



# BREAKFAST

## OMELETS

### TWO EGG MEAT

two eggs & choice of meat and cheese  
\$5.50

### TWO EGG VEGETABLE

two eggs & choice of vegetables and cheese  
\$5.50

## INGREDIENTS

### CHEESE:

cheddar, pepper jack, american, provolone, swiss

### PROTEIN:

bacon, ham, sausage

### VEGETABLES:

peppers, onions, mushrooms, broccoli, tomato, spinach

### ALL-AMERICAN SANDWICH

cage free scrambled eggs, smoked bacon, american cheese, biscuit  
\$5.50 | 510 CALS

### SAUSAGE TECATE WRAP

cage free scrambled eggs, sausage, cheddar cheese, pico de gallo, bell peppers, wheat wrap  
\$5.50 | 550 CALS

### STEAK BREAKFAST BURRITO NEW

chopped steak, cage free eggs, jack cheese, sauteed peppers & onions, seasoned potatoes, wheat tortilla, green salsa  
\$6.50 | 670 CALS

### SWEET POTATO BURRITO

impossible sausage patty, sweet potato, spinach, green pepper, pico de gallo, avocado, jalapeno tortilla  
\$6.00 | 520 CALS | **VG**

## FEATURED

### LEMON BERRY FRENCH TOAST

with a house made lemon curd & berry jam  
\$6.50 | 440 CALS | **V**



**OFF TO THE RIGHT START**

### FRITTATA BITE

cage free eggs, goat cheese, roasted peppers, baby spinach, green onions  
\$3.00 | 150 CALS | **V GF**

## SIDE ITEMS

**BACON (2)**  
\$2.00

**SAUSAGE LINKS (2)**  
\$2.00

**TURKEY SAUSAGE (2)**  
\$2.00

**BREAKFAST POTATOES**  
\$1.75 | **VG**

**GRIDDLED EGG OR EGG WHITE**  
\$1.25 | **V**

**ADD CHEESE**  
\$1.00 | **V**

**ADD AVOCADO**  
\$1.25 | **VG**

**V-VEGETARIAN**

**VG-VEGAN**

**GF-GLUTEN FREE**

**DF-DAIRY FREE**



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.