

**LOCALLY WORLD FAMOUS MUFFINS** 15/dozen  
honey bran, carrot raisin, blueberry crumb, orange zest  
or banana nut, served with a side of whipped honey butter

**HOMEMADE SOUPS** (serves 6-8) 12/quart  
french market onion, chicken tortilla, turkey vegetable or soup du jour

**BREAKFAST** (serves 8-10)

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|---|-----------|---|-----------|
| <b>CHILLED SEASONAL FRESH FRUIT PLATTER</b>                                   | <b>20</b> | <b>BREAKFAST BURRITO PLATTER</b>  | <b>49</b> |
| <b>SMOKED SALMON &amp; BAGEL PLATTER</b>                                      | <b>65</b> | scrambled eggs, diced corn tortillas, green onions, chopped jalapeños, tomato, cilantro & jack cheese, rolled in flour tortillas, covered with chipotle sauce |           |
| toasted bagels, lox, cream cheese, sliced tomato, red onion & hard cooked egg |           |   |           |

**APPETIZERS** (serves 10-12)

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|---|-----------|--|-----------|
| <b>ROASTED GARLIC HUMMUS</b>  | <b>20</b> | <b>HOT SPINACH &amp; ARTICHOKE DIP</b>   | <b>25</b> |
| traditional hummus served with warm pita bread, celery sticks, cucumber, tomato & kalamata olives   |           |  |           |
| <b>PANKO CHICKEN TENDERS</b>  | <b>30</b> | <b>BBQ POT ROAST QUESADILLA</b>  | <b>30</b> |
| fresh boneless fillets are hand breaded & fried, served with our honey mustard dressing   |           |  |           |
| <b>BONELESS BUFFALO WINGS</b>   | <b>33</b> | a flour tortilla loaded with braised pot roast, BBQ sauce, jack & cheddar cheese, 4 hour onions, avocado, & cilantro, served with sour cream & pico de gallo |           |
| our panko chicken tenders, spicy buffalo sauce, served with celery & carrot sticks & our housemade bleu cheese & cilantro ranch dressings |           |  |           |

**SALADS** (serves 12-15)

cilantro buttermilk ranch, 1000 island, balsamic vinaigrette, bleu cheese, honey mustard or olive oil & balsamic vinegar

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| <b>MIXED GREENS, CAESAR OR WEDGE</b>   | <b>29</b> | <b>APPLE WALNUT BLEU CHEESE</b>  | <b>55</b> |
| <b>CHINESE CHICKEN</b>   | <b>49</b> | crisp sliced green apple, crunchy walnuts, dried cranberries, crumbled bleu cheese & pomegranate seeds tossed with fresh greens & balsamic vinaigrette |           |
| breast of chicken, scallions, julienne romaine, toasted won tons & rice sticks-tossed in sesame oil & rice vinegar                   |           |  |           |
| <b>GRILLED CHICKEN COBB</b>  | <b>55</b> | <b>CHOPPED</b>   | <b>55</b> |
| diced chicken, smoked bacon, avocado, green onions, vine ripe tomato, crumbled bleu cheese & chopped lettuce & choice of dressing    |           |  |           |
| <b>BBQ CHICKEN</b>   | <b>55</b> | <b>CURRIED CHICKEN</b>   | <b>55</b> |
| chilled breast of chicken, chopped lettuce, sweet corn & jicama with cilantro buttermilk ranch dressing, bbq sauce & tortilla strips |           |  |           |
| our chunky curried chicken salad on fresh greens with half an avocado, radish sprouts, cucumber & tomato                             |           |  |           |

**SANDWICHES** (serves 12-15)

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|--|-----------|---|-----------|
| <b>THE CHICKEN CLUB</b>  | <b>55</b> | <b>1129</b>   | <b>49</b> |
| grilled chicken, smoked bacon, lettuce, tomato & mayo  |           |   |           |
| <b>WALNUT TURKEY SALAD</b>   | <b>46</b> | sliced tomato, red onion, fresh spinach, half an avocado, radish sprouts & smoked gouda with a little balsamic vinaigrette on 9 grain wheat bread |           |
| on cinnamon raisin bread with fresh sliced tomato  |           |   |           |
| <b>BLT &amp; AVOCADO</b>   | <b>52</b> | <b>CURRIED CHICKEN WRAP</b>   | <b>49</b> |
| smoked bacon, crisp lettuce, sliced tomato, mayo & half an avocado on 9 grain wheat  |           |   |           |
| diced chicken breast, green apple, dried cranberries, pine nuts & red onion dressed with curry mayo & wrapped with lettuce & tomato in a sun-dried tomato tortilla |           |   |           |

**SUPPERS** (serves 12-15)

served with sautéed spinach & red skinned mashed, roasted potatoes or baked potatoes

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|--|-----------|---|-----------|
| <b>BRAISED POT ROAST</b>   | <b>65</b> | <b>MB MEATLOAF</b>  | <b>70</b> |
| choice chuck roast braised in red wine, beef stock & vegetables  |           |   |           |
| <b>KENNY'S BEEF STEW</b>   | <b>65</b> | made from scratch daily with brown sugar smoked bacon, onions, peppers, & our special blend of seasonings, topped with bbq demi-glace |           |
| tender chunks of braised beef, carrots, celery, onions & sweet peas in a rich beef stock (no additional potato or vegetable)             |           |   |           |
| <b>STIR-FRY CHICKEN</b> <b>65</b>  |           |   |           |
| lots of chicken & crisp vegetables stir-fried in honey & soy sauce served on steamed or coconut rice (no additional potato or vegetable) |           |   |           |

**GLAZED ATLANTIC SALMON** **85**

fresh ocean farmed salmon basted with sweet red chili sauce, rice vinegar & lime juice

**PASTAS** (serves 12-15)

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|---|-----------|---|-----------|
| <b>BLACKENED CHICKEN PENNE</b>  | <b>65</b> | <b>ANGEL HAIR CARBONARA</b>   | <b>65</b> |
| penne pasta tossed with grilled blackened chicken breast, scallions, sweet red pepper & parmesan cream                                  |           |   |           |
| <b>WALNUT BASIL PESTO PASTA</b>   | <b>60</b> | angel hair pasta tossed with smoked ham, diced onion, sweet peas & sun-dried tomato pesto with parmesan cream sauce |           |
| angel hair pasta tossed in housemade pesto with shaved parmesan   |           |   |           |
| <b>PENNE WITH CHICKEN, SPINACH &amp; PINE NUTS</b> <b>69</b>  |           |   |           |
| penne pasta tossed with grilled chicken breast, baby spinach, sun-dried tomatoes, feta cheese & pine nuts with our parmesan cream sauce |           |   |           |

**PARMESAN GARLIC TOAST** 10

## DESSERTS (serves 8-10)

HOUSEMADE BREAD PUDDING & WHISKEY SAUCE	29
WARM APPLE CINNAMON COBBLER	29

## SIDES (serves 8-10)

COLESLAW	12	PARMESAN GARLIC TOAST	10
RED SKINNED		REFRIED BLACK BEANS	10
MASHED POTATOES	15	STEAMED WILD RICE	15
SAUTÉED GARLIC SPINACH	15	ROASTED POTATOES	15
STEAMED COCONUT RICE	15	CARAMELIZED BRUSSEL SPROUTS	15

## SALAD DRESSINGS

6/16oz

## WINE BY THE BOTTLE

ask us about our selection of wines to go by the bottle  
20 to 27 price range

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