



BREAKFAST

OMELETS

TWO EGG MEAT

two eggs & choice of meat and cheese

\$5.00

TWO EGG VEGETABLE

two eggs & choice of vegetables and cheese

\$5.00

INGREDIENTS

CHEESE:

cheddar, pepper jack, american, provolone, swiss

PROTEIN:

bacon, ham, sausage

VEGETABLES:

peppers, onions, mushrooms, broccoli, tomato, spinach, onion

ALL-AMERICAN SANDWICH

cage free scrambled eggs, smoked bacon, american cheese, biscuit

\$4.50 | 510 CALS

TECATE WRAP

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

\$4.75 | 550 CALS

CHICKEN SAUSAGE MUFFIN

cage free scrambled eggs, chicken sausage patty, white cheddar cheese, pico de gallo, english muffin

\$4.50 | 400 CALS

TOMATO BASIL AVOCADO TOAST

harvest wheat bread, avocado spread, cherry tomatoes, basil vinaigrette

\$4.75 | 260 CALS | VG

FEATURED

SAUSAGE, EGG & CHEESE BAGEL

pork sausage patty, american cheese, cage free scrambled eggs, toasted bagel

\$4.00 | 480 CALS



OFF TO THE RIGHT START

SPINACH EGG BITES

cage free eggs, spinach, bell peppers, parmesan cheese

\$3.00 | 170 CALS | VG GF

SIDE ITEMS

BACON (2)

\$2.00

SAUSAGE LINKS (2)

\$1.75

CHICKEN SAUSAGE (2)

\$1.75

BREAKFAST POTATOES

\$1.25 | VG

GRIDDLED EGG OR EGG WHITE

\$1.00 | V

ADD CHEESE

\$0.75 | V

ADD AVOCADO

\$1.00 | 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.