

POST BANGIN' BRUNCH

Sept 9 2018

HAND-CRAFTED COCKTAILS - 12.5

BLOOD & SMOKE - bloody mary w/ bacon-infused chopin vodka, celery seed, sriracha salt, coppa
REINA ALBAHACA - sangria w/ bertagnolli grappino grappa, noval black, orange, garnacha, basil
AVILA'S HEIR - margarita w/ corralejo reposado tequila, serrano, orange, yuzu
VIC VEGA - gimlet w/ boyd and blair vodka, coconut, almond, bergamont
84 DRAGON - scotch airmail w/ great king st, apricot, vanilla, cardamom, bubbles
EL FUERTE - mezcal sour w/ el mero mero mezcal, tepache, honey, mbp falernum
ALPINE M.U.L.E - mule w/ boyd & blair vodka, aperol, ginger beer, kiwi, black pepper
DELONIX REGIA-TARRAGON MOJITO W/ STARR, RHUBARB, STRAWBERRY, AMARO

BREADS & SWEETS

BACON CHEDDAR BUTTERMILK BISCUITS, maple butter - 6
GRILLED SOURDOUGH TOAST, sweet butter and strawberry preserve - 3
STICKY BUN, pecan and brown sugar - 8
PEACH COBBLER BREAD PUFFING, BRANDY BUTTERSCOTCH - 9

SUMTHIN' SUMTHIN'S

NUESKE'S BACON, rosemary, brown sugar, and chili - 9
WEISER FARM POTATOES, lemon buttermilk ranch - 7
BEST OF THE MARKET FRUIT, NECTARINES, HONEY, BASIL, BUTTERMILK - 8

WHAT CAME FIRST?...CHEF SAYS GOLDEN FERTILE EGGS

WHITE OAK GRILLED 8 OZ STEAK & SUNNY SIDE UP EGG, broccolini, red chimichurri - 21
BENEDICT, bacon cheddar biscuit, arugula, la quercia tamworth proscuitto, hollandaise - 16
CORNEB BEEF CHEEK HASH, fried egg, sherry vinegar, gremolata - 12
BIBIMBAP, pork belly, mushroom, bean sprouts, gochujang, sunny egg - 13
CHIMICHANGA, green chile pork, golden fertile egg, oaxaca cheese, potato - 14
MUSHROOM + EGG SCRAMBLE, TOASTED COUNTRY BREAD, MAITAKE MUSHROOMS, SWISS CHARD - 14

WEEKEND PARCELS

TRUFFLE HONEY LACED FRIED CHICKEN, kohlrabi slaw - 18
CHOPPED SALAD, baby artichokes, garbanzos, tomatoes, kalamata, parmesan, salami - 12
HOUSE-MADE PORK & SHRIMP DUMPLINGS, citrus ponzu, chili oil, chicharron - 14
BLUEBERRY GRIDDLE CAKE, candied lemons, pudwill farm blueberries, vanilla maple - 12
FALAFEL SANDWICH, roasted peppers, cucumbers, spicy yogurt, mint - 13
POZOLE ROJA, CHILE DE ARBOL BRAISED PORK, HOMINY, CRISPY BLUE TORTILLA - 12
BRIOCHE + RICOTIA FRENCH TOAST, SPRING CHERRIES, HIBISCUS SYRUP - 15

JUICES - 4

ORANGE (fresh squeezed)
APPLE
GRAPEFRUIT
CRANBERRY
TOMATO
PINEAPPLE
LEMONADE

BUNDABERG - 5.5

GINGER BEER
ROOT BEER
GUAVA SODA

ILLY COFFEE - 4.5

REGULAR
DECAF

REPUBLIC OF TEA - 8.5

BLACKBERRY SAGE - 500ml
PASSION GREEN - 500ml
GINGER PEACH - 500ml

INTELLIGENTSIA TEA - 4

CHAMOMILE
ENGLISH BREAKFAST
JASMINE GREEN

For updates:

'Like' Manhattan Beach Post on Facebook
& follow us on Twitter & Instagram @eatMBpost

1142 Manhattan Avenue
Manhattan Beach, CA 90266
310.545.5405
eatMBPost.com



*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your chance of food borne illness.

