



BREAKFAST SPECIALTIES

BREAKFAST BURRITO

breakfast potatoes, shredded cheese, salsa, eggs*
choice of meat, spinach tortilla, panini grilled 15.99

MAKE IT SUPER - green chilies, sour cream, avocado 2.99

MAKE IT SMOTHERED - topped with shredded cheese, turkey chili, enchilada sauce, fresh cilantro 3.99

CORRITO

vegan burrito, roasted veggies, breakfast potatoes, onions, mushrooms, hummus, baby greens, avocado, salsa, spinach tortilla, panini grilled *(VVG)* 15.49

POWER SCRAMBLE

eggs* scrambled with chicken, baby greens, roasted veggies, mushrooms, topped with feta and fresh basil. served with fruit & sliced tomatoes *(GF)* 17.49

HUEVOS RANCHEROS

crispy flour tortilla, shredded cheddar, turkey chili, enchilada sauce, feta, red onion, fresh cilantro, avocado, 2 eggs* over easy 17.49

POWERHOUSE OATMEAL

banana, walnuts, dried cranberries *(VVG)* 10.99
served with brown sugar + choice of milk

BUILD SCRAMBLE

3 eggs scrambled with any 2 ingredients + cheese.
includes toast + choice of breakfast potatoes or fruit *(VVG)* 17.49

AVOCADO TOAST

toasted squaw bread, avocado smash, hummus, red onion, feta, roasted tomato, pistachio *(VVG - NO FETA)* 15.99

TWERKIT - topped with crispy bacon, 2 poached eggs* 3.99

BUTTERMILK PANCAKES

whipped butter, maple syrup, powdered sugar 15.49

Blueberries & Whipped Cream 2.99

BAGEL & SPREAD

toasted choice of bagel - plain, everything
choice of spread - cream cheese, butter, peanut butter *(VVG)* or hummus *(VVG)* 6.49

THE BIRDIE

egg* sandwich, tomato, sharp cheddar, special sauce, choice of bread brushed with herb oil + panini grilled 11.99

MACWALDEN

english muffin, house made sausage patty, egg*, sharp cheddar 8.99
SMASH WALDEN - includes avocado smash, monterey jack 2.50

CARNE AND EGGS

includes choice of meat, toast + choice of breakfast potatoes or fruit 17.49

MEAT OPTIONS - steak (5.00), carnitas, italian sausage, or apple wood bacon

Add ons

INGREDIENT OPTIONS

caramelized onions, tomatoes, jalapeños, baby greens, roasted mushrooms, green chilies, roasted veggies, roasted tomatoes

BURRITO MEAT OPTIONS

bacon, sausage, ham, carnitas, chorizo, chicken, roasted vegetables

BAGEL OPTIONS plain, everything

CHEESE OPTIONS cheddar + jack, feta, monterey jack, sharp cheddar

GF - Gluten Free | V - vegetarian | VG - vegan

* consuming raw or undercooked eggs may increase your risk of foodborne illness



LUNCH SPECIALTIES

THE MANZO

herb marinated steak, arugula, crispy onions, melted monterey jack cheese, rosemary aioli, herb oil sourdough roll + panini grilled 18.99

CAB

sliced chicken breast, avocado smash, bacon, onion, tomato, baby greens, monterey jack, rosemary aioli, choice of bread brushed with herb oil + panini grilled 17.49

TURKEY CHILI

topped with red onion, crispy bacon, cheese, garlic crostini *(GF - NO CROSTINI)*
Cup 7.99 | Bowl 9.99

SOUP OF THE DAY Cup 6.99 | Bowl 7.99

BLT

toasted choice of bread, bacon, lettuce, tomato, mayo 15.49
ADD AVOCADO 2.00

HOUSE SALAD

mixed greens, walnuts, dried cranberries, onions, tomatoes, feta, garlic crostini, house made balsamic vinaigrette
(V/VG-NO FETA, GF-NO CROSTINI) 15.99
ADD MEAT 4.99 | ADD AVOCADO 2.00

SCHMAGEL

toasted choice of bagel, cream cheese, smoked salmon, capers, lemon zest, dill, red onion, mixed greens, tomato, Balsamic vinaigrette 17.99

CHANINI

chicken, tomato, onion, fresh basil, monterey jack, spicy calabrese aioli, choice of bread brushed with herb oil + panini grilled 17.49



BREAD OPTIONS

sourdough, french roll,
multigrain, gluten free bread,
gluten free tortilla

ADD MEAT OPTIONS

chicken, carnitas,
smoked salmon

GF - Gluten Free | V - vegetarian | VG - vegan

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