

**HOT AND READY**

**CLASSIC BACON BREAKFAST BURRITO 8.5**

eggs / bacon / potato hash / queso fresco / chipotle aioli

**CLASSIC SAUSAGE BREAKFAST BURRITO 8.5**

eggs / turkey sausage / potato hash / queso fresco / chipotle aioli

**ENGLISH MUFFIN BREAKFAST SANDWICHES**

bacon, egg, aioli (5.95) / egg white veggies (5.95) / cheese, egg, aioli (5.5)

**VEGGIE QUICHE 11**  

leeks / zucchini / mushrooms / goat cheese / curried spice blend / served with a house salad

**FRI-TITO 7**

chinese sausage / mushrooms / leeks / monterey jack & cheddar

**FROM THE KITCHEN**

**AVOCADO TOAST 10**  

smashed avocado / truffle oil / hard boiled egg / fresh parmesan / nori

**FIVE GRAIN MEDLEY 8.5**   

farro / steel cut oats / quinoa / pearl barley / brown rice / dried fruit compote / honey / half & half (served hot)

**OVERNIGHT OATS 7**  

lemon coconut custard / blueberry compot (served cold)

**MAMAS CHICKEN PORRIDGE 8.5**

rice / quinoa / chicken meatballs / seaweed / chicken stock / boiled egg

**FRIED EGG AND RICE BOWL 8**  

chinese sausage / nori / crispy shallots / green onions

**ASIAN CHICKEN SAUSAGE BURRITO 9**  

eggs / chicken sausage / potato / cheddar jack cheese / asian herb chili sauce / green onion

**SAMO BREAKFAST SANDWICH 8** 

sourdough bread / eggs / maple bacon / avocado / tomato / cheddar jack cheese / spicy aioli

**FRIED EGG SANDWICH 9.5** 

pain au lait / fried egg / jack & cheddar cheese blend / spicy aioli / avocado

**TWO EGGS ANY STYLE**

**EGGS 3.75**

choose style of eggs / add cheese .75 / veggies .5 (refer to "add ons") protein 2 / (extra eggs 1.5 each)

**CREATE YOUR OWN BURRITO 8**

**COMES WITH**

2 eggs / 1 protein / 1 add-on / 1 salsa  
(extra protein \$2 / extra add-on \$.5 / egg whites \$1)

**GRAINS**

flour tortilla / spinach tortilla / sourdough / nine grain bread / gluten free bread

**PROTEINS**

bacon / ham / chicken turkey apple sausage / avocado

**ADD-ONS**

onion / green onion / mushroom / spinach / queso fresco / zucchini / tomato / bell pepper / potato hash / cheddar / swiss / goat cheese / pico de gallo

**SALSAS**

chipotle aioli / pico de gallo / chipotle salsa

**SIDES**

TIATO POTATOES 2

COTTAGE CHEESE 2

FRUIT 2

APPLEWOOD SMOKED MAPLE BACON 4

ORGANIC CHICKEN TURKEY APPLE SAUSAGE 4

TOAST 2.5

choice of wheat / gluten free(+1) / sourdough / english muffin



GLUTEN-FREE



VEGETARIAN



DAIRY-FREE



VEGAN