

STARTERS

- SAUTÉED BRUSSEL SPROUTS 7.5    
grapes / toasted almonds
- CRISPY SPRING ROLL 8.5   
chicken / mushrooms / vermicelli / carrots /  
onions / rice paper
- BUDDHA ROLL 7.5 \*    
tofu / romaine lettuce / cabbage / mushrooms / jicama /  
carrots / tia to / rice paper / black bean sauce
- CHICKEN POT STICKERS 8.5   
mushrooms / onions / sesame oil / balsamic glaze
- STEAMED CHICKEN DUMPLINGS 8.5  
tia to herb chili sauce
- SPICY TUNA TACOS 8.5   
green papaya / kaffir lime leaf / red onions /  
thai sweet chili sauce
- SALT AND PEPPER CALAMARI 9.5    
bell pepper / green onion
- TIATO MAC & CHEESE WITH PARMESAN 7   
add bacon & mustard 3
- SAUTÉED KALE & BABY BOK CHOI 6    
with goji berries

SOUPS & SALADS

- ROASTED TOMATO SOUP – cup 4.5 / bowl 6.5    
SOUP DU JOUR – cup 4.5 / bowl 6.5
- CRISPY TOFU AND QUINOA SALAD 11.5     
quinoa / kale / iceberg lettuce / green cabbage / carrots /  
asian pear / fried tofu / mushrooms / tarragon vinaigrette
- TURKEY TACO SALAD 12    
black beans / roasted corn / jicama / tomatoes /  
crispy tortillas / fresh cilantro / chipotle cilantro dressing
- ANTIOXIDANT SPINACH AND KALE SALAD 12.5    
blueberries / beets / chevre cheese / raisins / shallots /  
green apples / frisée / flax seeds / pomegranate ginger  
dressing (add chicken 3 / add shrimp 5)
- MANDARIN CHICKEN SALAD 12.5   
cabbage / watercress / carrots / cucumbers / jicama /  
cilantro / sesame seeds / green onion /  
crispy wonton strips / sesame soy vinaigrette
- WARM WILD RICE TURKEY SALAD 12.5    
kale / mushrooms / cherry tomatoes / shallots /  
tiato herbs / citrus ginger dressing
- KALE CAESAR SALAD 12    
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 12.5  
spicy mayo / pickled veggie slaw / cilantro / brioche bun
- KUNG PAO TOFU BANH MI 10.5    
zucchini / eggplant / portobello / crispy tofu / carrot /  
daikon / romaine / spicy aioli / baguette
- TIATO BANH MI (VIETNAMESE BAGUETTE) 11.5   
beef or chicken / carrots / daikon / cucumber pickles /  
jalapeño / cilantro / spicy aioli
-  ASIAN CRUSTED CHICKEN PANINI 12.5  
fresh mozzarella / fire roasted bell peppers / spinach /  
pesto spread / balsamic drizzle / portuguese roll
-  KOREAN BBQ BURRITO 13.5   
garlic rice / house fermented kimchi /  
flank steak / green onion
- GRILLED CHEESE & TOMATO SOUP\* 10.5   
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 14.5  
butter lettuce / tomato / cheddar / tarragon spread /  
portuguese roll
- TURKEY BURGER 14.5  
roasted garlic aioli / alfalfa sprouts / red onion /  
havarti cheese / avocado / focaccia bread

LARGE BOWLS & PLATES

- PHO 9.5    
rice noodles / fresh herbs / homemade chicken broth  
(choice of chicken / beef / tofu)(herbs & bean sprouts 1)
- BRAISED BRISKET NOODLE SOUP (PHO'S COUSIN) 10.5    
rice noodles / cabbage / lemongrass beef broth
- VIETNAMESE RICE NOODLE SALAD 12.5 \*   
crispy chicken rolls (choice of mama's turkey  
meatballs / chicken or beef satay)
- TIATO EGGPLANT TOFU 11.5    
vietnamese herbs / black bean sauce / kale cabbage  
salad / choice of brown or white rice
- YELLOW CURRY CHICKEN 12    
zucchini / chinese long beans / kaffir lime leaf / green  
apple / choice of brown or white rice
- ORANGE CHICKEN W/ CRISPY LEEKS 15.5    
seasonal vegetables / orange marmalade / garlic rice
- MAMA'S WOK NOODLES 10 \*    
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 12.5  
mashed potatoes / spinach
- VIETNAMESE SATAY PLATE 12.5   
chicken or beef / fresh herbs / peanut sauce /  
pickled veggies / brown or white rice
-  SOLE FILET & ROASTED MARKET VEGGIES 17.5    
turmeric red & white quinoa / roasted corn / diced tofu /  
red grapes / thai basil / citrus sauce
- GINGER GLAZED WILD SALMON 19.5    
caramelized ginger sauce / grilled pineapple /  
sauteed kale-spinach / brown or white rice
- SHAKEN BEEF BOWL 17.25   
cubed filet mignon / tomatoes / caramelized onions /  
butter lettuce / brown or white rice
-  POKE BOWL 14.5    
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 6.5   
with tiato herbs
- SAUTÉED GARLIC SPINACH 5.5    
GRILLED ASPARAGUS 5.5    
FRIES REGULAR OR SWEET POTATO 3.5 (add garlic 1)    
TIATO HOUSE-MADE POTATO CHIPS 3.5    
GARLIC RICE 4.5  
KUNG PAO CRISPY TOFU 2.5   
WHITE OR BROWN RICE 2.5    
FRENCH BAGUETTE 1.5   
TUNA SALAD 5    
AVOCADO 3    
MIXED GREENS 4.5  

-  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.



## QUICK 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 ICED OR HOT – s 3.25 / m 3.75 / lg 4  
COLD BREW – s 3.5 / m 4 / lg 4.5  
AMERICANO – s 2.75 / m 3 / lg 3.5  
CAFÉ AU LAIT – s 3 / m 3.25 / lg 3.75  
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)2.75 / (D)3.25 (Add'l shots .75)  
MOCHA – s 4 / m 4.5 / lg 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 3.5 / m 4 / lg 4.5

MATCHA TEA – s 4 / m 4.5 / lg 5

honey / matcha / hemp milk

GOLDEN TEA – s 4 / m 4.5 / lg 5

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

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

### FRESH PRESSED JUICE

APPLE JUICE – (12oz) 5.25 / (16oz) 6.5 / (20oz) 7.5

CARROT JUICE – (12oz) 5.25 / (16oz) 6.5 / (20oz) 7.5

ORANGE JUICE – (12oz) 5.25 / (16oz) 6.5 / (20oz) 7.5

GREEN GODDESS – (12oz) 5.75 / (16oz) 7 / (20oz) 8

broccoli / celery / green apple / honeydew / spinach

ROYAL DETOX – (12oz) 5.75 / (16oz) 7 / (20oz) 8

beet / carrot / green apple

THE GREEN FIX – (12oz) 5.75 / (16oz) 7 / (20oz) 8

apple / cucumber / orange / celery / ginger

LONGEVITY – (12oz) 5.75 / (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) 3.75 / (16oz) 4.25 / (20oz) 4.75

green or black milk tea boba

(add boba to any drink 1)

### SMOOTHIES (20OZ) 6.75

(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) 6.5

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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