BOTTLE O' BUBBLES

GRAMONA Grand Cuvee, Cava Brut, catalonia, spain, 09	48
GRAHAM BECK Brut Rose, western cape, south africa, 11	55
SCARPA Rose Spumante Brut, piemonte, italy, nv	63
PIERRE GERBAIS, Cuvee de Réserve, Extra Brut, champagne, france, nv	85
BRUNO PAILLARD, Premiere Cuvee, reims, champagne, france, nv	98
PIERRE MORLET, Grande Réserve - Premiere Cru, Brut, champagne, france, 07	125
DELAMOTTE, Brut Rose, cote des blanc, champagne, france, nv	145
DOM RUINART, Blanc de Blancs, Grand Cru, Brut, champagne, france, 02	250

WINES BY THE GLASS (whites)

	3oz	6oz
CAPITÀ 'fuchs de vidal - reserva' cava brut nature, barcelona, spain, nv	7	12.5
JANSZ 'estate' - brut rose, pipers river, tasmania, australia, nv	8.5	15.5
GOSSET 'brut excellence' champagne, champagne, france, nv	14.5	27.5
CHATEAU GASSIER 'esprit' cotes-de-provence rose, ste. victoire, france, 16	7.5	14.5
RAINER SAUER 'escherndorf - estate' silvaner trocken, franken, germany, 15	6.5	11.5
MAURICE SHOECH 'kaefferkopf - grand cru' gewurtztraminer, alsace, france, 14	10.5	19.5
ROYAL TOKAJI 'the oddity - estate' furmint, tokaj, hungary, 15	5.5	9.5
PRESTON 'estate - organic' sauvignon blanc, dry creek valley, sonoma, 15	6.5	12.5
CAPE POINT 'estate' sauvignon blanc, cape point, south africa, 16	9	16.5
ANTIQUUM FARM 'daisy - estate' pinot gris, willamette valley, oregon, 16	8.5	15.5
CONTINÒ 'estate' rioja blanco - viura blend by CVNE, rioja, spain 15	14	25.5
HATTON DANIELS 'RouMars - ceccini vyd' marsanne blend, unfiltered, contra costa, 15	9.5	17.5
DE WETSHOF 'limestone hill - estate' chardonnay, robertson, south africa, 17	5.5	9.5
BARNETT 'sangiaco vineyard' chardonnay, carneros, sonoma, 17	8.5	15.5
STONESTREET 'high elevation - estate' chardonnay, alexander valley, sonoma, 15	13	24

WINES BY THE GLASS (reds)

CASAS DEL BOSQUE 'reserva' pinot noir, casablanca valley, chile, 15	6	10.5
FOLKTALE 'estate' pinot noir, arroyo seco, monterey county, 15	8	15.5
BETHEL HEIGHTS 'aeolian' pinot noir, eola-amity hills, oregon, 13	11.5	21.5
JACQUES GIRARDIN 'clos rousseau - 1er' savigny-les-beaune - pinot noir, france, 15	13	24.5
DOULOUPAKIS 'dafnios' liatiko, crete, greece, 15	5.5	9.5
BADENHORST 'family red' shiraz blend, swartland, south africa, 15	11.5	21.5
OLIVARES 'estate - finca hoya de santa ana' monastrell, jumilla, spain, 15	5.5	9.5
LIMERICK LANE 'estate' zinfandel, russian river valley, 15	8.5	15.5
TRANSCENDENCE 'rancho ysidro vineyard' syrah, ballard canyon, santa barbara, 14	8	14.5
VINA REAL 'oro - reserva' rioja - tempranillo, rioja, spain, 11	10.5	19.5
FEUDO DISISA 'vuaria' nero d'avola, monreale, sicily, italy, 10	11.5	21.5
BODEGA COLOME 'estate' malbec, valle calchauqui, salta, argentina, 13	8.5	15.5
DU CROPIO 'dom giuva' ciro rosso classico superiore - gaglioppo, calabria, italy, 13	8.5	15.5
GIBBS 'carpenter vineyard' cabernet sauvignon, napa valley, 15	8.5	15.5
APERATURE 'del rio vineyard' cabernet sauvignon, alexander valley, 15	14.5	26.5

