

STARTERS

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 

tiato sweet chili sauce

SPICY TUNA ON A WONTON CRISP 9 

green papaya / kaffir lime leaf / red onions / thai sweet chili sauce

SALT AND PEPPER CALAMARI 10  

bell pepper / green onion

 **CAULIFLOWER MAC N CHEESE 9** 

 **OVEN ROASTED BRUSSELS SPROUTS 8**  

sun-dried tomatoes / toasted almonds / lemongrass glaze

 **SAUTÉED GREEN BEANS 8**  

enoki mushrooms / yuzu dressing / toasted black sesame seeds

 **GRILLED BROCCOLI WITH CHEESE 8**  

grilled broccoli / meyer lemon / vegan cheese

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 / cucumber / carrots / asian pear / fried tofu / mushrooms / tomato tarragon vinaigrette

TURKEY TACO SALAD 13.5  

black beans / roasted corn / jicama / tomatoes / crispy tortillas / fresh cilantro / chipotle cilantro dressing

ANTIOXIDANT SPINACH AND KALE SALAD 13  

blueberries / beets / chevre cheese / candied walnuts / shallots / green apples / frisée / flax seeds / cucumber pomegranate ginger dressing (add chicken 3 / add shrimp 5)

MANDARIN CHICKEN SALAD 13.5 

cabbage / watercress / carrots / cucumbers / jicama / cilantro / sesame seeds / green onion / crispy wonton strips / sesame soy vinaigrette

WARM WILD RICE TURKEY SALAD 14  

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, fries, or house-made chips)
(option to substitute for gluten free / dairy free)

KUNG PAO TOFU BANH MI 11.5  

zucchini / eggplant / portobello / crispy tofu / carrot / daikon / romaine / spicy aioli / baguette

TIATO BANH MI (VIETNAMESE BAGUETTE) 13 

beef or chicken / carrots / daikon / cucumber pickles / jalapeño / cilantro / spicy aioli

ASIAN CRUSTED CHICKEN PANINI 14

fresh thai basil / mozzarella / fire roasted bell peppers / spinach / pesto spread / balsamic drizzle / ciabatta bread

KOREAN BBQ BURRITO 14.5 

garlic rice / house fermented kimchi / flank steak / green onion

GRILLED CHEESE & TOMATO SOUP* 12 

cheddar and jack cheese / thai basil pesto / artisan sourdough bread
(add avocado 3 & maple bacon 3 / add tuna 2.5)

CHICKEN BANH MI BURGER 16

spicy mayo / pickled veggie slaw / cilantro / brioche bun

TIATO GRASS FED BURGER 16

pickles / tomatoes / crispy onions / lettuce / spiced aioli / cheddar / brioche bun (add avocado 3 & maple bacon 3)

TURKEY BURGER 15.5

roasted garlic aioli / alfalfa sprouts / red onion / havarti cheese / avocado / focaccia bread

LARGE BOWLS & PLATES

PHO 13  

rice noodles / fresh herbs / home-made bone broth / herbs & bean sprouts / choice of chicken or beef or tofu

 **KING BOLETE RAMEN 15** 

porcini mushroom broth / mamas noodles / spiced deviled egg roasted portobellos / bok choy / bean sprouts / green onion / seaweed
(add chicken 3 / tofu 3 / beef 4 / shrimp 5)

VIETNAMESE RICE NOODLE SALAD 13.5 *  

crispy chicken rolls / choice of mama's turkey meatballs or chicken or beef satay

TIATO EGGPLANT TOFU 14  

vietnamese herbs / black bean sauce / vietnamese cabbage salad / choice of brown or white rice

YELLOW CURRY CHICKEN 14.5  

zucchini / green 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 13 *  

broccoli / cabbage / bok choy / celery / bean sprouts / portobello mushrooms / carrots
(add chicken 3 / tofu 3 / beef 4 / shrimp 5)

VIETNAMESE SATAY PLATE 14 

chicken or beef / fresh herbs / peanut sauce / pickled veggies / choice of brown or white rice

 **CRISPY FISH TACOS 16.5**  

sole filet / puffed quinoa / grilled corn cabbage slaw / cilantro / house-made tarter sauce / served with a side of house chips

