

SIDES (BREAKFAST & LUNCH)

White, wheat, multi-grain, rye, sourdough, GF	\$2
English muffin	\$3
Brioche	\$2
Croissant	\$3
Bagel & cream cheese GF	\$3.50
Cottage cheese	\$3
Black beans	\$3
Roasted red potatoes	\$3
French fries	\$3.25
Sweet potato fries	\$3.25
Sweet potato tots	\$3.50
1 Egg	\$2
Pecan smoked bacon	\$3.25
Sausage patties/turkey sausage	\$3.50
Fruit salad	\$4
Extra dressing/salsa	50¢-\$1

BEVERAGES

Kombucha (assorted flavors)	\$5
Fresh squeezed orange juice	\$5
Smoothie – strawberry, banana or mango	\$5
Pellegrino	\$3.50
Bottled water	\$3
Cranberry or apple juice	\$3
Organic coffee / Iced coffee	\$2.75
Add flavor	50¢
Organic hot tea	\$2.50
China Mist ice tea – traditional black or blackberry green jasmine	\$2.50
Coke, Diet Coke, Coke Zero, Sprite, Mr. Pibb, Minute Maid Lemonade	\$2.50
Milk, hot chocolate, soy milk	\$2.50

DESSERTS

Chocolate chip cookie	\$2
Crème brulee GF	\$6
Bread pudding	\$6
Mini cupcakes (3) GF	\$6
Cinnamon roll/sticky bun GF	\$6
Carrot cake	\$6
Warm chocolate chip cookie topped w/ vanilla ice cream GF	\$6.50
Sorbet and fruit	\$7

Ask your server about additional items.

Breakfast Menu

– Served 'til 2:30pm

ENTREES

Served w/ choice of roasted red potatoes, sweet potato tots, black beans, cottage cheese or fruit

CHORIZO AND EGGS \$10

Two fried eggs w/ fresh pork chorizo, black beans, fresh pico de gallo and freshly made flour tortilla

BREAKFAST SANDWICH **GF** \$10

Two scrambled eggs, pecan smoked bacon and pepper jack served on a croissant **GF**

MONTE CRISTO \$11

Two french toast slices, ham and Gruyère cheese topped w/ strawberry jam

BREAKFAST BURRITO **GF** \$11

Two eggs scrambled, chorizo, black beans, pepper jack, and fresh pico de gallo wrapped in a tomato basil tortilla

Your choice of bread: white, wheat, rye, sourdough, **GF** bread

TRYST OMELET \$10

Three egg omelet, buffalo mozzarella cheese, pesto and roasted tomatoes **GF**

MEAT LOVERS OMELET \$10

Three eggs, pecan smoked bacon, sausage, ham and white cheddar **GF**

VEGGIE OMELET **GF** \$10

Three eggs, roasted peppers, spinach, mushrooms, grilled onions and yellow cheddar **GF**

CHEESEY OMELET \$9

Three eggs, pepper jack and white cheddar **GF**

TRYST BREAKFAST \$9

Two eggs your way, choice of pork sausage or pecan smoked bacon **GF**

STEAK AND EGGS \$12

Naturally raised tenderloin and two fried eggs **GF**

Add \$1 for egg whites

Substitutions available at a la carte prices.

An 18% gratuity will be added to parties of 6 or more.

***Notice:** Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness.

All menu items and prices are subject to change without notice.

TRYST HIGHLIGHTS

HUEVOS RANCHEROS **GF** \$9
Freshly made crispy corn tortillas, black beans, two fried eggs, Anaheim chili cream sauce and fresh pico de gallo

HAWAIIAN BREAKFAST **GF** \$12
Two fried eggs, fresh house smoked kalua pork, cabbage, jasmine rice and wonton crisps. *Best enjoyed w/ soy sauce* **GF**

PANCAKES (2) \$8
Choice of buttermilk or multigrain, powdered sugar, warm maple syrup and whipped butter **GF**
+ blueberries, chocolate chips or candied walnuts \$2
+ bananas foster \$3

SOUTHWEST BOWL \$9
2 eggs, roasted red potato, ham, cheddar cheese, green peppers and onion

PINEAPPLE UPSIDE DOWN PANCAKES \$11

BELGIAN WAFFLE \$8
Choice of buttermilk or multigrain, powdered sugar, warm maple syrup and whipped butter

FRENCH TOAST \$9
Brioche w/ warm maple syrup and whipped butter
Topped w/ almonds add 50¢

PB & J FRENCH TOAST \$9

LOX AND BAGELS \$12
Smoked salmon accompanied by tomatoes, red onions, capers and cream cheese **GF**

STEEL CUT OATMEAL \$8
Served w/ your choice of fresh fruit, brown sugar, raisins or milk

