



# BREAKFAST

## OMELETS

### AVIATE <sup>GF</sup>

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

**\$6.25** 480 CALS

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

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 <sup>VG</sup>

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

**\$5.25** 300 CALS



### BREAKFAST TACO

cage free eggs, bacon, jack cheese, pico de gallo, flour tortilla

**\$4.50** 280 CALS

## OPTIONS

**BACON (2)** <sup>GF DF</sup>  
**\$2.25** 130 CALS


**CHEESE (1)** <sup>V GF</sup>  
**\$1.25** 110 CALS


**AVOCADO** <sup>V</sup>  
**\$1.25** 60 CALS

**BREAKFAST POTATOES** <sup>V DF</sup>  
**\$2.25** 90 CALS

**EGG OR EGG WHITE** <sup>V GF DF</sup>  
**\$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.