Pork Bacon, Sausage, Spiced Ground,
+8 each: Vegan Sausage
+8.5 each: Sliced Turkey, 1/2 Chicken Breast

Veggies Toppings

+2.5 each: Spinach, Tomatoes, Onion, Bell Pepper, Corn, Black Beans, Zucchini, Jalapeno, Pico de Gallo, Cilantro, Mushroom, Cheddar Cheese, Jack Cheese, Parmesan Cheese, Feta Cheese, American Cheese | +4 Avocado

Griddle

All combos below are served with 2 eggs cooked anyway you like. Choice of bacon, sausage links, turkey sausage, ham, or soyrito.

Traditional Fluffy Buttermilk Pancakes 18.25

French Toast Combo

Thick cut sourdough French toast topped with fresh berries 19.5

GF “Buck Naked Cakes Combo”

Mom’s buttermilk buckwheat pancake recipe grilled to perfection and topped with fresh berries 20.5

Waffle Combo

One Belgian waffle topped with fresh berries 21

Lemon Cakes Combo

Mom’s famous lemon cake batter made into a pancake, drizzled with zesty citrus frosting and topped with mixed berries 22

Additions:

Bananas, Chocolate Chips 2.5 each

Eggs N-E-Way

Two or three eggs cooked anyway you like. Choice of bacon, sausage links, turkey sausage, ham, or soy chorizo. Served with potato pancake and grilled house rosemary sourdough bread 17.25/18.75

Build your own Scramble or Omelet Choose 3 veggies +5.5

Eggs Noni (Served Benedict Style)

Grilled house rosemary sourdough bread, grilled tomato, sautéed spinach, and two poached eggs, and topped with Red Gindo’s spiced hollandaise. Served with potato pancake 17.5

Add Shrimp Bruschetta topping +11

Eggs Papi (Served Benedict Style)

Grilled house rosemary sourdough bread, choice of bacon, sausage links, turkey sausage, ham, soy chorizo, two poached eggs topped with Red Gindo’s spiced hollandaise. Served with potato pancake 17.5

GF Oatmeal

Old fashioned oats, made with your choice of whole milk, oat milk, or water. Served with sliced almonds and brown sugar 15.5 | Add berries +2.5 | *Substitute Oatmilk +2.5

Papa Joe (Egg in a Hole Grilled Cheese)

Thick cut white bread with two eggs cooked inside and melted jack, cheddar cheese. Choice of bacon, sausage links, turkey sausage, ham, or soy chorizo. Served with potato pancake or fries 17.25

Daily Fuel

Mom’s homemade granola, served with yogurt, and topped with fresh seasonal fruit and honey 15.5

Breakie Sammie

Grilled sourdough bread, roasted garlic and herb aioli, jack cheese, baby arugula, tomato, and egg. Choice of bacon, sausage links, turkey sausage, ham or soy chorizo. Served with choice of French fries, tater tots, fresh tortilla chips, or a potato pancake 18.5 | Avocado +4

Breakfast Burrito

Two eggs scrambled with black beans, pico de gallo, cheddar cheese, avocado and a drizzle of spiced sour cream. Wrapped in a tortilla, with your choice of bacon, sausage, turkey sausage, ham, or soy chorizo. Served with choice of French fries, tater tots, fresh tortilla chips, or a potato pancake 18.5

Add double meat +6.5

Meatloaf Steak & Eggs

House Spiced Mexican style meatloaf made with beef, pork and soy chorizo. Topped with two eggs anyway you like. Served with a potato pancake and grilled house rosemary sourdough bread 22.5

Country Fried Chicken Breakfast

Breaded and fried full chicken breast. Smothered with Nana’s gravy and served with two eggs anyway you like, biscuits and potato pancake 22.5

Substitute any bread for GF Bun 3

Dad’s Favorite Lemon Cake Pancake 11
Mom’s famous lemon cake batter made into a pancake, drizzled with zesty citrus frosting and topped with mixed berries. World famous in 2 counties!

Sweet Stuff

Donut Sammie
Glazed donut stuffed with whipped cream cheese filling. 8

Add strawberries & bananas +2.5
Add pig candy bacon + 8

Pam's Chocolate Banana Bread Loaf 14 | GF Blueberry Muffin 8.5

We offer Gluten Free options however our kitchen is not Gluten Free Certified *Consuming raw or undercooked meats, poultry, seafood or eggs may increase your risk of foodborne illness.

BLT+A

Four strips of smoked bacon, garlic herb aioli, tomato, iceberg lettuce and avocado. Served on toasted sourdough bread 18.5

Classic Double Smash Burger*

Two quarter pound smashed beef patties, melted American cheese, tomato, iceberg lettuce, & thousand island dressing. Served on a toasted torta bun 22

Make either a BREAKFAST BURGER with fried egg 3

Turkey Club

Oven roasted and sliced premium turkey breast, house roasted garlic herb aioli, tomato, baby arugula, and smoked bacon. Served on toasted sourdough bread 22

That’s a Wrap

A mixture of spinach, napa cabbage, romaine lettuce, cilantro, red onion, cherry tomatoes, jack cheese, and avocado. Tossed in ranch dressing and wrapped in a spinach tortilla 15.5