DRAUGHT BEER

INGENUITY by BOOMTOWN belgian white -10.5 / KOLSCH ENOUGH by HOPSAINT kölsch -9.5
 ATTICUS by STRAND india pale ale -8.5 / VERDUGO saison, Burbank 6.7% ABV -13.5
 WILLOATS by L.A. ALE WORKS oatmeal stout -9.5

BOTTLE BEER

VICTORY PRIMA PILS pilsner - 8.5
 WEIHENSTEPHANER 500ml hefe weizen - 14.5
 OSCAR BLUES DALE'S PALE pale ale - 8.5
 OMMEGANG ABBEY ALE dubbel - 11.5
 HOUBLON CHOUFFE 330ml belgian india pale ale - 15.5
 GAVROCHE 330ml french red ale - 16.5
 ARROGANT BASTARD by STONE 22oz american strong ale - 15.5
 MIDNIGHT FRISBEE 16oz joosey dank ipa - 13.5
 JAMES & JULIE by ALLAGASH 375ml sour brown - 36.5
 YETI by GREAT DIVIDE 22oz imperial stout - 22.5
 Le MERLE by NORTH COAST 750ml saison - 23.5
 La TRAPPE 750ml quadrupel trappist ale - 29.50



Afternooner Delight

Sept 9 2018

PASS THE BREAD

BACON CHEDDAR BUTTERMILK BISCUITS, maple butter - 6
FLEUR DE SEL PRETZEL, David's nuclear horseradish mustard - 5
GRILLED NAAN FLATBREAD, harissa yogurt sauce - 4
WARM BLUEBERRY CORNBREAD, SMOKED JALAPEÑO HONEY BUTTER - 6

CHEESES

CHALLERHOCKER (cow), walter rass, switzerland - 12
MYCELLA BLUE (cow), michael stub holm, denmark - 11
IN HOUSE RICOTTA (goat), herbed olive oil - 12
KENNE (goat), jennifer kirkman, tomales, CA - 12
BREBIROUSSE D'ARGENTAL (sheep), fromi, france - 12
IDYLL (cow) peter dixon, vermont - 13
SBRINZ (COW), 24 MONTH, SWITZERLAND - 14

A LIL' SUMIN' SUMIN'
to enjoy with your cheese & charcuterie

Assorted pickles - 3
(kirby / cauliflower / carrot / cipollini)
Marinated olives - 6
(nicoise / picholine / castelvetrano)
Honey selection - 4 LOCAL HONEY
(comb / truffle / susan's m.b.)

CURED MEATS

DUCK PROSCIUTTO, smoking goose, indiana - 13
LA QUERCIA 'TAMWORTH' PROSCIUTTO, raised by russ kremer, ozarks, missouri - 13
COPPA, red table meat co., minneapolis, minnesota - 11
STAGBERRY SALAME, smoking goose, indiana - 10

SALBANDO, red table meat co., minneapolis, minnesota - 12
CABACEPO DE IBERICO DE BELLOTA PURA, EXTREMADURA, SPAIN - 19
3YR AGED ACORN TAMWORTH PROSCIUTTO, RAISED BY RUSS KREMER - OZARKS, MO - 20
← THE WORLD'S BEST PORK! AN ACORN FORAGING, BLACK HOOVED HOG!
← THE FIRST AMERICAN PROSCIUTTO TO COMPARE TO JAMON IBERICO!

ON THE LIGHTER SIDE...

POMEGRANATE COUS COUS, lavender feta, marcona almonds, blood oranges, mint - 9
CHOPPED SALAD, baby artichokes, garbanzos, tomatoes, parmesan, kalamata, salami - 12
HEIRLOOM TOMATO + YELLOW WAX BEAN SALAD, GEM LETTUCE, HONEY SOAKED PEACHES, BLUE CHEESE DRESSING + WALNUTS - 13

BEST THINGS SINCE IN-HOUSE SLICED BREAD...

