



BREAKFAST

OMELETS

DENVER ^{GF}

two cage free eggs with ham, peppers, onions, cheddar cheese

\$5.00

SPINACH & MUSHROOM ^{V GF}

two cage free eggs with baby spinach, mushrooms, onions & feta cheese

\$5.00

PICADO ^{GF}

two cage free eggs with pico de gallo, jack cheese, avocado & bacon

\$5.00

BUILD YOUR OWN OMELET

two cage free eggs & choice of vegetable, meat, or cheese

VEGETABLE: **\$5.00** | MEAT: **\$5.00**

INGREDIENTS

CHEESE:

cheddar, pepper jack, american, provolone, swiss

PROTEIN:

bacon, ham, sausage

VEGETABLES:

peppers, onions, mushrooms, broccoli, tomato, spinach

STEAK BREAKFAST BURRITO

chopped steak, cage free eggs, jack cheese, sauteed peppers & onions, seasoned potatoes, wheat tortilla, green salsa

\$6.75 | 670 CALS

SWEET POTATO BURRITO ^{VG DF}

impossible sausage patty, sweet potato, spinach, green pepper, pico de gallo, avocado, spinach tortilla

\$6.00 | 520 CALS

TOMATO AVOCADO TOAST ^{VG DF}

avocado, basil vinaigrette, cherry tomatoes, 9 grain bread

\$5.00 | 260 CALS

FEATURED

LOADED BREAKFAST BOWL

seasoned potatoes, cage free egg, crispy bacon, pork sausage, sauteed peppers & onions, cheddar cheese, pico de gallo

\$5.50 | 530 CALS



OFF TO THE RIGHT START

MAKE IT GRAIN ^{V GF}

cage free eggs, brown rice, quinoa, avocado, sauteed peppers, crispy onions, salsa roja

\$4.50 | 390 CALS

POPULAR

ALL AMERICAN SANDWICH

cage free scrambled eggs, smoked bacon, american cheese, english muffin

\$4.75 | 510 CALS

SAUSAGE TECATE WRAP

cage free scrambled eggs, sausage, cheddar cheese, pico de gallo, bell peppers, wheat wrap

\$5.00 | 550 CALS

SIDES

BACON (2) ^{GF DF}
\$1.75

SAUSAGE (2) ^{GF DF}
\$1.75

GRIDDLED EGG OR EGG WHITE ^{V GF DF}
\$1.00

V-VEGETARIAN

VG-VEGAN

GF-GLUTEN FREE

DF-DAIRY FREE

CN-CONTAINS NUTS



THOROUGHLY COOKING FOODS OF ANIMAL ORIGIN SUCH AS BEEF, EGGS, FISH, LAMB, MILK, POULTRY OR SHELLFISH REDUCES THE RISK OF FOODBORNE ILLNESS INDIVIDUALS WITH CERTAIN HEALTH CONDITIONS MAY BE AT HIGHER RISK IF THESE FOODS ARE CONSUMED RAW OR UNDERCOOKED.



FOOD PREPARED MAY CONTAIN WHEAT, FISH, DAIRY, EGGS, SOY, & NUTS.