



BREAKFAST

OMELETS

DENVER ^{GF}

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

\$7.25 480 CALS

PICADO ^{GF}

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

\$7.25 510 CALS

BUILD YOUR OWN OMELET

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

\$7.25 VEGETABLE | **\$7.25** 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

\$6.50 510 CALS

TECATE WRAP

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

\$6.75 550 CALS

STEAK BREAKFAST BURRITO

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

\$8.25 670 CALS

LOADED BREAKFAST BOWL ^{GF}

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

\$8.25 530 CALS

PATATAS BRAVAS BOWL ^{V GF}

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

\$8.25 410 CALS

FEATURED

BREAKFAST PIZZA

apple wood smoked bacon, mozzarella, cage free egg, green onions

\$7.25 580 CALS



MAKE IT GRAIN ^{V GF}

cage free eggs, brown rice, quinoa, avocado, sauteed peppers, crispy onions, salsa roja

\$6.00 390 CALS

AVOCADO TOAST ^{VG}

toasted sourdough bread, ricotta cheese, mashed avocado, salt, black pepper, red chili flakes, sliced grape tomatoes, arugula, lemon vinaigrette

\$6.95 400 CALS

OPTIONS

PANCAKES (2) ^V

\$2.75 470 CALS

BACON (2) ^{GF DF}

\$2.75 131 CALS

SAUSAGE (2) ^{GF DF}

\$2.75 201 CALS

TURKEY SAUSAGE (2) ^{GF DF}

\$2.75 120 CALS

POTATOES ^{VG DF}

\$2.75 90 CALS

EGG OR EGG WHITE ^{V GF DF}

\$2.25 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.