



# 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, brocolli, 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

### MAPLE & CRANBERRY PARFAIT

maple roasted pecans & rolled oats, dried cranberries, cinnamon, vanilla yogurt

\$3.00 | 280 CALS | **V**



OFF TO THE RIGHT START

### SPINACH EGG BITES

cage free eggs, spinach, bell peppers, parmesan cheese

\$4.00 | 170 CALS | **V**

## 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.