

STARTERS

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

SOUPS & SALADS

- ROASTED TOMATO VEGAN SOUP – cup 5 / bowl 7
- SOUP DU JOUR – cup 5 / bowl 7
- CRISPY TOFU AND QUINOA SALAD 12   
- quinoa / kale / iceberg lettuce / green cabbage / carrots / asian pear / fried tofu / mushrooms / tarragon vinaigrette*
- TURKEY TACO SALAD 12.5 
- black beans / roasted corn / jicama / tomatoes / crispy tortillas / fresh cilantro / chipotle cilantro dressing*
- ANTIOXIDANT SPINACH AND KALE SALAD 13  
- blueberries / beets / chevre cheese / raisins / shallots / green apples / frisée / flax seeds / pomegranate ginger dressing (add chicken 3 / add shrimp 5)*
- MANDARIN CHICKEN SALAD 13 
- cabbage / watercress / carrots / cucumbers / jicama / cilantro / sesame seeds / green onion / crispy wonton strips / sesame soy vinaigrette*
- WARM WILD RICE TURKEY SALAD 13  
- kale / mushrooms / cherry tomatoes / shallots / tiato herbs / citrus ginger dressing*
- KALE CAESAR SALAD 12.5  
- 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 12
- spicy mayo / pickled veggie slaw / cilantro / brioche bun*
- KUNG PAO TOFU BANH MI 11 
- zucchini / eggplant / portobello / crispy tofu / carrot / daikon / romaine / spicy aioli / baguette*
- TIATO BANH MI (VIETNAMESE BAGUETTE) 12
- 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  
- garlic rice / house fermented kimchi / flank steak / green onion*
- GRILLED CHEESE & TOMATO SOUP\* 11 
- cheddar and jack cheese / thai basil pesto / artisan sourdough bread*
- (add avocado & 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 bun*
- TURKEY BURGER 15
- roasted garlic aioli / alfalfa sprouts / red onion / havarti cheese / avocado / focaccia bread*

LARGE BOWLS & PLATES

- PHO 10  
- chicken or beef / rice noodles / fresh herbs / homemade chicken broth (added herbs & bean sprouts 1)*
- BRAISED BRISKET NOODLE SOUP (PHO'S COUSIN) 11  
- rice noodles / cabbage / lemongrass beef broth*
- VIETNAMESE RICE NOODLE SALAD 13\* 
- crispy chicken rolls / choice of mama's turkey meatballs / chicken or beef satay*
- TIATO EGGPLANT TOFU 12  
- vietnamese herbs / black bean sauce / kale cabbage salad / choice of brown or white rice*
- YELLOW CURRY CHICKEN 12.5 
- zucchini / chinese long beans / kaffir lime leaf / green apple / choice of brown or white rice*
- ORANGE CHICKEN W/ CRISPY LEEKS 16 
- seasonal vegetables / orange marmalade / garlic rice*
- MAMA'S WOK NOODLES 10.5\* 
- 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
- mashed potatoes / spinach*
- VIETNAMESE SATAY PLATE 13
- chicken or beef / fresh herbs / peanut sauce / pickled veggies / brown or white rice*
- FILET OF MISO SOLE 17.5   
- seasonal market veggies / turmeric red / green onions & white quinoa / roasted corn / diced tofu / red grapes / thai basil / citrus sauce*
- GINGER GLAZED WILD SALMON 20  
- caramelized ginger sauce / grilled pineapple / sautéed kale-spinach / brown or white rice*
- SHAKEN BEEF BOWL 17.75  
- cubed filet mignon / tomatoes / caramelized onions / butter lettuce / brown or white rice*
- POKE BOWL 15   
- mango / seaweed salad / carrots / green onion / 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 
- with tiato herbs*
- SAUTÉED GARLIC SPINACH 6  
- GRILLED ASPARAGUS 6  
- FRIES REGULAR OR SWEET POTATO 4 *(add garlic 1)*  
- TIATO HOUSE-MADE POTATO CHIPS 4 
- GARLIC RICE 5 
- KUNG PAO CRISPY TOFU 3 
- WHITE OR BROWN RICE 3  
- FRENCH BAGUETTE 2 
- TUNA SALAD 5.5 
- AVOCADO 3  
- MIXED GREENS 5  

-  GLUTEN-FREE     VEGETARIAN     NEW
-  DAIRY-FREE     VEGAN
- \* CAN BE MODIFIED TO BE GLUTEN-FREE OR VEGETARIAN

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.



