

2-EGG BREAKFASTS

Add \$1 for egg whites

CHORIZO AND EGGS* 10

Two fried eggs with fresh pork chorizo, black beans, fresh pico de gallo, fresh avocado and freshly made wheat tortilla served with red roasted potatoes

TRYST BENEDICT* 14

English muffin, capicola ham, spinach, grilled tomato, buffalo mozzarella and a poached egg topped with Anaheim chili sauce and served with sweet potato tots **GF**

HUEVOS RANCHEROS* 9.50

Freshly made crispy corn tortillas, black beans, two fried eggs, Anaheim chili cream sauce and fresh pico de gallo

HAWAIIAN BREAKFAST* 12.50

Two fried eggs, fresh house smoked kalua pork, cabbage, jasmine rice and wonton crisps. *Best enjoyed with soy sauce* **GF**

COUNTRY BREAKFAST* 12

Homemade biscuits, sausage gravy and two eggs your way

Your choice of bread: wheat or sourdough. **GF bread** +1.75

HAM AND EGGS* 12

Ham steak, sweet potato hash and accompanied by two fried eggs **GF**

STEAK AND EGGS* 13

Naturally raised peppercorn encrusted steak topped with Anaheim chili sauce and served with two fried eggs **GF**

TRYST BREAKFAST* 9

Two eggs your way, choice of pork or applewood smoked bacon or turkey sausage served with sweet potato tots **GF**

FROM THE GRIDDLE

PANCAKES (2) 8.50

Choice of buttermilk or multigrain, warm maple syrup and whipped butter **GF**

+ blueberries, chocolate chip, pineapple, candied walnuts, bananas foster or granola 2.50
+ bacon and chocolate chips 3.75

CHOCOLATE BACON WAFFLE 10

PECAN CRUSTED FRENCH TOAST 11

Brioche with warm maple syrup and whipped butter **GF**
Topped with almonds add .50

TRADITIONAL FRENCH TOAST 9 **GF**

KIDS MENU UNDER 10

BREAKFAST CHOICES 6.25

Served with side of fruit and apple juice or milk

One strip bacon, one pancake **GF**

One egg, one strip bacon, toast **GF**

French toast sticks **GF**

Mini cheese omelet and toast **GF**

BREAKFAST & LUNCH SIDES

Wheat | Sourdough | **GF bread** | One egg 2

English muffin | Croissant | Brioche | One pancake

Cottage cheese | Roasted red potatoes 3

Sweet potato tots | Applewood smoked bacon

Sausage patties/turkey sausage links

Bagel & cream cheese | **GF bagel** | Seasonal fruit 3.50

Biscuit and gravy 4

Mayo, pico de gallo, dressing, etc .50-1

BEVERAGES

All Natural Smoothie strawberry, banana or mango

Kombucha (assorted flavors)

Fresh squeezed orange juice 5

Pellegrino 3.50

Bottled water | Cranberry / apple juice 3

Organic coffee | Iced coffee 2.87

Espresso 1.75

Latte 3.50

Cappuccino 2.50 + flavor .50

Soy / Almond Milk 2.90 | as creamer .60

China Mist ice tea – blackberry jasmine green or

traditional black | Coke | Diet Coke | Coke Zero | Sprite

Mr. Pibb | Milk | Minute Maid Lemonade | Hot chocolate

Organic hot tea 2.70

Substitutions available at a la carte prices.

***Notice:** Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness. Items may be served undercooked or cooked to order. All menu items and prices are subject to change without notice.

[1014]

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At Tryst Café, we are committed to providing every guest with a fresh, flavorful mix of organic, natural, and local food and beverages coupled with a great dining experience. And, 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.

BREAKFAST Served 'til 2:30pm

SANDWICHES

Served with red roasted potatoes unless otherwise notated. Substitute fruit \$1

BREAKFAST SANDWICH* 10.25

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

MONTE CRISTO 11

Two french toast slices, ham and Gruyère cheese topped w/ strawberry jam served with sweet potato tots **GF**

BREAKFAST BURRITO* 11

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

3-EGG OMELETS

Bread choice: wheat or sourdough. **GF bread** +1.75. Served with red roasted potatoes unless otherwise notated. +\$1 for egg whites. Substitute fruit \$1

TRYST OMELET 11

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

MEAT LOVERS OMELET 10.50

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

VEGGIE OMELET 10.25

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

CHEESEY OMELET 9.25

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

SENSIBLE SELECTIONS

LOX AND BAGEL 12

Smoked wild caught Alaskan salmon accompanied by tomatoes, red onions, capers and cream cheese **GF**

STEEL CUT OATMEAL 8

Served w/ your choice of fresh berries, brown sugar, raisins or milk

Oatmeal: **GF, certified vegan, kosher, non GMO.** 4.25
Variety of fruit and nut combinations

