

## OMELETS

### DENVER GF

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

**\$5.00** 480 CALS

### PICADO GF

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

**\$5.00** 510 CALS

### BUILD YOUR OWN

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

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

## 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

**\$4.50** 510 CALS

## SAUSAGE TECATE WRAP

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

**\$5.00** 550 CALS

## STEAK BREAKFAST BURRITO

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

**\$7.00** 670 CALS

## IMPOSSIBLE TOAST VG

plant based sausage patty, avocado, tomato, arugula, lemon vinaigrette, sourdough bread

**\$5.50** 400 CALS

## PATATAS BRAVAS BOWL GF

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

**\$4.00** 410 CALS

### OPTIONS

**BACON (2)** GF DF  
**\$1.75** 130 CALS

**SAUSAGE (2)** GF DF  
**\$1.75** 201 CALS

## FEATURED

### BREAKFAST PANINI

black forest ham, applewood smoked bacon, jack cheese, cage free over hard egg, sourdough bread

**\$6.75** 620 CALS



### OFF TO THE RIGHT START

### BREAKFAST SALAD GF

baby spinach, bacon, cage free egg, toasted pumpkin seeds, blueberries, avocado, quinoa, apple cider vinaigrette

**\$6.50** 570 CALS

### LOADED BREAKFAST BOWL GF

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

**\$6.50** 530 CALS

**GRIDDLED OR EGG WHITE** VG GF DF  
**\$1.00** 77-44 CALS