YOGURT PARFAIT \$6
Traditional organic yogurt w/ fruit and granola **GF**

KIDS MENU UNDER 10

BREAKFAST	
Pineapple upside down pancake	\$6
1 Strip bacon, 1 pancake	\$5.50
1 Egg, 1 strip bacon, toast	\$5.50
French toast sticks	\$5.50
Mini cheese omelet	\$5.50
LUNCH & DINNER	
Chicken Tenders or grilled breast w/ french fries	\$6
Burger w/ french fries	\$6
Grilled cheese w/ french fries	\$5.50
Mac 'n cheese	\$5
Penne pasta tossed in butter	\$5
PB & J	\$3.50

Organic | Antibiotic/Hormone Free | Natural | Locally Grown

tryst cafe
breakfast • lunch • dinner
spirits

Look for our
Signature Dishes

Call In Orders

21050 N. Tatum Boulevard, #108

Phoenix, AZ 85050

(480) 585-7978 **GF** (480) 585-7981 fax



At TRYST CAFE, we are committed to providing every guest with fresh, flavorful, local, organic food and beverages with a great dining experience. Therefore, in cooperation with the Gluten Intolerance Group® (GIG®), we have created a gluten-free menu based on the most current ingredient information from our food suppliers and their stated absence of wheat/gluten protein within these items. **Please inform your server if you want the gluten free option as modifications may be necessary. There will be an additional charge for gluten free bread, pancakes or other gluten free items.**

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www.trystcafe.com

An Affaire With
Naturally Delicious Food



Lunch Menu

– Served 11am-4pm

STARTERS

- TILAPIA CRISPS (4)** \$8
Tilapia served in a crisp tortilla w/ pepper jack cheese, cabbage, mangosalsa and chipotle ranch dressing
- DESERT RIDGE SUMMER ROLLS** \$6
Daikon sprouts, shredded carrots, celery, cabbage, red onion and mango wrapped in rice paper accompanied by a sweet and spicy chili mango dipping sauce **GF**
- FREE RANGE CHICKEN TORTILLA SOUP** \$6
Garnished w/ tortilla strips, sour cream and fresh pico de gallo
- HUMMUS TRIO** \$7.50
House made traditional, cilantro and red pepper hummus w/ fresh pita **GF** Served w/ cucumbers **+\$1.50**
- CAPRESE** \$9
Tomato, fresh buffalo mozzarella and basil, drizzled w/ EVOO and balsamic vinegar

BURGERS

Served w/ choice of french fries, sweet potato fries, sweet potato tots, mixed green salad, coleslaw, black beans, cottage cheese or fruit

- BRING IT ON BURGER*** \$13
Beef burger served w/ capicola ham, buffalo mozzarella cheese, roasted tomato and pesto sauce **GF**
- TURKEY BURGER*** \$12
Turkey burger, brie cheese, strawberry jam, lettuce and tomato
- BEEF BURGER*** \$10.50
Naturally raised beef burger, lettuce and tomato
- CHEESEBURGER*** \$11
Beef burger served w/ white cheddar, lettuce and tomato **GF**
- BBQ BACON BURGER*** \$12
Beef burger served w/ white cheddar, pecan smoked bacon, lettuce, tomato, onion strings and BBQ sauce **GF**
- CHIPOTLE VEGGIE BURGER** \$12
Pico de gallo, grilled onion, lettuce and ranch **GF**

SANDWICHES

Served w/ choice of french fries, sweet potato fries, sweet potato tots, mixed green salad, coleslaw, black beans, cottage cheese or fruit

- THE ROAST BEAST*** \$11
Naturally raised, thinly sliced roast beef w/ pepper jack and grilled red onions on a ciabatta **GF**
- KALUA PORK** \$11
Fresh house smoked kalua pork, coleslaw and barbeque sauce served on a brioche bun **GF**
- GRILLED BUFFALO CHICKEN** \$10
Chicken tossed in a spicy buffalo sauce, lettuce, tomato, pepper jack and ranch dressing on a brioche bun **GF**
- GRILLED SALMON** \$12
Roasted tomato, lemon parsley on a brioche bun **GF**
- PORTOBELLO SANDWICH** \$10
Lettuce, portobello mushroom, grilled tomato, onion and avocado on ciabatta **GF**
- TURKEY WRAP/SANDWICH** \$10.50
All natural slow roasted turkey breast, roasted roma tomatoes, fresh mozzarella, lettuce and pesto
- NATURALLY RAISED GRILLED CHICKEN** \$10
Grilled chicken breast, lettuce, tomato w/ cilantro sauce on a brioche bun **GF**
- GRILLED CHEESE** \$9
Pepper jack, white cheddar, tomato and avocado on a brioche bun

