

# Chronic Smoothies BLAZIN GRILL

Pacific Beach, California

SMOOTHIES - SANDWICHES - BURGERS - AND MORE

865 TURQUOISE STREET, PACIFIC BEACH, 92109

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[WWW.CHRONICSMOOTHIES.COM](http://WWW.CHRONICSMOOTHIES.COM)

HOURS : MON. – SAT. 9:00AM TO 10:00PM  
SUN. 9:00AM TO 9:00PM

CALL IN ORDERS & TAKE OUT AVAILABLE

CONTACT US TO CATER YOUR NEXT EVENT  
HOST YOUR NEXT PRIVATE PARTY HERE

# Smoothies



## ACAI SMOOTHIE 24oz 4.50

Sambazon Acai / fresh cut strawberries / blueberries / bananas / coconut / soy milk

## ACAI BOWL

16oz 4.50 / 32oz 5.80

Sambazon Acai / fresh cut strawberries / blueberries / bananas / coconut / soy milk topped with granola and fresh fruit

**Small 16oz 3.50 / Large 24oz 3.89 / King 32oz 4.75**

### 1. VERY BERRY BLAST

blueberries / strawberries / banana / raspberry sherbet  
nonfat frozen yogurt / nonfat milk

### 2. ORANGE OVERLOAD

fresh orange juice / strawberries / banana  
orange sherbet / raspberry sherbet

### 3. HOMAYON'S HAWAIIAN

pineapple / strawberries / banana  
fresh orange juice / orange sherbet

### 4. MANGO TANGO

mango / peaches / banana / fresh orange juice  
orange sherbet / nonfat frozen yogurt

### 5. CANTABERRY CRUSH

cantaloupe / strawberries / nonfat milk / raspberry sherbet  
nonfat frozen yogurt

### 6. PEACH ME UP

peaches / strawberries / banana / raspberry sherbet  
nonfat milk / nonfat frozen yogurt

### 7. COCONANA CREME

coconut / banana / nonfat frozen yogurt / nonfat milk

### 8. MOCHA FREEZE

mocha / nonfat frozen yogurt / nonfat milk

### 9. SWIEC'S DELIGHT

blueberries / dates / banana / pineapple / soy milk

### **\*NEW\*** 10. DRAGONFRUIT DREAM

Pitaya Plus (dragonfruit) / pineapple / banana  
apple juice / agave

### EXTRAS

acai 1 / protein 1.5  
50g: spirulina / bee pollen / vitamin c / calcium  
echinacea / ginseng / flax seed / rice & oat bran  
honey / granola

# Breakfast

Served until 4:00pm

## Omelets

3 eggs served with potatoes & toast

### THE MILE HIGH 8

ham / mushrooms / peppers / tomatoes / onions / cheddar

### THE FRISCO 8

mushrooms / spinach / tomatoes / feta cheese  
topped with avocado

### CUSTOM OMELET 6+

mushroom / bell peppers / tomato / roasted red pepper  
red onion / onion / green onion / olives  
spinach / jalapeno

### EXTRAS [\$1 each]

ham / bacon / sausage  
cheddar / swiss / mozzarella / feta / asparagus / avocado

## Breakfast Burritos

### BANZAI BURRITO 6.5

eggs / bacon / cheddar / breakfast potatoes  
wrapped in tortilla

### SOCAL BURRITO 7.5

eggs / sausage / avocado / cheddar / french fries  
wrapped in tortilla

## Breakfast Sandwiches

### SUPER BREAKFAST SANDWICH 5.98

ham / bacon / egg / cheddar / avocado / tomatoes  
served on sourdough

### THE HOLLYWOOD 5.98

egg whites / swiss cheese / avocado / tomatoes / spinach  
served on nine grain

### THE EPL 5.5

sausage / bacon / egg / cheddar cheese  
served on english muffin

## Sides

one egg any style 1.5 / bacon (2 pieces) 2 / sausage patty 2 / ham 2  
breakfast potatoes 2 / avocado 2 / toast 1.5 / substitute egg whites 2

# Signature Deli Sandwiches

Served until 5:00pm / Proud to Serve Boar's Head Meats



## CHRONIC SUB 7.5

salsalito turkey / provolone / bacon / avocado / red onion / lettuce / tomatoes / white roll

## HOT BLAZIN CHICKEN 6.98

sliced blazin chicken / pepperoncinis / pepperjack cheese / honey mustard / white roll

## MIGHTY VEGGIE 7.5

veggie patty / pepperjack cheese / avocado / hummus / sprouts / tomatoes / lettuce  
red onion / cucumbers / nine grain bread