Add Protein: Half Chicken Breast, Sliced Turkey, Fried Chicken Tenders + 8.5 Each

Grilled Cheese & Tomato Basil Soup

Thick cut white bread drizzled with white truffle oil, grilled and stuffed with horseradish and chive infused white cheddar cheese. Served with a cup of homemade tomato basil soup 18.5

1/2 Sandwich Combo

Choice of BLT+A or Grilled Cheese. With side choice 15 | Turkey Club +2.5

Grilled Chicken Sandwich

Grilled or blackened chicken breast, jack cheese, house roasted garlic and herb aioli, red onion, tomato, roasted red bell pepper, and baby arugula. Served on a toasted torta bun 21

Fried Chicken Sandwich

Battered and fried chicken breast, jack cheese, tomato, pickles & garlic aoili. Served on a toasted torta bun 21

Fried Chicken Tender Strips

Four hand battered & fried chicken tenders. Served with homemade buttermilk ranch dressing 17.5

Popular Sandwich Additions Hickory Bacon 6.75, Tomatoes 2.5, Sauteed Mushrooms 2.5 Grilled Onions 2.5, Avocado 4

Vegan

GF Vegan Bowl

Soyrizo, mixed peppers, onion, cilantro, corn, and black beans, cooked and topped with an avocado. Served in a bowl with fresh tortilla chips and a side of pico de gallo 19

GF Joe-Veggie

Zucchini, corn, mushrooms, bell peppers, onion, and tomato blackened sautéed in olive oil. Served hot over fresh spinach and topped with cilantro 19.5

Vegan Burrito

Choice of vegan apple sausage or soyrizo, cilantro, onion corn, roasted red pepper, raw spinach, black beans, mushrooms, and avocado spread. Wrapped in a tortilla. Served with a Choice of Side 19

Soups & Salads

Soup & Salad Combo

Tomato Basil soup paired with choice of Classic Caesar or baby arugula. Served with a slice of grilled house rosemary sourdough bread 17.5

Classic Caesar

Chopped romaine lettuce, parmesan cheese and homemade croutons. Tossed our homemade creamy Caesar dressing . Served with a slice of grilled house rosemary sourdough bread 16.5

Homemade Tomato Basil Cup 7.25 | Bowl 14.5

Watermelon Arugula Salad

Arugula, tossed in olive oil, balsamic vinegar, fresh lemon juice salt and pepper. Topped with feta cheese, watermelon, and pickled red onion. Served with a slice of grilled house rosemary sourdough bread 17.5

Soup of the Day (Seasonally available)

Cup 7.25 | Bowl 14.5

House Salad

Mixture of napa cabbage, romaine lettuce, baby arugula, red bell pepper, red onion, corn, cherry tomatoes, slivered carrots, cucumber, and cilantro. Tossed in house dressing. Served with a slice of grilled house rosemary sourdough bread 16.5

Protein Choices: Half Chicken 8.5 | Full Chicken 12.5 | Grilled Shrimp 12.5 | Sliced Turkey 8.5 | Fried Chicken Tenders + 8.5

Sides & More

Fluffy Cake 7.25

French Toast 7.75

GF Buck Naked Cake 8.25

Waffle 10.5

Biscuit, Toast, or Tortilla 5

One Egg 3

3 Veg Choice Omelette 11/12.5

Pork Bacon or Sausage 6.75

Ham or Turkey Sausage 6.5

Vegan Apple Sage Sausage 8

Chicken Wing 7

Potato Pancake 5.75

Fruit 7.25

Greek Yogurt 7.5

Granola 8.75

Nana’s Gravy 7.25

Biscuits & Gravy 10.5

Cheddar Grilled Cheese 9

House Salad or Caesar Salad 11.5

Watermelon Arugula Salad 12.5

Cheesy Pasilla Pepper Grits 7.5

French Fries or Tater Tots 7.25

add truffle garlic parmesan for 3.5

Beverages

Sodas

Coke, Diet Coke, Sprite, Lemonade, Mr. Pibb, Raspberry Tea, Orange Fanta, Ginger Ale, Shirley Temple, Roy Rogers 5.5

Iced Coffee or Drip Coffee 5.5

Double Shot Espresso 5

Rishi Hot Tea

English Breakfast, Turmeric Ginger Chamomile, & Jasmine Green Tea 6.5

Fresh Juice 12oz 7

Orange, Grapefruit

Other Juices 12oz 6

Pineapple, Apple, Tomato, Cranberry

Milk 12oz 7

Whole, Oat

Virgin Signature Lemonades 8.5

Virgin Bloody Mary 8.5

Coffee Drinks

Mocha Muchacho 8.5

Espresso, Steamed Milk, Mexican Chocolate, Cinnamon, and Whipped Cream

Red Eye 6.5

Drip Coffee and Espresso

Chai Latte 7.5

Cubano 6.5

Coffee, Espresso, Raw Sugar

Cappuccino or Latte

(Caramel, Vanilla, or Mocha) 7.5

Spiked Your Coffee 12.5

Add a Shot of Bailey’s, Kahlua or Frangelico

Jackie’s Hot Chocolate 7.5

We offer Gluten Free options however our kitchen is not Gluten Free Certified *Consuming raw or undercooked meats, poultry, seafood or eggs may increase your risk of foodborne illness.