

STARTERS

- SAUTÉED BRUSSEL SPROUTS 8** (GF) (V) (VG)
grapes / toasted almonds
- CRISPY SPRING ROLL 9** (GF) (V) (VG)
chicken / mushrooms / vermicelli / carrots / onions / rice paper
- BUDDHA ROLL 8** * (V) (VG)
tofu / romaine lettuce / cabbage / mushrooms / jicama / carrots / tia to / rice paper / black bean sauce
- CHICKEN POT STICKERS 9** (GF) (V) (VG)
mushrooms / onions / sesame oil / balsamic glaze
- STEAMED CHICKEN DUMPLINGS 9** (GF) (V) (VG)
tiato sweet chili sauce
- SPICY TUNA TACOS 9** (GF) (V) (VG)
green papaya / kaffir lime leaf / red onions / thai sweet chili sauce
- SALT AND PEPPER CALAMARI 10** (GF) (V) (VG)
bell pepper / green onion
- TIATO MAC & CHEESE WITH PARMESAN 7.5** (GF) (V) (VG)
add bacon & mustard 3
- SAUTÉED KALE & BABY BOK CHOI 6.5** (GF) (V) (VG)
with goji berries

SOUPS & SALADS

- ROASTED TOMATO SOUP** – cup 5 / bowl 7 (GF) (V) (VG)
- SOUP DU JOUR** – cup 5 / bowl 7
- CRISPY TOFU AND QUINOA SALAD 12** * (GF) (V) (VG)
quinoa / kale / iceberg lettuce / green cabbage / cucumber / carrots / asian pear / fried tofu / mushrooms / tomato tarragon vinaigrette
- TURKEY TACO SALAD 13.25** (GF) (V) (VG)
black beans / roasted corn / jicama / tomatoes / crispy tortillas / fresh cilantro / chipotle cilantro dressing
- ANTIOXIDANT SPINACH AND KALE SALAD 13** (GF) (V) (VG)
blueberries / beets / chevre cheese / raisins / shallots / green apples / frisée / flax seeds / cucumber pomegranate ginger dressing (add chicken 3 / add shrimp 5)
- MANDARIN CHICKEN SALAD 13.5** (GF) (V) (VG)
cabbage / watercress / carrots / cucumbers / jicama / cilantro / sesame seeds / green onion / crispy wonton strips / sesame soy vinaigrette
- WARM WILD RICE TURKEY SALAD 14** (GF) (V) (VG)
kale / mushrooms / cherry tomatoes / shallots / tiato herbs / citrus ginger dressing
- KALE CAESAR SALAD 12.5** (GF) (V) (VG)
green kale / romaine / parmesan / cornbread croutons / lemongrass basil (add chicken 3 / add shrimp 5)

SANDWICHES & BUNS

- (Choice of mixed greens, sweet potato or regular fries, or Tiato house-made potato chips) (option to substitute for gluten free / dairy free)
- CHICKEN BANH MI BURGER 14**
spicy mayo / pickled veggie slaw / cilantro / brioche bun
- KUNG PAO TOFU BANH MI 11.5** (GF) (V) (VG)
zucchini / eggplant / portobello / crispy tofu / carrot / daikon / romaine / spicy aioli / baguette
- TIATO BANH MI (VIETNAMESE BAGUETTE) 13** (GF) (V) (VG)
beef or chicken / carrots / daikon / cucumber pickles / jalapeño / cilantro / spicy aioli
- ASIAN CRUSTED CHICKEN PANINI 13**
fresh mozzarella / fire roasted bell peppers / spinach / pesto spread / balsamic drizzle / portuguese roll
- KOREAN BBQ BURRITO 14.25** (GF) (V) (VG)
garlic rice / house fermented kimchi / flank steak / green onion
- GRILLED CHEESE & TOMATO SOUP* 11.5** (V) (VG)
cheddar and jack cheese / thai basil pesto / artisan sourdough bread (add avocado 3 & maple bacon 3 / add tuna 2.5)
*soup may be exchanged for any regular sandwich side
- TIATO GRASS FED BURGER 15**
butter lettuce / tomato / cheddar / tarragon spread / portuguese roll (add avocado 3 & maple bacon 3)
- TURKEY BURGER 15.25**
roasted garlic aioli / alfalfa sprouts / red onion / havarti cheese / avocado / focaccia bread

