



BREAKFAST

OMELETS

DENVER ^{GF}

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

\$5.50 | 480 CALS

LEMONY GREENS ^{V GF DF}

cage free egg omelet with kale, avocado, crushed red pepper, lemon vinaigrette

\$6.25 | 290 CALS

PICADO ^{GF}

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

\$5.50 | 510 CALS

BUILD YOUR OWN OMELET

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

VEGETABLE: **\$5.50** | MEAT: **\$5.50**

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

PATATAS BRAVAS BOWL ^{GF}

seasoned potatoes, salsa brava, cage free fried egg, garlic aioli, chopped cilantro

\$5.25 | 410 CALS

BRUSCHETTA AVOCADO ^{VG}

garlic & balsamic bruschetta, sliced avocado, toast 9 grain bread

\$5.25 | 350 CALS

FEATURED

IN THE FOLD

cage free scrambled eggs, crispy bacon, guacamole, jack cheese, flour tortilla

\$6.00 | 880 CALS



OFF TO THE RIGHT START

JAM-ON

cage free egg, white cheddar cheese, black forest ham, grape jam, english muffin

\$5.50 | 480 CALS

POPULAR

ALL AMERICAN SANDWICH

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

\$5.00 | 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}
\$2.00

SAUSAGE LINKS (2) ^{GF DF}
\$2.25

TURKEY SAUSAGE (2) ^{GF DF}
\$2.00

BREAKFAST POTATOES ^{VG DF}
\$1.50

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.