

## 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 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 13  
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 roll
- TURKEY BURGER 15  
roasted garlic aioli / alfalfa sprouts / red onion / havarti cheese / avocado / focaccia bread

## LARGE BOWLS & PLATES

- PHO 10    
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    
rice noodles / cabbage / spicy 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
-  SOLE FILET & ROASTED MARKET VEGGIES 17.5    
sole filet / turmeric red & white quinoa / red grapes / green onion / steamed baby bok choy / miso glaze 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



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.



## 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 3  
VIETNAMESE COFFEE ICED OR HOT 4  
COLD BREW 4.5  
AMERICANO 3.5  
CAFÉ AU LAIT 3.75  
CAPPUCCINO 4  
LATTE 4 (ADD'L. FLAVORS .5)  
ESPRESSO SHOT – (SINGLE)2.75 (DOUBLE)3.25 (EXTRA SHOTS) .75  
MOCHA 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 – your choice of milk & tea (syrup of choice add'l charge)

### FRESH PRESSED JUICE

APPLE JUICE – (16oz) 6.5

CARROT JUICE – (16oz) 6.5

ORANGE JUICE – (16oz) 6.5

GREEN GODDESS – (16oz) 7

broccoli / celery / green apple / honeydew / spinach

ROYAL DETOX – (16oz) 7

beet / carrot / green apple

THE GREEN FIX – (16oz) 7

apple / cucumber / orange / celery / ginger

LONGEVITY – (16oz) 7

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

CYO – (16oz) 7.5

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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