



BREAKFAST

Breakfast Favorites

BURRITOS, QUESADILLAS OR BOWLS

PROTEIN egg whites, chicken, spinach.....	8.35
TCA egg, ground turkey, cheddar, avocado.....	8.25
B.AVOCADO egg, avocado, bacon, green onion, cheddar.....	8.65
VEGGIE egg, mushroom, tomato, broccoli, cheddar.....	6.85
BIG SKY egg, tri-tip, tomato, onion, jack.....	7.80
BLACK N WHITE egg whites, broccoli, black beans, brown rice, cheddar.....	7.40
TURKEY SAUSAGE egg, turkey-maple sausage, onion & mushroom.....	7.40
SPINNAKER egg, spinach, onion, sausage, potato & cheddar.....	7.95
JACKIE O. egg, bacon, sausage, ortega chiles & jack.....	8.25
BACON JALAPENO egg, bacon, jalapeno & Jack.....	7.15
TRIPLE egg, tri-tip, potato, onion & jack.....	7.80
CHORIZO N EGG egg, chorizo & cheddar.....	6.75
SCRAMBLER egg, ground turkey, spinach, green onion & jack.....	7.55
CHESTER egg whites, tri-tip & cheddar.....	8.35
DENVER egg, ham, bell pepper, onion & cheddar.....	7.55
KID PRO egg & cheddar.....	5.65

Build Your Own Breakfast

\$5.25, THEN ADD INGREDIENTS

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

PROTEINS	→ VEGETABLES .40 →	CHEESE .40
<u>\$1.10</u>	bell pepper	cheddar
bacon	green onion	jack
sausage	mushroom	American
chorizo	broccoli	
ground turkey	ortega chile	
ham	tomato	
pork	spinach	
<u>\$1.35</u>	white onion	
chicken	cilantro	
turkey-maple sausage	lettuce	
tri-tip	sour cream	
egg whites	potato	
	roasted cauliflower	
	avocado \$1.50	
	guacamole \$1.50	
		SALSA
		mild
		medium
		spicy
		pico de gallo
		side avo or guac \$2
		side - sour cream \$1
		side tortilla \$1.50

Sweets + Grains

FRENCH TOAST SQUARES
 made with Kings Hawaiian Bread

YOGURT + FRESH FRUIT
 with granola + honey

BOWL OF OATMEAL
 with brown sugar + raisins
 \$5.65