## P.B. L.T. 6.98

bacon / avocado / pepperjack cheese / lettuce / tomato / sriracha aioli / nine grain bread

## CRB 6.98

roast beef / cheddar cheese / lettuce / tomatoes / red onion / mayo / mustard / wheat roll

## ITALIAN 7.75

salami / ham / provolone / lettuce / tomatoes / red onion / pepperoncinis / oil & vinegar / white roll

## TURKEY CLUB 8.25

smoked turkey / cheddar cheese / bacon / avocado / lettuce / tomatoes / caramelized onion  
sriracha aioli / sourdough bread

## CUSTOM SANDWICHES 6.98+

### BREAD

toasted or not toasted  
white roll  
wheat roll  
nine grain  
sourdough

### CHEESE

(pick one)  
cheddar  
pepperjack  
provolone  
swiss

### MEAT

(pick one)  
roast beef  
salsalito turkey  
oven gold turkey  
smoked turkey  
honey ham  
buffalo chicken  
italian (ham & salami)  
tuna  
chicken salad

### TOPPINGS

mayonaise  
mustard  
sriracha aioli  
dijon mustard  
honey mustard  
oil & vinegar  
salt & pepper

### VEGGIES

lettuce / tomato / red onion  
cucumber / sprouts / olives  
jalapenos / bell peppers  
sliced pepperoncinis  
pickle (on side)  
pepperoncinis (on side)

### EXTRAS (\$1 each)

meat  
avocado  
cheese  
bacon  
hummus

# Drinks

HOME BREWED ICED TEA 1.5

HOT TEA SELECTIONS 2

COFFEE 2

20oz FRESH SQUEEZED ORANGE JUICE 3.5

20oz APPLE JUICE 3

SODAS 1.5

BOTTLED WATER 1.5

Mobile and Online Ordering



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[www.usual.com/blazingrill](http://www.usual.com/blazingrill)



GIFT CARDS AVAILABLE

# Hot Sandwiches

## CHICKEN BACON RANCH 9.75

grilled chicken breast / bacon / pepperjack cheese / ranch dressing / balsamic dressing / lettuce / tomatoes  
caramelized onion / wheat or sesame bun

## SPICY BUFFALO CHICKEN 8.75

spicy crispy chicken breast / pepperjack cheese / lettuce / tomato / ranch dressing / wheat or sesame bun

## BBQ CHICKEN 8.75

grilled chicken breast / white cheddar / johnnie walker bbq sauce / lettuce / tomatoes / caramelized onion  
cilantro / wheat or sesame bun

## BLAZIN VEGGIE 8

garlic sautéed spinach / sautéed mushrooms / roasted red peppers / feta cheese / sriracha aioli  
balsamic dressing / wheat or sesame bun

## GRILLED CHEESE 5.5

white cheddar / tomatoes / sourdough / add bacon or avocado + 2

## CAESAR WRAP

## CHICKEN 7.5 / SHRIMP 9.5

grilled chicken breast or fire-grilled shrimp / romaine lettuce / caesar dressing / parmesan cheese / spinach tortilla

# Burgers

Served on sesame or wheat / Made with ½ lb. 100% Angus Beef

## BLAZIN BURGER 8

sriracha ketchup / sriracha aioli / caramelized onion / lettuce / tomato / choice of cheese

## BLACK AND BLUE 9

blue cheese sauce / mushroom mix / mixed greens

## THE KARL 10

bacon / white cheddar / tempura battered red onion / johnnie walker bbq sauce

## THE CALI 10

apple wood-smoked bacon / lettuce / tomato / avocado / sriracha aioli / choice of cheese

## CUSTOM BURGER 7+

**includes:** lettuce / tomato / caramelized onion

**optional:** sriracha ketchup / sriracha aioli / house-made mustard sauce / johnnie walker bbq sauce

choose your own toppings [add \$1 each]

**cheese:** pepperjack / white cheddar / swiss / blue cheese

**extras:** bacon / avocado / sautéed mushrooms

# Sides

## BLAZIN FRIES 3

seasoned shoestring french fries / served with sriracha ketchup / sriracha aioli

## SWEET POTATO FRIES 4

lightly fried sweet potatoes / served with sweet house-made mustard sauce

## MAUI MAC SALAD 3.5

grandma's hawaiian recipe / with tuna / carrots / peas

## ASIAN SLAW 3.5

julienne of cabbage / carrot / sesame seeds / ponzu vinaigrette

## SOUP DU JOUR CUP 3.5 BOWL 5

made in-house daily

# Salads

Add a grilled chicken breast to any salad +2

## HOUSE SALAD 6 [HALF 4]

romaine lettuce / tomatoes / house-made croutons / choice of dressing

## ICEBERG WEDGE 8 [HALF 5]

apple wood-smoked bacon / tomatoes / feta cheese / house-made ranch dressing

## FARMERS MARKET 8 [HALF 5]

seasonal greens / farmer's market vegetables / house-made balsamic vinaigrette

## CAPRESE 8

fresh mozzarella / tomatoes / basil / mixed greens / house-made balsamic vinaigrette

