

MORNING BELL

PATATAS BRAVAS BOWL ^{GF}

seasoned potatoes, salsa brava, cage free fried egg, garlic aioli, chopped cilantro

\$5.00 410 CALS

TECATE WRAP

cage-free scrambled eggs, sausage, cheddar cheese, pico de gallo, bell peppers, wheat wrap

\$5.00 550 CALS

LOADED BREAKFAST BOWL ^{GF}

seasoned potatoes, cage free egg, crispy bacon, pork sausage, sauteed peppers & onions, cheddar cheese, pico de gallo

\$6.00 530 CALS

STEAK BREAKFAST BURRITO

chopped steak, cage-free eggs, jack cheese, sauteed peppers & onions, seasoned potatoes, wheat tortilla, green salsa

\$6.00 670 CALS

ALL AMERICAN SANDWICH

cage-free scrambled eggs, smoked bacon, american cheese, biscuit

\$4.50 510 CALS

IMPOSSIBLE TOAST ^{VG}

plant based sausage patty, avocado, tomato, arugula, lemon vinaigrette, sourdough bread

\$5.00 260 CALS

TO ORDER OMELETS

GRIDDLE OMELETS:

two cage free egg, meat or vegetable

\$5.00

CHOICE OF CHEESE:

cheddar, pepper jack, american, provolone, swiss

CHOICE OF PROTEIN:

bacon, ham, or sausage

CHOICE OF VEGETABLES:

peppers, onions, mushrooms, broccoli, tomato, spinach

DENVER

cage free egg omelet with ham, peppers, onions, cheddar cheese

\$5.00 480 CALS | GF

LEMONY GREENS

cage free egg omelet with kale, avocado, crushed red pepper, lemon vinaigrette

\$5.00 290 CALS | V GF DF

PICADO

cage free egg omelet with pico de gallo, jack cheese, avocado & bacon

\$5.00 510 CALS | GF

ON THE SIDE

PANCAKES (2)

\$2.00 470 CALS | V

BREAKFAST POTATOES

\$1.25 90 CALS | VG GF DF

BACON (2)

\$1.50 130 CALS | GF DF

GRIDDLED EGG / EGG WHITE

\$1.00 140 CALS | V GF

SAUSAGE LINKS (2)

\$2.00 201 CALS | GF DF

TURKEY SAUSAGE (2)

\$2.00 120 CALS | GF DF

ADD CHEESE

\$0.75 60-115 CALS | V GF

ADD AVOCADO

\$1.25 60 CALS | VG GF DF

V-VEGETARIAN

VG-VEGAN

GF-GLUTEN FREE

DF-DAIRY FREE

CN -CONTAINS NUTS



THOROUGHLY COOKING FOODS OF ANIMAL ORIGIN SUCH AS BEEF, EGGS, FISH, LAMB, MILK, POULTRY OR SHELLFISH REDUCES THE RISK OF FOODBORNE ILLNESS. INDIVIDUALS WITH CERTAIN HEALTH CONDITIONS MAY BE AT HIGHER RISK IF THESE FOODS ARE CONSUMED RAW OR UNDERCOOKED.



FOOD PREPARED MAY CONTAIN WHEAT, FISH, DAIRY, EGGS, SOY, & NUTS.

GLUTEN-FREE (GF) BREAD
AVAILABLE UPON REQUEST