



# BREAKFAST

## OMELETS

### DENVER <sup>GF</sup>

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

**\$5.75** 480 CALS

### PICADO <sup>GF</sup>

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

**\$5.75** 510 CALS

### BUILD YOUR OWN OMELET

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

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

### CHEESE:

cheddar, pepper jack, american, provolone, swiss

### PROTEIN:

bacon, ham, sausage

### VEGETABLES:

peppers, onions, mushrooms, broccoli, tomato, spinach

## ALL AMERICAN

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

**\$5.00** 510 CALS

## TECATE WRAP

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

**\$5.50** 550 CALS

## STEAK BREAKFAST BURRITO

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

**\$7.50** 670 CALS

## LOADED BREAKFAST BOWL <sup>GF</sup>

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

**\$6.50** 530 CALS

## PATATAS BRAVAS BOWL <sup>V GF</sup>

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

**\$5.00** 410 CALS

## FEATURED

### BREKKIE PHILLY

chopped steak, cage free scrambled egg, sauteed peppers & onions, mozzarella cheese, buttery croissant

**\$6.50** 570 CALS



### BRUSCHETTA AVOCADO TOAST <sup>VG</sup>

classic basil & tomato bruschetta atop sliced avocado & 9 grain toast

**\$4.00** 350 CALS

### IMPOSSIBLE TOAST <sup>VG</sup>

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

**\$6.00** 400 CALS

## OPTIONS

**PANCAKES (2)** <sup>V</sup>  
**\$3.50** 470 CALS

**BACON (2)** <sup>GF DF</sup>  
**\$1.75** 131 CALS

**SAUSAGE (2)** <sup>GF DF</sup>  
**\$2.50** 201 CALS

**TURKEY SAUSAGE (2)** <sup>GF DF</sup>  
**\$2.00** 120 CALS

**POTATOES** <sup>VG DF</sup>  
**\$1.75** 90 CALS

**EGG OR EGG WHITE** <sup>V GF DF</sup>  
**\$1.25** 77-44 CALS

**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.