## CHRONIC SALAD 7

romaine lettuce / salsalito turkey / bacon / red onion / tomatoes / mozzarella / house-made balsamic dressing

## SUMMER SALAD 7

spinach / strawberries / red onion / tomatoes / feta cheese / almonds / house-made balsamic dressing

## CAESAR SALAD 8 [HALF 5]

romaine lettuce / house-made croutons / parmesan cheese / house-made caesar dressing

# Pizza

## MARLEY 15

pepperoni / mushrooms / olives / caramelized onion / red sauce

## MARGHERITA 14

sweet tomatoes / fresh mozzarella / basil / olive oil / balsamic reduction

## VEGGIE 15

mushrooms / roasted red pepper / asparagus / caramelized onion / spinach / red sauce

## PEAR AND BACON 15

thinly sliced pears / apple wood-smoked bacon / caramelized onion / blue cheese / balsamic reduction

## MUSHROOM 15

sautéed mushrooms / feta cheese / fresh herbs

## BBQ CHICKEN 16

grilled chicken breast / cilantro / jalapeno / johnnie walker bbq sauce

## CUSTOM PIZZA 13+

red sauce / mozzarella

**optional:** balsamic reduction / johnnie walker bbq sauce

choose your own toppings [add \$1 each]

**meat:** pepperoni / bacon / chicken

**extras:** tomatoes / mushrooms / olives / caramelized onion / onion / roasted red pepper  
asparagus / spinach / jalapeno / pear / basil / cilantro

**cheese:** blue cheese / white cheddar / feta cheese / fresh mozzarella

Children's menu available on request / 18% gratuity added for parties of 6 or more  
House favorites are highlighted in yellow

# Small Plates

Served after 5:00pm

## **SHRIMP SKEWERS 9**

spicy chili and garlic marinated shrimp / fire-grilled / served over asian slaw

## **BLAZIN WINGS 8**

choice of spicy or bbq / served with house-made ranch dressing

\*SERVED ALL DAY

## **KIM'S BBQ SHORT RIBS 8**

cross-cut beef ribs / marinated in soy sauce and korean spices / fire-grilled / served with sticky rice

## **BLAZIN BITES 4**

bite-sized pieces of pizza dough / fried and lightly seasoned  
served with our pizza sauce and house-made ranch dressing

## **GARLIC MASHERS 4**

whipped mash potatoes / infused with roasted garlic and herbs

## **GRILLED ASPARAGUS 6**

fire-grilled asparagus / sweet tomatoes / served with blue cheese sauce

## **STUFFED TOMATOES 7**

cored tomatoes stuffed with spinach / garlic / basil / mozzarella / panko crumbs  
fired in our pizza oven and served with mixed greens and citrus vinaigrette

# Big Plates

Served after 5:00pm

## **FIRE-GRILLED CHICKEN BREAST 15**

roasted garlic mashers / seasonal grilled veggies / sautéed mushrooms / mushroom jus

## **HAWAIIAN SHOYU CHICKEN 13**

slow-cooked marinated chicken / sticky rice / mac salad

## **KIM'S BBQ SHORT RIBS 15**

korean fire-grilled marinated cross-cut beef ribs / sticky rice / mac salad

## **MIX PLATE 16**

korean bbq ribs / shoyu chicken / sticky rice / mac salad

## **MAC AND CHEESE 11**

elbow macaroni / béchamel sauce / provolone / white cheddar / mozzarella / blue cheese / panko  
baked in our pizza oven / with bacon +2

## **BAKED SPAGHETTI SQUASH 12**

gratin of baked spaghetti squash / sautéed mushrooms / sautéed spinach / roasted red pepper  
mozzarella / parmesan cheese / fired in our pizza oven

## **STEAK AND FRIES 17**

grilled 10 oz new york strip / caramelized onion / tomatoes / grilled asparagus / blue cheese sauce

# Dessert

ASK ABOUT OUR DAILY SPECIAL!