



EL capitan canyon

11560 CALLE REAL SANTA BARBARA, CA 93117

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elcapitancanyon.com

Mexican Favorites

HOMEMADE GUACAMOLE & CHIPS

Served with warm tortilla chips

QUESADILLA

Chicken or beef served in a flour tortilla, with mozzarella and cheddar cheeses with lettuce, sour cream, salsa and fresh guacamole

NACHOS

Cheddar cheeses, tomatoes, salsa, and your choice of chicken or beef with beans and a side of sour cream & guacamole

CHICKEN TOSTADA SALAD

Shredded lettuce, chicken, beans, tomatoes, avocado, sour cream, cheddar cheese served in a crispy flour tortilla shell

Hamburgers

HAMBURGER

Includes lettuce, tomato, & onions. Served with French fries. Add grilled mushrooms or bacon

CHEESEBURGER

Includes lettuce, tomato, and onions & your choice of cheddar, Swiss, provolone or pepper jack cheese. Served with French fries

TURKEY BURGER

Includes lettuce, tomato, & onions. Served with French fries

GARDEN BURGER

Includes lettuce, tomato, & onions. Served with French fries

Specialty Pizza

(Served only on 14 inch crust)

BBQ CHICKEN

BBQ sauce, mozzarella, diced tomatoes, garlic, diced red onion, chopped cilantro, diced roasted chicken

PESTO CHICKEN-SAUSAGE

Pesto sauce, garlic artichoke sausage, diced tomatoes, fresh basil, mozzarella cheese, Parmesan

CREEKSIDE COMBINATION

Marinara sauce, mozzarella cheese, pepperoni, black olives, garlic, diced tomato, fresh basil, & avocado

HAWAIIAN

Marinara sauce, mozzarella, ham & pineapple

Classic Pizza

6" or 14" - Cheese • Pepperoni • Sausage • Veggie

Sandwiches

REFUGIO

Sliced roasted turkey breast, Swiss cheese with lettuce, tomato, & mayo on toasted sourdough bread

JALAMA

Tuna salad prepared with albacore tuna, mayo, celery, red onion, & sweet pickle with lettuce & tomato on your choice of bread

JALAMA MELT

Albacore tuna & melted cheddar cheese on sourdough bread

GAVIOTA

Prepared with avocado, sprouts, tomato, roasted red pepper, lettuce, onion & your choice of cheese on your choice of bread

EL CAPITAN

Tri-Tip seasoned & barbecued to perfection, prepared with mayo, lettuce & tomato on a French roll

RINCON

Roasted turkey, Applewood smoked bacon, avocado, cheddar cheese, lettuce, tomato, & mayo on sourdough bread

MARTINE

Turkey, avocado, roasted red pepper, red onion, lettuce, tomato, pepper jack cheese, & chili mayo on sourdough bread

CANYON CLUB

Turkey, bacon, lettuce, tomato, & mayo on sourdough

Sandwiches & Wraps

CANYON B.L.T.

Bacon, lettuce, tomato, and mayo on your choice of bread. Add avocado

CHICKEN SALAD SANDWICH

Diced chicken breast with celery, carrots, onions, tomato, lettuce & mayo served on a toasted French roll

CHICKEN TERIYAKI

Teriyaki chicken breast, lettuce, tomato, grilled sweet onions, & mayo on a French roll

CAJUN CHICKEN

Grilled Cajun chicken, shredded lettuce, red onion, sliced tomato, & chili mayo served on a toasted French roll

Sandwiches & Wraps

GRILLED HAM & SWISS

Grilled sliced ham with melted Swiss cheese on grilled Texas Toast

GRILLED VEGGIE PESTO SANDWICH

Thinly sliced squash, zucchini, red onions, roasted red peppers, tomato topped with sprouts & homemade pesto sauce on a toasted French Roll

TRI -TIP DIP

Central Coast version of a French dip sandwich with tri-tip on a French roll served with au jus & side of fries

TRI -TIP TORTA

Shredded tri-tip, sliced tomato, caramelized onions, jalapeños & lettuce topped with melted cheese served on a toasted French roll

TURKEY PANINI

Sliced turkey breast, tomato, pepper jack cheese, chipotle mayo, served on grilled Texas Toast

BUFFALO CHICKEN SANDWICH

Crispy chicken sautéed in Buffalo hot sauce topped with sliced tomato, onions & lettuce with melted cheese served on a toasted French roll

CHICKEN CAESAR WRAP

Grilled chicken breast, shredded lettuce, croutons, Caesar dressing wrapped in a flour tortilla

CHICKEN RANCH WRAP

Breaded chicken, diced tomato, red onions, red peppers, cucumber, avocado, shredded cheddar cheese, & chili mayo wrapped in a flour tortilla