LARGE BOWLS & PLATES

- PHO 11** (GF) (V) (VG)
rice noodles / fresh herbs / homemade chicken broth (choice of chicken / beef / tofu)(herbs .5 & bean sprouts .5)
- BRAISED BRISKET NOODLE SOUP (PHO'S COUSIN) 11.5** (GF) (V) (VG)
rice noodles / cabbage / romaine / spicy lemongrass beef broth
- VIETNAMESE RICE NOODLE SALAD 13.5** * (GF) (V) (VG)
crispy chicken rolls (choice of mama's turkey meatballs / chicken or beef satay)
- TIATO EGGPLANT TOFU 13.5** (GF) (V) (VG)
vietnamese herbs / black bean sauce / kale cabbage salad / choice of brown or white rice
- YELLOW CURRY CHICKEN 13.5** (GF) (V) (VG)
zucchini / chinese long beans / kaffir lime leaf / green apple / choice of brown or white rice
- ORANGE CHICKEN W/ CRISPY LEEKS 16** (GF) (V) (VG)
seasonal vegetables / orange marmalade / garlic rice
- MAMA'S WOK NOODLES 11** * (GF) (V) (VG)
broccoli / cabbage / bok choy / celery / bean sprouts / portobello mushrooms / carrots (add chicken 3 / tofu 3 / beef 4 / shrimp 5)
- TURKEY MEATLOAF IN A SAN MARZANO SAUCE 13.5**
mashed potatoes / spinach
- VIETNAMESE SATAY PLATE 13.5** (GF) (V) (VG)
chicken or beef / fresh herbs / peanut sauce / pickled veggies / brown or white rice
- SOLE FILET & BABY BOK CHOI 17.5** (GF) (V) (VG)
sole filet / turmeric red & white quinoa / red grapes / green onion / steamed baby bok choy / miso glaze sauce
- GINGER GLAZED WILD SALMON 20** (GF) (V) (VG)
caramelized ginger & coconut sauce / grilled pineapple / sautéed kale-spinach / brown or white rice
- SHAKEN BEEF BOWL 18**
cubed filet mignon / tomatoes / caramelized onions / butter lettuce / brown or white rice
- POKE BOWL 15.5** * (GF) (V) (VG)
mango / seaweed salad / carrots / green onion / cilantro / cucumber / crispy onions / ponzu sauce / spicy aioli / white or brown rice (choice of salmon / tuna / crispy tofu) (add avocado 3)

SIDES

- ROASTED SEASONAL MARKET VEGGIES 7** (V) (VG)
with tiato herbs
- SAUTÉED GARLIC SPINACH 6** (GF) (V) (VG)
- GRILLED ASPARAGUS 6** (GF) (V) (VG)
- FRIES REGULAR OR SWEET POTATO 4** (GF) (V) (VG)
(add garlic 1)
- TIATO HOUSE-MADE POTATO CHIPS 4** (GF) (V) (VG)
- GARLIC RICE 5**
- KUNG PAO CRISPY TOFU 3** (GF) (V) (VG)
- WHITE OR BROWN RICE 3** (GF) (V) (VG)
- FRENCH BAGUETTE 2** (V) (VG)
- TUNA SALAD 5.5** (GF) (V) (VG)
- AVOCADO 3** (GF) (V) (VG)
- MIXED GREENS 5** (GF) (V) (VG)

-  GLUTEN-FREE
-  VEGETARIAN
-  DAIRY-FREE
-  VEGAN

* CAN BE MODIFIED TO BE GLUTEN-FREE OR VEGETARIAN
These icons illustrate the ingredients used in each recipe. However we are a mixed used kitchen facility and cross contamination may occur.

At Tiato, we are proud of our sustainable practices. Bringing you health and happiness through food. 18% gratuity added to parties of eight(8) or more. Six(6) max. checks per table. Limit one(1) substitution per dish.



COFFEE & JUICE BAR

ORGANIC COFFEE

decaf drip & espresso also available

MILK OPTIONS: non-fat / whole / almond +.65 / coconut almond +.65 / soy +.65 / hemp +.65
SYRUP OPTIONS: vanilla / sugar-free vanilla / hazelnut / sugar-free hazelnut / sugar-free caramel
SAUCE OPTIONS: caramel / chocolate / white chocolate

ICED OR REGULAR COFFEE – (12oz) 3 / (16oz) 3.25 / (20oz) 3.5
VIETNAMESE COFFEE ICED OR HOT – (12oz) 3.5 / (16oz) 3.75 / (20oz) 4
COLD BREW – (12oz) 3.5 / (16oz) 4 / (20oz) 4.5
AMERICANO – (12oz) 3 / (16oz) 3.5 / (20oz) 4
CAFÉ AU LAIT – (12oz) 3.25 / (16oz) 3.5 / (20oz) 3.75
CAPPUCCINO – (12oz) 4 / (16oz) 4.25 / (20oz) 5
LATTE – (12oz) 3.75 / (16oz) 4.25 / (20oz) 5 (add'l. flavors .5)
ESPRESSO SHOT – (SINGLE) 2.75 (DOUBLE) 3.5 (EXTRA SHOTS) .75
MOCHA – (12oz) 4.5 / (16oz) 4.75 / (20oz) 5

(add'l flavors +.5)(ask your server about seasonal flavors!)