LUNCH & DINNER SALADS

- THE AFFAIRE** \$10
Local greens, roasted tomatoes, shredded carrot, roasted beets, cucumber, red onion, sliced portobello topped w/ house balsamic vinaigrette **GF** + chicken \$4 + steak/salmon \$5
- SEARED AHI SALAD*** \$13
Cajun crusted, seared ahi tuna, organic greens, daikon sprouts, grilled portobello mushrooms, carrots and grape tomatoes tossed with a honey lime vinaigrette and topped w/ a wasabi aioli and wonton crisps **GF**
- STEAK SALAD** \$12
Naturally raised tenderloin, organic greens, romaine, cherry tomatoes, gorgonzola crumbles, onion strips, candied walnuts, topped w/ cilantro dressing **GF**
- SOUTHWEST CHICKEN SALAD** \$12
Local romaine, tomatoes, black beans, corn, cheese, avocado, onion, pico de gallo, tortilla strips and house chipotle dressing **GF**

Dinner Menu

– Served from 4pm-Close

STARTERS

- DESERT RIDGE SUMMER ROLLS** \$6
Daikon sprouts, shredded carrots, celery, cabbage, red onion and mango wrapped in rice paper accompanied by a sweet chili mango dipping sauce **GF**
- FREE RANGE CHICKEN TORTILLA SOUP** \$6
Garnished w/ tortilla strips, sour cream and fresh pico de gallo
- AHI WONTON CUPS (5)** \$11
Ahi mixed w/ sriracha aioli and topped w/ sprouts, sweet soy drizzle and sesame seeds **GF**
- TILAPIA CRISPS (4)** \$8
Tilapia served in wontons w/ cabbage, mango salsa and chipotle ranch dressing
- LOCAL BEER BATTERED GREEN BEANS** \$8
Served w/ choice of ranch, chipotle, sriracha aioli or cilantro dressing
- HUMMUS TRIO** \$7.50
House made traditional, cilantro and red pepper hummus w/ fresh pita **GF** Served w/ cucumbers **+\$1.50**
- CAPRESE** \$9
Tomato, fresh buffalo mozzarella and basil, drizzled w/ EVOO and balsamic vinegar

DINNER SIDES

- Grilled vegetables \$4
Mixed green salad \$3
Black beans \$3
French fries \$3.25
Sweet potato fries \$3.25
Sweet potato tots \$3.50
Fruit salad \$4
Extra dressing/salsa 50¢-\$1

- ROASTED BEET SALAD** \$10
Organic arugula, roasted yellow and red beets, goat cheese, tossed w/ honey lime vinaigrette **GF** + chicken \$4 + steak/salmon \$5

- GRILLED CHICKEN AND GOAT CHEESE SALAD** \$12
Served w/ asparagus, pears and walnuts over a bed of organic greens and a raspberry vinaigrette dressing **GF**

- CAESAR** \$9
Local romaine w/ traditional caesar dressing and shredded asiago **GF** + chicken \$4 + steak/salmon \$5

ENTREES

- BEEF WELLINGTON** \$21
With caramelized onion jus, sweet potato, friezé and baby glazed carrots
- CORNISH HEN** \$15
With Hungarian paprika onion jus, served w/ green & yellow grilled squash and red roasted garlic dill potatoes **GF**
- JAMAICAN TILAPIA FILET** \$17
Pan seared wild tilapia, cilantro rice and Tryst mango salsa **GF**
- CHICKEN AND VEGETABLES** \$15
Grilled chicken breast w/ green bean almandine and pureed mashed potatoes **GF**
- PASTA DU JOUR** VARIES
Pasta of the day **GF** Fusilli pasta
- BABY BACK RIBS** \$19
Full rack served w/ green salad and a combination of regular and sweet potato fries **GF**

BURGERS & SANDWICHES

Served w/ choice of french fries, sweet potato fries, sweet potato tots, mixed green salad, coleslaw, black beans, cottage cheese or fruit

- KALUA PORK** \$11
Fresh house smoked kalua pork, coleslaw, barbeque sauce served on a brioche bun **GF**
- THE ROAST BEAST*** \$11
Naturally raised, thinly sliced roast beef w/ pepper jack and grilled red onions on a ciabatta **GF**
- BEEF BURGER*** \$10.50
Naturally raised beef burger served w/ lettuce and tomato **GF**
- BRING IT ON BURGER*** \$13
Beef burger served w/ capicola ham, buffalo mozzarella cheese, roasted tomato and pesto sauce **GF**
- BBQ BACON BURGER*** \$12
Beef burger served w/ white cheddar, pecan smoked bacon, lettuce, tomato, onion strings and BBQ sauce **GF**
- CHEESEBURGER*** \$11
Beef burger served w/ white cheddar, lettuce and tomato **GF**
- CHIPOTLE VEGGIE BURGER** \$12
Vegetable and black bean patty w/ pico de gallo, grilled onions, lettuce and ranch **GF**
- PORTOBELLO SANDWICH** \$10
Stacked lettuce, portobello mushroom, grilled tomato, onion and avocado served on a ciabatta **GF**