

MORNING BELL

TO ORDER OMELETS

DENVER GF
cage free egg omelet with ham, peppers, onions, cheddar cheese
\$5.00 480 CALS

LEMONY GREENS V GF DF
cage free egg omelet with kale, avocado, crushed red pepper, lemon vinaigrette
\$5.00 290 CALS

PICADO GF
cage free egg omelet with pico de gallo, jack cheese, avocado & bacon
\$5.00 510 CALS

GRIDDLE OMELETS
two cage free egg, meat or vegetable
\$5.00

CHEESE:
cheddar, pepper jack, american, provolone, swiss

PROTEIN:
bacon, ham, or sausage

VEGETABLES:
peppers, onions, mushrooms, broccoli, tomato, spinach

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

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

STEAK BREAKFAST BURRITO
chopped steak, cage-free eggs, jack cheese, sauteed peppers & onions, seasoned potatoes, wheat tortilla, green salsa
\$6.00 670 CALS

IMPOSSIBLE TOAST VG
plant based sausage patty, avocado, tomato, arugula, lemon vinaigrette, sourdough bread
\$5.00 260 CALS

ALL AMERICAN SANDWICH
cage-free scrambled eggs, smoked bacon, american cheese, biscuit
\$4.50 510 CALS

FEATURED

IN THE FOLD
cage free scrambled eggs, crispy bacon, guacamole, jack cheese, flour tortilla
\$5.00 880 CALS

OFF TO THE RIGHT START

JAM-ON
cage free egg, white cheddar cheese, black forest ham, grape jam, english muffin
\$3.75 480 CALS

SIDES

PANCAKES (2)
\$2.00 470 CALS | V

ADD CHEESE
\$0.75 60-115 CALS | V GF

BREAKFAST POTATOES
\$1.25 90 CALS | VG GF DF

ADD AVOCADO
\$1.25 60 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

GLUTEN-FREE (GF) BREAD
AVAILABLE UPON REQUEST



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.