ORGANIC HOT TEAS 3.5

HERBAL TEA – CAFFEINE FREE
mint verbena / rooibos chai / chamomile
OOLONG TEA
pomegranate oolong
BLACK TEA
organic english breakfast / earl grey supreme / hot cinnamon spice / darjeeling
GREEN TEA
organic green / dragon pearl jasmine green
additional tea bag .5

SPECIALTY LATTES

CHAI TEA – s 4.5 / m 5 / lg 5.5
MATCHA TEA – s 5 / m 5.5 / lg 6
honey / matcha / hemp milk
GOLDEN TEA – s 5 / m 5.5 / lg 6
mint tea / honey / housemade turmeric spice blend / almond coconut milk
SESAME LATTE – s 4 / m 4.5 / lg 5
sesame powder / agave / soy milk
CHARCOAL LATTE – s 4 / m 4.5 / lg 5
espresso / charcoal / your choice of milk

CYO – your choice of milk & tea (syrup of choice add'l charge)

FRESH PRESSED JUICE

APPLE JUICE – (12oz) 5.5 / (16oz) 7 / (20oz) 8
CARROT JUICE – (12oz) 5.5 / (16oz) 7 / (20oz) 8
ORANGE JUICE – (12oz) 5.5 / (16oz) 7 / (20oz) 8
GREEN GODDESS – (12oz) 6 / (16oz) 7.5 / (20oz) 8.5
broccoli / celery / green apple / honeydew / spinach
ROYAL DETOX – (12oz) 6 / (16oz) 7.5 / (20oz) 8.5
beet / carrot / green apple
THE GREEN FIX – (12oz) 6 / (16oz) 7.5 / (20oz) 8.5
apple / cucumber / orange / celery / ginger
LONGEVITY – (12oz) 6 / (16oz) 7.5 / (20oz) 8.5
apple / carrot / ginger / orange / topped with turmeric & cayenne

CYO – (12oz) 7 / (16oz) 8 / (20oz) 9
select 3 fruits or vegetables: broccoli, celery, spinach, green apple, carrot, ginger, beet, honeydew, orange, strawberry, lemon, blueberry
(each additional fruit + .5)

LEMON GINGER CAYENNE "WELLNESS" SHOT – (2oz) 4.5
LEMONADE W/ GINGER AND CAYENNE – (20oz) 6
CHARCOL LEMONADE – (20oz) 4

SODA & ICED TEA 3.5

sprite / coke / diet coke / lemonade / black tea / tiato green tea

BOBA

(12oz) 4 / (16oz) 4.5 / (20oz) 5
green or black milk tea boba

(add boba to any drink 1)

SMOOTHIES (20OZ) 7.25

(each additional fruit/veggie + .5)

GOOD MORNING VIETNAM

pineapple / mango / ginger / almond coconut milk

HONEYDEW HEAVEN

honeydew / banana / strawberry / almond milk / honey

VERY BERRY

strawberry / blueberry / honey / nonfat milk

BERRY TIATO

strawberry / blueberry / pineapple / mango

tiato leaf / orange juice

CHOCO BONANZA

choc protein .5 / peanut butter / banana /

coconut flakes / almond milk

GREEN APE

banana / strawberry / spinach / dates / almond milk

TROPICAL GREEN

mango / kale / banana / pineapple / orange juice

GREEN MONSTER

pineapple / mango / honey / coconut flakes / flax seed /

spinach / soy milk

HAWAIIAN

banana / coconut flakes / pineapple / almond coconut milk

THE ZINGER

mango / orange juice / pineapple / ginger

PB & J

peanut butter / strawberry / blueberry / flax seed / soy milk

CYO (20OZ) 6.75

choose 3 fruits or veggies / choice of milk, green apple, celery, spinach, carrot, ginger, honeydew, orange, banana, strawberry, blueberry, lemon

EXTRA ADD-ONS

vanilla protein 1 / chocolate protein 1 / boba 1 / granola 1 / flax seed .75 / flax oil .25 / espresso shot .75 / peanut butter 1 / agave .75 / coconut oil .75 / coconut flakes .5 / fresh mint .5 / strawberry .5 / charcoal .75 / cayenne .5 / turmeric .25

At Tiato, we are proud of our sustainable practices. Bringing you health and happiness through our food. All of our to-go products are plant-based & compostable. In order to maintain this practice each additional hot & cold cup will be charged an addition of .5 Thank you for your support & understanding.

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