

BREAKFAST

THE "A" PARFAIT	\$ 7.00
Greek yogurt, seasonal fruits, house honey granola	
LE PETIT DEJEUNER	\$ 9.00
Butter croissant, house jam, cup o' coffee, fresh squeezed orange juice	
EGGS ON MOON	\$11.25
Open-faced croissant, French ham, melted gruyere, 2 eggs up	
OMELETTE CLASSIQUE	\$10.50
-Goat cheese, fine herbs	
-French ham, gruyere, chives	
-Smoked salmon, dill, chives, crème fraiche, lemon zest	
-Mushrooms, onions, gruyere	
FRENCH TOAST	\$ 9.00
Butter Brioche stuffed with apples, cinnamon & maple syrup	
THE AMERICANO	\$10.50
2 eggs, house turkey sausage or sliced avocado roasted potatoes, bread butter& jam	
EL RANCHERO	\$11.50
2eggs up, onions, sautéed kale, chorizo sausage, warm tortillas	
THE NEW YORKER	\$11.00
Open-faced bagel, smoked salmon, herb cream cheese, avocado, tomatoes, onion	
Bagel cream cheese	\$ 4.80
EL RANCHERO	\$11.50
2 eggs up, sauted kale, chorizo sausage, onions, warm tortillas, spicy salsa	
LA TORTILLA	\$11.95
Potatoes omelet, onions, "merguez" (spicy sausage), salsa sauce	

VIENNOISERIES

Pain au chocolat, plain croissant, almond croissant
Organic- Vegan-Gluten free MUFFINS

SPECIALITIES

GRATINEE ONION SOUP	\$ 5.50
SOUP DU CHEF	\$ 6.50
QUICHES (veggie, Lorraine...)	\$11.00
HACHIS PARMENTIER (SHEPERD PIE) & salad	\$11.00
FRENCH POUTINE	\$12.00
The BIG ONE – to share	\$20.00
(Fries, chicken, bacon, béchamel, onions, cheese)	
MELANZANA	
(cold eggplants lasagna & marinated bell pepper	\$14.00
RATATOUILLE (side)	
FLATBREAD	

FLATBREADS

- **MUSHROOM & BECHAMEL** **\$10.50**
- **TOMATOES sauce GROUND BEEF GRUYERE** **\$11.95**
(add egg \$1.50)
- **VEGGIE RATATOUILLE-MOZZARELLA** **\$11.25**

SANDWICHES

BLTA	\$11.00
Bacon, romaine hearts, tomatoes, pickled red onion, aioli Multi-grain	
CROQUE MONSIEUR	\$11.25
French Ham, melted béchamel & cheese - Classic white Baguette	
COUNTRY SIDE	\$12.00
French ham, brie, olive tapenade, spring onions, mixed green Baguette	
TUSCANO CHICKEN	\$13.00
Chicken breast, mozzarella, sun dried tomatoes, pickled onions, house pesto, arugula - Baguette	
SONOMA TURKEY	\$13.00
Roasted turkey breast, brie, roasted grapes, balsamic reduction, mixed green - baguette	
FRENCH TOUCH	\$11.50
French ham, gruyere, butter, cornichon – Baguette	
BISTROT BURGER	\$14.00
Bacon, avocado, caramelized onions, tomatoes, aioli sauce Brioche buns	
FORAGER	\$12.00
Massaged kale, sprouts, avocado, tomatoes, pickled onions, roasted grapes, pepitas - Multi-grain	
FARMERS MARKET	\$13.00
Butternut squash, sauted kale, roasted eggplant zucchini & mushrooms, balsamic onions, aioli - Pita Wrap	
MERGUEZ	\$14.00
Spicy sausage, caramelized onions, Dijon mustard or harissa Baguette Ratatouille & French fries	

PANINI

PANINO GEPETTO	\$11.50
Prosciutto, gruyere, sun dried tomatoes, house pesto	
PANINO PARISIEN	
French ham, brie, tomatoes, balsamic onions, butter	
PANINO VEGGIE	
Roasted eggplant, zucchini & mushrooms, balsamic onions, olive tapenade, feta, aioli	

SALADS

FIOR DI LATTE	\$14.00
Burrata, prosciutto, tomatoes, hazelnuts, arugula, toast	
THE MEDITERRANEEN	\$12.00
Green lentils, cumin, carrots, red onions, golden raisin, soft boiled egg	
CHEVRE CHAUD	\$14.00
Leonora goat cheese, honey, hazelnuts, beets, mixed green	
CALIFORNIA GODESS	\$13.00
Grilled romaine hearts, blackened corn, pickled onions, avocado, apple green, goddess dressing	
QUINOA DE PROVENCE	\$13.75
rainbow quinoa, prosciutto-wrapped grilled pears, arugula, spring onions goat cheese lemon, lavender dressing	
SALADE FRISEE	\$14.00
frisee, lardon, poached eggs, croutons	
SALADE DE POMME DE TERRE	\$11.00
Potatoes, sweet white onions, crème fraiche, chives, lardon	
SALADE CESAR	\$12.00

SIDES

FRENCH FRIES	\$ 4.00
ARUGULA	\$ 4.00
RATATOUILLE	\$ 5.00
QUINOA	\$ 5.00
LENTILS	\$ 5.00

DESSERTS

LE SWEETY DU JOUR	\$ 6.00
ICE CREAM VANILLA OR BERRIES	\$ 3.00

PLEASE NO SUBSTITUTIONS ...THANKS



HOT DRINKS

Coffee, Latte, Mocha, Cappuccino, Red Eye, Americano, Regular, Hot Chocolat, Café Viennois ...

Mighty Leaf Organic Tea : Marakesh mint green / Chamomille Citrus / Green Tea Tropila / African Nectar / Spring Jasmine / Vanilla Bean / Breakfast Tea / Earl Grey

REFRESH DRINKS

BREAKFAST BOOSTER \$ 5.80

- RISE & SHINE BANANA SHAKE
Banana, yogurt, skim milk, vanilla
- DETOX SPECIAL ... TO FEEL GOOD !!
Pineapple juice, Mango, Kiwi fruit, fresh Mint leaves, Chilled

LEMONADE

Homemade lemonade	\$ 2.25
Arnold Palmer	\$ 2.50
Lavender coconut lemonade	\$ 3.80

PURITY ORGANIC JUICE (14oz) \$ 5.80

Lemon - Agave - Ginger
Kale - Apple - Spinach
Green lemonade
Black berry - Apple chia

PURE COCONUT WATER (17oz) \$ 5.00

CHOCOLATE COCONUT WATER (17oz) \$ 5.00

MOUNTAIN VALLEY WATER OR SPARKLING

16 OZ \$ 4.00

1L \$ 6.00

PERRIER (11oz) \$ 3.00

KOMBUCHA "REEDS" (13oz) \$ 6.00

Peach - Mango
Coconut - Lime
Pomegranate

SODAS

Coca-cola, Orangina \$ 2.80

VIRGIL'S \$ 3.25

Cream soda - Root Beer
Black Cherry \ Ginger Beer

ATMOSPHERE CAFÉ

MAR VISTA

T  **BLE SERVICE**

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