FALAFEL SANDWICH, roasted red peppers, cucumber, spicy yogurt, mint - 13
BRAISED PORK SHOULDER TACOS, pickled onion & jalapeno, pineapple, avocado sauce - 9
CROQUE MADAME, nueskes ham, gruyere, sunny egg, frisee - 15
FRIED CHICKEN SANDWICH, charred brioche, spicy mayo, B&B pickles, butter lettuce - 13
GRILLED SHRIMP GYRO, PEPPADEW HUMMUS, CUCUMBER, TOMATO, TZATZIKI - 13

EAT YOUR VEGETABLES...

BLISTERING BLUE LAKE GREEN BEANS, thai basil, chili sauce, crispy pork, peanuts - 12
BROCCOFLOWER, lemon, chili flake, parmesan - 13
HOUSE CUT FRENCH FRIES, DOUBLE BLANKETED TO GOLDEN CRUNK, M.B.P. FRY SAUCE - 8

MID-DAY DELIVERIES...

TRUFFLE HONEY LACED FRIED CHICKEN, kohlrabi slaw - 18
*WHITE OAK GRILLED SKIRT STEAK, grilled broccolini, red chimichurri - 21
PORK & SHRIMP DUMPLINGS, citrus ponzu, sesame, chili oil, chicharones - 14
JAPANESE HAMACHI SASHIMI, TOMATO PONZU, COMPRESSED MELONS, HEIRLOOM TOMATOES, OHBA SHISO + PUFFED BARLEY - 17

A SPOON FULL OF SUGAR...

THE "ELVIS", a wonderful mess of chocolate pudding, peanut butter mousse, bacon brittle - 9
WARM BELGNETS, CHOCOLATE SAUCE, PASSION FRUIT SABAYON, COCOA NIBS - 7

For updates: 'Like' Manhattan Beach Post on Facebook & follow us on Twitter @eatMBpost

To 'cyber stalk' Chef David follow him @ChefDLeFevre ... and for South Bay's most eligible biscuit: 'Like' Bacon Cheddar Buttermilk Biscuits on Facebook

1142 Manhattan Avenue
Manhattan Beach, CA 90266
310.545.5405
eatMBPost.com

a social HOUSE

*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your chance of food borne illness.



HAND-CRAFTED COCKTAILS - 12.5

VIC VEGA - gimlet w/ boyd and blair vodka, coconut, almond, bergamot
 AVILA'S HEIR - margarita w/ corralejo reposado tequila, serrano, mandarin, yuzu
 LETTRE OF MARQUE - tnt punch w/ plantation rum, s&c falernum, hibiscus, allspice, sage
 EL FUERTE - mezcal sour w/ el mero mero mezcal, tepache, honey, mbp falernum
 ALPINI M.U.L.E. - mule w/ boyd & blair vodka, aperol, ginger beer, kiwi, black pepper
 84 DRAGON - scotch airmail w/ great king st., apricot, vanilla, cardamom, bubbles
 DELONIX REGIA - TARRAGON MOSITO W/ STARR RUM, RHUBARB, STRAWBERRY, AMARO
 SYMPHONY NO. 3 IN F. MAJOR - NO. 3 GIN & HOUSEMADE WILDFLOWER HONEY TONIC W/
 YUZU, GRAPE FRUIT, CHINCONA BARK
 MANHATTAN AVENUE - manhattan w/ templeton rye, vanilla, caramel, bacon dust

WINES BY THE GLASS (whites)

