

**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 .5 & bean sprouts .5)*
- 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    
*sole filet / turmeric red & white quinoa / red grapes / green onion / steamed baby bok choy / miso glaze sauce*
- GINGER GLAZED WILD SALMON** 19.5    
*caramelized ginger sauce / grilled pineapple / sautéed 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– (SINGLE)2.75 (DOUBLE)3.25 (EXTRA 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 – your choice of milk & tea (syrup of choice add'l charge)

### 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.

tiato.com | @tiatosm | 310.866.5228