



BREAKFAST

Breakfast Favorites

BURRITOS, QUESADILLAS OR BOWLS

PROTEIN egg whites, chicken, spinach.....	7.90
TCA egg, ground turkey, cheddar, avocado.....	7.40
B.AVOCADO egg, avocado, bacon, green onion, cheddar.....	7.70
VEGGIE egg, mushroom, tomato, broccoli, cheddar.....	6.30
BIG SKY egg, tri-tip, tomato, onion, jack.....	7.25
BLACK N WHITE egg whites, broccoli, black beans, brown rice, cheddar.....	6.95
TURKEY SAUSAGE egg, turkey-maple sausage, onion & mushroom.....	6.95
SPINNAKER egg, spinach, onion, sausage, potato & cheddar.....	7.00
JACKIE O. egg, bacon, sausage, ortega chiles & jack.....	7.70
BACON JALAPENO egg, bacon, jalapeno & Jack.....	6.70
TRIPLE egg, tri-tip, potato, onion & jack.....	6.95
CHORIZO N EGG egg, chorizo & cheddar.....	6.40
SCRAMBLER egg, ground turkey, spinach, green onion & jack.....	7.00
CHESTER egg whites, tri-tip & cheddar.....	7.90
DENVER egg, ham, bell pepper, onion & cheddar.....	7.00
KID PRO egg & cheddar.....	5.40

Build Your Own Breakfast

\$5.10, THEN ADD INGREDIENTS

Burritos or Quesadillas: choose flour or wheat tortilla
 Bowl: choose brown rice, potatoes, black or pinto beans

<i>PROTEINS</i>	<i>VEGETABLES .30</i>	<i>CHEESE .30</i>
<u>\$1.00</u>	bell pepper	cheddar
bacon	green onion	jack
sausage	mushroom	American
chorizo	broccoli	provolone
ground turkey	ortega chile	
ham	tomato	SALSA
pork	spinach	mild
<u>\$1.25</u>	white onion	medium
chicken	cilantro	spicy
turkey-maple sausage	lettuce	pico de gallo
tri-tip	sour cream	side avo or guac \$2
egg whites	avocado \$1	side - sour cream \$1
	guacamole \$1	

Sweets + Grains

FRENCH TOAST SQUARES
 made with Kings Hawaiian Bread
 \$5.95

YOGURT + FRESH FRUIT
 with granola + honey
 \$4.75

BOWL OF OATMEAL
 with brown sugar + raisins
 \$5.35