Salads

GARDEN SALAD

Spring mix, cucumbers, carrots & tomato, served with garlic bread & your choice of balsamic vinaigrette or ranch dressing

CAESAR SALAD

Romaine lettuce, Caesar dressing, croutons, sprinkled with Parmesan cheese & served with garlic bread. Add chicken

ICEBERG WEDGE

Iceberg salad topped with bacon, tomato, red onion & crumbled blue cheese served with blue cheese dressing

CANYON COBB SALAD

Spring mix lettuce, sliced chicken breast, bacon, hardboiled eggs, avocado, tomato, crumbled blue cheese with blue cheese dressing

BBQ CHICKEN SALAD

Spring mix lettuce, BBQ sliced chicken breast, diced red onion, corn, diced tomato, chopped cilantro & served with ranch dressing

SANTA FE CHICKEN SALAD

Spring mix lettuce, sliced chicken breast, black beans, corn & cheddar cheese served with a spicy Santa Fe dressing

CHINESE CHICKEN SALAD

Romaine lettuce, sliced chicken breast, orange segments, sliced almonds, & fried wonton strips tossed in a Chinese dressing with fresh cilantro

SPINACH SALAD

Fresh spinach topped with smoked bacon, hardboiled egg, roasted corn, red onions & toasted almonds served with red wine vinaigrette

Sides

French fries • Sweet potato fries • Chicken strips

Breakfast Menu

(Served until 11:30 a.m. everyday)

3 egg omelets are served with a side of home fries & sourdough toast

MESA OMELET

Tri-Tip, caramelized onions, red pepper & mozzarella cheese

VEGETARIAN OMELET

Broccoli, cauliflower, yellow squash, zucchini & mozzarella cheese

HAM & CHEESE OMELET

Sliced ham & cheddar cheese

FLORENTINE OMELET

Baby spinach, diced bacon & goat cheese

GREEK OMELET

Diced bell peppers, caramelized onions, spinach & feta cheese

HUEVOS RANCHEROS

Eggs over easy with ranchero sauce served on 2 crispy corn tortillas with beans & salsa

CHORIZO BURRITO

Flour tortilla filled with chorizo, potatoes, eggs & cheese

THE CANYON BREAKFAST PLATE

Scrambled eggs, bacon, potatoes, sourdough toast, bowl of fresh fruit

MACHACA CON HUEVOS

Mexican shredded beef sautéed in ranchero sauce & scrambled eggs with corn tortillas

EGGS BENEDICT

Two poached eggs with Hollandaise sauce & Canadian bacon. Served on a toasted English muffin with a side of home fries

HAM & CHEESE SCRAMBLE

Served with potatoes, your choice of sourdough or wheat toast

VEGETARIAN SCRAMBLE

Served with potatoes, your choice of sourdough or wheat toast

PANCAKES

Toppings include fresh berries & bananas, with powder sugar

FRENCH TOAST

Toppings include fresh berries & bananas, with powder sugar

TOASTED BAGEL WITH CREAM CHEESE

Plain, cinnamon raisins, sesame seed, or everything

BREAKFAST SANDWICH

English muffin with eggs & cheese. Add bacon, sausage, ham or vegetarian sausage

BREAKFAST BURRITO

Flour tortilla filled with potatoes, eggs & cheese. Add bacon, sausage, or vegetarian sausage

OATMEAL BOWL

 with fresh berries & bananas

YOGURT PARFAIT with fresh berries & bananas topped with granola

CINNAMON ROLL

Children's Menu

GRILLED CHEESE

BEAN & CHEESE BURRITO

PEANUT BUTTER & JELLY

NACHOS WITH MELTED CHEESE

CHICKEN NUGGETS & FRIES

CHICKEN TAQUITOS

JUMBO HOT DOG & FRIES

PANCAKES (2) with a side of fresh berries & bananas

CORN DOG & FRIES

FRENCH TOAST (2) with a side of fresh berries & bananas

CHEESE QUESADILLA

Signature BBQ Kits

Includes necessary ingredients for a camp-style fireside dinner: food, drinks, firewood, plates, dinnerware, napkins...even a S'mores kit. "Cabin Service" can be arranged with food delivery to your campsite for \$5 extra.

BUNDLE OF FIREWOOD

GARLIC BREAD

CONDIMENTS

CHILI BEANS

DRINKS

COOKING UTENSILS

GREEN SALAD

SMORES KIT

LOGO CANVAS BAG

FIRESTARTER & MATCHES

DINNERWARE

(yours to keep)

All BBQ Kits Come In Family of 4 or 2

TRI-TIP

SALMON

CHICKEN

(with mixed veggies)

HAMBURGERS, HOT DOGS

OR VEGGIE BURGERS

(garlic bread not included)