	3oz	6oz
CAPITÀ 'fuchs de vidal - reserva' cava brut nature, barcelona, spain, nv	7	12.5
JANSZ 'estate' - brut rose, pipers river, tasmania, australia, nv	8.5	15.5
GOSSET 'brut excellence' champagne, champagne, france, nv	14.5	27.5
CHATEAU GASSIER 'esprit' cotes-de-provence rose, ste. victoire, france, 16	7.5	14.5
RAINER SAUER 'escherndorf - estate' silvaner trocken, franken, germany, 15	6.5	11.5
MAURICE SHOECH 'kaefferkopf - grand cru' gewurtztraminer, alsace, france, 14	10.5	19.5
ROYAL TOKAJI 'the oddity - estate' furmint, tokaj, hungary, 15	5.5	9.5
PRESTON 'estate - organic' sauvignon blanc, dry creek valley, sonoma, 15	6.5	12.5
CAPE POINT 'estate' sauvignon blanc, cape point, south africa, 16	9	16.5
ANTIQUUM FARM 'daisy - estate' pinot gris, willamette valley, oregon, 16	8.5	15.5
CONTINO 'estate' rioja blanco - viura blend by CVNE, rioja, spain 15	14	25.5
HATTON DANIELS 'RouMars - ceccini vyd' marsanne blend, unfiltered, contra costa, 15	9.5	17.5
DE WETSHOF 'limestone hill - estate' chardonnay, robertson, south africa, 17	5.5	9.5
BARNETT 'sangiaco vineyard' chardonnay, carneros, sonoma, 16	8.5	15.5
STONESTREET 'high elevation - estate' chardonnay, alexander valley, sonoma, 15	13	24

WINES BY THE GLASS (reds)

CASAS DEL BOSQUE 'reserva' pinot noir, casablanca valley, chile, 15	6	10.5
FOLKTALE 'arroyo seco' pinot noir, monterey county, 15	8	15.5
BETHEL HEIGHTS 'aeolian' pinot noir, eola-amity hills, oregon, 13	11.5	21.5
JACQUES GIRARDIN 'clos rousseau - 1er' savigny-les-beaune - pinot noir, france, 15	13	24.5
DOULOUPAKIS 'dafnios' liatiko, crete, greece, 15	5.5	9.5
BADENHORST 'family red' shiraz blend, swartland, south africa, 15	11.5	21.5
OLIVARES 'estate - finca hoya de santa ana' monastrell, jumilla, spain, 15	5.5	9.5
LIMERICK LANE 'estate' zinfandel, russian river valley, 15	8.5	15.5
TRANSCENDENCE 'rancho ysidro vineyard' syrah, ballard canyon, santa barbara, 14	8	14.5
VINA REAL 'oro - reserva' rioja - tempranillo, rioja, spain, 11	10.5	19.5
FEUDO DISISA 'vuaria' nero d'avola, monreale, sicily, italy, 10	11.5	21.5
BODEGA COLOME 'estate' malbec, valle calchauqui, salta, argentina, 13	8.5	15.5
DU CROPIO 'dom giuva' ciro rosso classico superiore - gaglioppo, calabria, italy, 13	8.5	15.5
GIBBS 'carpenter vineyard' cabernet sauvignon, napa valley, 15	8.5	15.5
APERATURE 'del rio vineyard' cabernet sauvignon, alexander valley, 15	14.5	26.5

DRAUGHT BEER

INGENUE by BOOMTOWN belgian white -10.5 / KOLSCH ENOUGH by HOPSAINT kölsch -9.5
 ATTICUS by STRAND india pale ale -8.5 / VERDUGO saison, Burbank 6.7% ABV -13.5
 WILLOATS by L.A. ALE WORKS oatmeal stout -8.5

BOTTLE BEER

VICTORY PRIMA PILS pilsner -8.5 / WEIHENSTEPHANER 500ml hefe weizen -14.5
 OSCAR BLUES DALE'S PALE pale ale -8.5 / OMMEGANG ABBEY ALE dubbel -11.5
 HOUBLON CHOUFFE 330ml belgian india pale ale -15.5 / GAVROCHE 330ml french red ale -16.5
 ARROGANT BASTARD by STONE 22oz american strong ale -15.5 / MIDNIGHT FRISBEE 16oz joozey dank ipa -13.5
 JAMES & JULIE by ALLGASH 375ml sour brown -36.5 / YETI by GREAT DIVIDE 22oz imperial stout -22.5
 Le MERLE by NORTH COAST 750ml saison - 23.5 / La TRAPPE 750ml quadrupel trappist ale - 29.50