

OMELETS

DENVER GF

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

\$5.00

LEMONY GREENS V GF DF

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

\$5.00

PICADO GF

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

\$5.00

BUILD YOUR OWN

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

\$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

\$7.00 | 670 CALS

PATATAS BRAVAS BOWL GF

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

\$4.00 | 410 CALS

BRUSCHETTA AVOCADO VG

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

\$4.00 | 350 CALS

FEATURED

IN THE FOLD

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

\$5.00 | 880 CALS



OFF TO THE
RIGHT START

JAM-ON

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

\$4.50 | 480 CALS

POPULAR

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

SIDES

BACON (2) GF DF

\$1.75

SAUSAGE (2) GF DF

\$1.75

GRIDDLED OR EGG WHITE V GF DF

\$1.00