



BREAKFAST

OMELETS

AVIATE GF

cage free egg omelet with ham, peppers, onions, cheddar cheese

\$6.25 480 CALS

PICADO GF

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

\$6.25 510 CALS

BUILD YOUR OWN OMELET

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

\$6.25 VEGETABLE | **\$6.25** MEAT

CHEESE:

cheddar, pepper jack, american, provolone, swiss

PROTEIN:

bacon, ham, sausage

VEGETABLES:

peppers, onions, mushrooms, tomato, spinach

TECATE WRAP

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

\$5.75 550 CALS

STEAK BREAKFAST BURRITO

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

\$7.50 670 CALS

AVOCADO TOAST VG

seasoned avocado, sourdough bread

\$4.00 400 CALS

BREAKFAST GRILLED CHEESE

choice of bacon, pork sausage or ham, choice of american, cheddar or provolone cheese, 9 grain or sourdough bread

\$7.25 530 CALS

FEATURED

BISCUIT & PORK SAUSAGE GRAVY

classic pork sausage gravy served atop a warm buttermilk biscuit

\$5.50 350 CALS



FRITTATA BITE V GF

cage free eggs, goat cheese, roasted peppers, baby spinach, green onions

\$3.50 150 CALS

OPTIONS

BACON (2) GF DF

\$2.25 130 CALS

CHEESE (1) V GF

\$1.25 110 CALS

AVOCADO V

\$1.25 60 CALS

BREAKFAST POTATOES V DF

\$2.25 90 CALS

EGG OR EGG WHITE V GF DF

\$1.50 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.