GINGER GLAZED WILD SALMON 20  

caramelized ginger & coconut sauce / grilled pineapple / sautéed kale-spinach / choice of brown or white rice

SHAKEN BEEF BOWL 18

cubed filet mignon / tomatoes / caramelized onions / butter lettuce / choice of brown or white rice

POKE BOWL 16.5 *  

mango / seaweed salad / carrots / green onion / cilantro / cucumber / crispy onions / ponzu sauce / spicy aioli / choice of brown or white rice / choice of salmon or tuna or crispy tofu (add avocado 3)

SIDES

SAUTÉED GARLIC SPINACH 6  

GRILLED ASPARAGUS 6  

FRIES – SWEET POTATO 4 / REGULAR 4 / GARLIC 5  

TIATO HOUSE-MADE POTATO CHIPS 4  

GARLIC RICE 5

KUNG PAO CRISPY TOFU 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.



COFFEE & JUICE BAR

ORGANIC COFFEE

decaf drip & espresso also available

MILK OPTIONS: non dairy options +.75; almond / coconut almond / soy / hemp
SYRUP OPTIONS: vanilla / sugar-free vanilla / hazelnut / sugar-free hazelnut / sugar-free caramel
SAUCE OPTIONS: caramel / chocolate / white chocolate

ICED OR REGULAR COFFEE – s 3.25 / m 3.65 / lg 4
VIETNAMESE COFFEE ICED OR HOT – s 3.5 / m 3.65 / lg 4
COLD BREW – s 4 / lg 4.5
AMERICANO – s 3.25 / m 3.65 / lg 4
CAFÉ AU LAIT – s 4 / m 4.25 / lg 4.5
CAPPUCCINO – s 4.25 / m 4.65 / lg 5
LATTE – s 4.5 / m 5 / lg 5.25
ESPRESSO SHOT – single 2.75 / double 3.5 / add'l shots .75
MOCHA – s 4.5 / m 4.75 / lg 5

(add'l flavors +.75)(ask your server about seasonal flavors!)

ORGANIC HOT TEAS 4

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 +1)

SPECIALTY LATTES

CHAI TEA – s 4.5 / m 4.75 / 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 / vanilla / housemade turmeric spice blend / almond coconut milk
SESAME LATTE – s 4 / m 4.5 / lg 5
sesame powder / agave / soy milk

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

FRESH PRESSED JUICE

APPLE / CARROT / ORANGE JUICE – s 6 / lg 8
GREEN GODDESS – s 6.5 / lg 8.5
broccoli / celery / green apple / honeydew / spinach
ROYAL DETOX – s 6.5 / lg 8.5
beet / carrot / green apple
THE GREEN FIX – s 6.5 / lg 8.5
apple / cucumber / orange / celery / ginger
LONGEVITY – s 6.5 / lg 8.5
apple / carrot / ginger / orange / topped with turmeric & cayenne
LEMON GINGER CAYENNE "WELLNESS" SHOT – s 4.5
LEMONADE W/ GINGER AND CAYENNE – lg 6
CHARCOL LEMONADE – lg 4

CYO – s 7.5 / lg 9
select 3 fruits or vegetables: broccoli, celery, spinach, green apple, carrot, ginger, beet, honeydew, orange, strawberry, lemon, blueberry

(each additional fruit +.5)

SODA & ICED TEA 3.5

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

HOUSE-MADE BOBA

GREEN or BLACK MILK TEA BOBA – s 4.5 / lg 5.5

(add boba to any drink +1)

SMOOTHIES (20OZ) 7.75

BERRY TIATO
strawberry / blueberry / pineapple / mango
tiato leaf / orange juice
TROPICAL GREEN
mango / kale / banana / pineapple / orange juice
GREEN MONSTER
pineapple / mango / honey / coconut flakes / flax seed / spinach / soy milk
THE ZINGER
mango / orange juice / pineapple / ginger
CHOCO BONANZA 8.25
chocolate protein / peanut butter / banana / coconut flakes / almond milk
THE PINK LADY 9
vanilla protein / avocado / peanut butter / banana / strawberry / flax seeds / coconut flakes / almond milk

(each additional fruit or veggie +.5 / protein +1)

EXTRA ADD-ONS

vanilla or 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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