## FULL SERVICE MENU

### ORGANIC COFFEE

decaf drip & espresso also available

MILK OPTIONS: non-fat / whole / almond +.5 / coconut almond +.5 / soy +.5 / hemp +.5

SYRUP OPTIONS: vanilla / sugar-free vanilla / hazelnut / sugar-free hazelnut / sugar-free caramel

SAUCE OPTIONS: caramel / chocolate / white chocolate

ICED OR REGULAR COFFEE – s 2.5 / m 2.75 / lg 3

VIETNAMESE COFFEE – s 3 / m 3.25 / lg 3.5

COLD BREW – s 3.5 / m 4 / lg 4.5

AMERICANO – s 2.5 / m 3 / lg 3.5

CAFÉ AU LAIT – s 2.75 / m 3 / lg 3.25

CAPPUCCINO – s 3.5 / m 3.75 / lg 4

LATTE – s 3.5 / m 3.75 / lg 4 (add'l. flavors + .5)

ESPRESSO SHOT – s 2.5 / m 3 / lg 3.5

MOCHA – s 4 / m 4.25 / lg 4.5

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

### ORGANIC HOT TEAS 3

#### 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 TEA LATTES

CHAI TEA – s 2.5 / m 3. / lg 3.25

MATCHA TEA – s 3.5 / m 3.75 / lg 4

honey / matcha / hemp milk

GOLDEN TEA – s 3.5 / m 3.75 / lg 4

mint tea / honey / housemade turmeric spice blend / almond coconut milk

CYO – vanilla syrup (your choice of milk & tea)

### FRESH PRESSED JUICE

APPLE JUICE – (12oz) 5 / (16oz) 6.5 / (20oz) 7.5

CARROT JUICE – (12oz) 5 / (16oz) 6.5 / (20oz) 7.5

ORANGE JUICE – (12oz) 5 / (16oz) 6.5 / (20oz) 7.5

GREEN GODDESS – (12oz) 5.5 / (16oz) 7 / (20oz) 8

broccoli / celery / green apple / honeydew / spinach

ROYAL DETOX – (12oz) 5.5 / (16oz) 7 / (20oz) 8

beet / carrot / green apple

THE GREEN FIX – (12oz) 5.5 / (16oz) 7 / (20oz) 8

apple / cucumber / orange / celery / ginger

LONGEVITY – (12oz) 5.5 / (16oz) 7 / (20oz) 8

apple / carrot / ginger / orange / topped with turmeric & cayenne

CYO – (12oz) 6 / (16oz) 7.5 / (20oz) 8.5

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

LEMONADE W/ GINGER AND CAYENNE – (20oz) 6

CHARCOL LEMONADE – (20oz) 3.5

### SODA & ICED TEA 3

sprite / coke / diet coke / lemonade / black tea /

tiato green tea / arnold palmer

### BOBA

(12oz) 3.5 / (16oz) 4 / (20oz) 4.5

green or black milk tea boba

(add boba to any drink 1)

### SMOOTHIES (20OZ) 6.75

(each additional fruit/veggie + .5)

#### CHOCO BONANZA

choc protein / peanut butter / banana /

coconut flakes / almond milk

#### 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

#### 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) 6.25

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 or oil .75 / espresso shot .75 / peanut butter 1 /

agave .75 / coconut oil or flakes .5 / fresh mint .5 /

strawberry .5 / charcoal .5 / cayenne .25 / 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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