

GIDDY UP

served until 7:30 pm



DRIP \$4.50
COLD BREW \$6
AMERICANO \$4.50
ESPRESSO \$4.50
CORTADO \$5.00
CAPPUCCINO \$5.50
FLAT WHITE \$6
LATTE \$6
MOCHA \$7

SPECIALTY LATTES

served until 7:30 pm



HAWAIIAN COWBOY \$7.50

espresso, hawaiian honey, maple walnut milk

GOLDEN DUNES \$7.50

espresso, date caramel, cocoa powder, choice of milk

SADDLE SPICE CHAI \$7.50

blend of spices and black tea,
ceylon cinnamon, maple walnut milk
- add espresso shot +\$2

MATCHA

served until 7:30 pm

STRAIGHT FROM KYOTO \$7.50

ceremonial grade matcha, choice of milk

CLASSIC COWGIRL \$8

ceremonial grade matcha, vanilla bean, choice of milk

BERRIES AND CREAM \$8.50

ceremonial grade matcha, macerated berries,
almond, choice of milk

SALTY HORSE COSTA MESA



SYRUPS

VANILLA BEAN +1 MOCHA +1
HAWAIIAN HONEY +1

MILKS

STRAUS WHOLE, MAPLE WALNUT,
ALMOND, OAT

CLOUDS

VANILLA +1.50

TEAS AND LEMONADES

served until 7:30 pm

LOOSE LEAF TEA \$5.50

blood orange black (house batch)
jamaica (herbal)
white peach ginger
english breakfast

FRESH PRESSED LEMONADE \$6

blueberry mint
strawberry
arnold palmer

SMOOTHIES

served until 5:00 pm



THE SB \$10

strawberry, banana, honey, almond milk

BLUE WHALE \$10

pineapple, mango, strawberry, coconut sorbet,
apple juice, agave, spirulina, coconut flakes

MANGO BASIL \$11

mango sorbet, basil leaves, mango, orange juice,
green spirulina

MAPLE MAVERICK \$11

banana, dates, peanut butter, espresso, mocha
protein powder, maple walnut milk, cinnamon

BLUE PIE \$10

blueberries, almond butter, dates,
cinnamon, maple syrup, maple walnut milk

PINK SUNSET \$10

mango, pineapple, pitaya, orange juice

ACAI BOWLS

served until 5:00 pm

OG ACAI \$16

organic acai, hemp granola, seasonal
fruit, peanut butter, coconut shavings,
almonds, hemp seeds, cacao nibs, honey

LA SIRENA \$16

pitaya, blue coconut, hemp granola,
seasonal fruit, almond butter, hemp
seeds, coconut shavings, honey

SOL RIDER \$16

mango sorbet, white coconut, hemp
granola, hemp seeds, seasonal fruit
agave



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BREAKFAST

served till 3:00 pm



FOR THE WANDERER \$18

bacon, eggs your way, sourdough toast, breakfast potatoes or tots, avocado, cilantro olive oil drizzle

SUNRISE SAMMIE \$16

local sourdough, fried egg, bacon, avocado, cheddar cheese, kimchi aioli, furikake

JH BREAKFAST BURRITO \$17

crispy bacon or soyrito, soft scrambled egg, tater tots, avocado, cheddar cheese, chipotle crema (sub spinach tortilla +\$2)

SALTY RED BREAKFAST BURRITO \$18

al pastor, soft scrambled egg, avocado, aji verde crema, cheddar cheese, tater tots

STEAK AND EGGS \$26

ribeye, chimichurri, eggs your way, tater tots, avocado, local sourdough

PITAYA PANCAKES \$15

two fluffy pink pitaya pancakes, toasted coconut, powdered sugar, pitaya cream, seasonal fruit

CAMPFIRE FRENCH TOAST \$15

thick cut brioche bread, chocolate mousse, cacao dust, graham cracker, powdered sugar, served w/ maple syrup

UBE WAFFLE AND CHICKEN \$18

ube waffle, maple glazed chicken tenders

SKATE THE BOWL \$16

farro, arugula, sunny side up eggs, hummus, chili crisp, lemon dill tzatziki, cherry tomato, olive oil

EGG BENNY (SUNDAYS ONLY) \$18

colossus butter croissant, poached egg, canadian bacon, hollandaise, side seasonal salad with a lemon basil vinaigrette

TOASTS



AVALON AVOCADO \$14

local sourdough, smooth avocado crema, fanned avocado, cherry tomato, lemon infused olive oil, goat cheese, cracked pepper, chili oil

SUNNY LOX \$16

everything bagel, beet cured salmon, herb cream cheese, tomatoes, chopped onion, pickled cucumber, lemon olive oil, hawaiian black salt, crispy capers

LUNCH

served till 5:00 pm

AL PASTOR TACOS \$14

two al pastor tacos, pineapple, cilantro, onion, avocado crema (side of rice & beans +\$3)

CALI BURRITO \$18

carne asada, fries, avocado, cilantro crema, rice, pico, cheese (side of rice & beans +\$3)

MESA NACHOS \$16

grilled chicken or carne asada, salty horse tortilla chips, house nacho cheese, pinto beans, pico, jalepeno, guacamole, crema blanca, chipotle aioli

FISH AND CHIPS \$20

beer battered cod, served with crispy fries
salty horse remoulade, served w/ charred lemon

COWBOY STEAK FRITES \$24

ribeye, cowboy butter, peppercorn sauce, truffle parmesan fries

FARMHOUSE TENDERS \$16

three hand battered chicken tenders, served with fries and house made ranch

SANDOS

SMOKEY THE BANDIT BURGER \$18

two smash patty, potato bun, gouda, bacon onion jam, spicy mayo, fries (sub truffle parmesan fries +2)

COWGIRL CHICKEN SANDWICH \$16

fried or grilled chicken, potato bun, sweet pickles, slaw, served with fries (sub truffle parmesan fries +2)

FOCCACCIA TURKEY SANDO \$16

local focaccia bread, organic turkey, arugula, burrata, tomatoes, spicy aioli, pickled jalepenos, served with fries

PHILLY CHEESESTEAK \$21

sesame hoagie roll, angus beef sirloin, white cheddar, grilled onions, sautéed bell peppers

VEGAN GIRL WRAP \$16

spinach tortilla, falafel, bamboo rice, hummus, cucumber, tomato, avocado, arugula, vegan lemon dill tzatziki

BOWLS/SALADS

served till 5:00 pm



PACIFIC POKE BOWL \$18

local caught tuna, bamboo rice, cucumber, avocado, rainbow carrots, edamame, a crispy rice cracker, togarashi crema, eel sauce

THE TERIYAKI BOWL \$11

bamboo rice, sautéed rainbow carrots, fried broccolini, avocado, spicy mayo, teriyaki sauce

VERDE BOWL \$12

sautéed bok choy, asparagus, spinach, fried broccolini, edamame, pistachios, goat cheese, cilantro, jalepeno crema

TROJAN HORSE BOWL \$11

bamboo rice, hummus, cucumber, tomato, arugula, olive oil, lemon tzatziki

SPICY CAESAR \$12

romaine cups, sourdough crouton crumble, aged parmesan, crispy capers, spicy caesar dressing (make it a wrap \$1)

TROPICAL SALAD \$12

mixed greens, arugula, fresh strawberries, diced avocado, dates, cherry tomatoes, cucumber, onion, candied pecans, feta cheese, mango vinaigrette



PROTEIN ADD ONS

5 oz ribeye steak \$11
10 oz ribeye steak \$20
marinated chicken \$8
salmon \$10
falafel \$7

"Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness"

NO SEED OILS