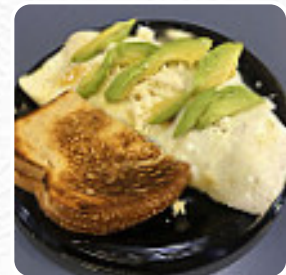
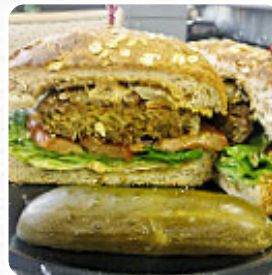
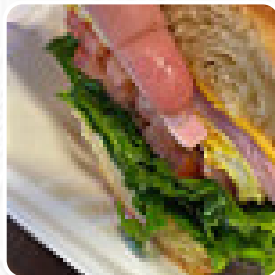




Gourmet Island Menu

<https://menuweb.menu>

5625 Ruffin Rd 140, 92123, San Diego, US, United States
+18582687717 - <http://www.gourmetislandcatering.com>



The *menu of Gourmet Island* from San Diego includes **26** dishes. On average, **dishes or drinks on [the menu](#)** cost about \$6.1. The categories can be viewed on the menu below. Gourmet Island is a vegan-friendly restaurant in San Diego, California, offering a delicious breakfast and lunch menu. Featuring unique items like the vegan "just egg," this bistro is a great spot to enjoy a plant-based meal in a cozy atmosphere.

Gourmet Island Menu



Soups

LENTIL SOUP

Vegetarian

VEGGIE SANDWICH

Salad

THAI CHICKEN SALAD \$9.0

Burritos

BEAN AND CHEESE BURRITO \$3.8

Main

CREATE YOUR OWN OMELET \$6.8

Egg Dishes

OMELETTE

Healthy Choice Omelets

HEALTHY VEGGIE OMELET \$7.8

Uncategorized

POTATO, EGG AND CHEESE BURRITO \$4.5

Breakfast

HASH BROWN

GRANOLA

Restaurant Category

VEGETARIAN

VEGAN

Salads

GARDEN SALAD \$4.2

CHEF SALAD \$7.3

CHINESE CHICKEN SALAD \$9.0

Sandwiches

MCRUFFIN ON AN ENGLISH MUFFIN \$4.5

PEANUT BUTTER AND JELLY SANDWICH \$4.5

BREAKFAST SANDWICH

These Types Of Dishes Are Being Served

PANINI

MEAT

SOUP

Ingredients Used

PAPRIKA

CHILI

BACON

POTATOES

LETTUCE

Gourmet Island Menu



Gourmet Island

5625 Ruffin Rd 140, 92123, San Diego, US, United States

Opening Hours:

Monday 06:00-14:00

Tuesday 06:00-14:00

Wednesday 06:00-14:00

Thursday 06:00-14:00

Friday 06:00-14:00

Made with menuweb.menu