YOGURT PARFAIT 6

Traditional organic vanilla yogurt with fresh berries and granola **GF**

Superfood

SUPER KALE OMELET 12

Egg white omelet with sautéed Kale, roasted tomato, goat cheese avocado and flax seed served with cottage cheese and fruit **GF**

LUNCH Served 11am-4pm

STARTERS

- L|D) **DESERT RIDGE SPRING ROLLS** 6.25
Daikon sprouts, shredded carrots, cilantro, cabbage, wrapped in rice paper accompanied by a sweet chili dipping sauce **GF**
- L|D) **TILAPIA CRISPS*** (4) 8
Grilled tilapia served in a crisp tortilla, cabbage mango salsa and chipotle ranch dressing
- L|D) **HUMMUS TRIO** 7.50
House made traditional, cilantro and red pepper hummus with fresh pita **GF** Add/Substitute cucumbers 1.50
- L|D) **FREE RANGE CHICKEN TORTILLA SOUP** 6
Garnished with tortilla strips, sour cream and fresh pico de gallo **GF**
- L|D) **CAPRESE** 9
Tomatoes, fresh buffalo mozzarella and basil, drizzled with EVOO and balsamic vinegar reduction
- D) **BEER BATTERED GREEN BEANS** 8
Served with choice of ranch, chipotle, sriracha aioli or cilantro dressing
- D) **AHI WONTON CUPS*** (5) 11
Raw Ahi mixed w/ sriracha aioli and topped with sprouts, sweet soy drizzle and sesame seeds **GF**

L|D) SALADS

- THE AFFAIRE** 10
Organic greens, roasted tomatoes, shredded carrot, roasted beets, cucumber, red onion, sliced portobello with house balsamic vinaigrette **GF**
- SEARED AHI SALAD*** 13
Seared Cajun crusted Ahi tuna, organic greens, daikon sprouts, grilled portobello mushrooms, carrots and tomatoes tossed with a honey lime vinaigrette and topped with a wasabi aioli and wonton crisps **GF**

Superfood

- ASIAN KALE SALAD** 12
Kale, spinach, radicchio, chick peas, grilled carrots, red onions, flax seed and a lime peanut vinaigrette dressing **GF**

BURGERS

- Served w/ choice of french fries, sweet potato tots or mixed green salad. Substitute fruit \$1.*
- L) **TURKEY BURGER** 12
Natural turkey burger, brie cheese, strawberry jam, lettuce and tomato
 - L|D) **BRING IT ON BURGER*** 13.25
Natural beef burger (cooked to order) served with capicola ham, buffalo mozzarella cheese, roasted tomato and pesto aoli **GF**
 - L|D) **BEEF BURGER*** 10.50
Naturally raised beef burger (cooked to order), lettuce and tomato
 - L|D) **BBQ BACON BURGER*** 12.25
Natural beef burger (cooked to order) served with white cheddar, Applewood smoked bacon, lettuce, tomato, onion strings and BBQ sauce **GF**
 - L|D) **CHIPOTLE VEGGIE BURGER** 12
All natural veggie burger topped with pico de gallo, grilled onion, lettuce, avocado and Chipotle ranch dressing served on a brioche bun served with side salad
- + cheese .75 (white cheddar, yellow cheddar, swiss, pepper jack, brie or mozzarella)*

- SOUTHWEST CHICKEN SALAD** 12
Organic romaine, black beans, corn, pepper jack cheese, avocado, pico de gallo, tortilla strips and house chipotle ranch dressing **GF**
 - ROASTED BEET SALAD** 10.25
Organic arugula, roasted yellow and red beets, goat cheese, tossed with honey lime vinaigrette **GF**
 - GRILLED CHICKEN AND GOAT CHEESE SALAD** 12
Served with asparagus, pears, raspberries and candied walnuts over a bed of organic greens and a raspberry vinaigrette dressing **GF**
 - STEAK SALAD*** 12.50
Naturally raised steak, organic greens, romaine, tomatoes, gorgonzola crumbles, onion strips, candied walnuts, tossed with cilantro dressing **GF**
- + chicken* 4 + steak/salmon* 5

DINNER Served from 4pm-Close

SANDWICHES

- Substitute fruit \$1*
- L) **TURKEY WRAP/SANDWICH** 10.50
All natural slow roasted turkey breast, roasted tomatoes, fresh mozzarella, lettuce and pesto in a whole wheat tortilla or ciabatta. Served with a house salad
 - L) **PORTOBELLO SANDWICH** 10
Portobello mushroom, grilled tomato, onion and sliced avocado on ciabatta served with a house salad **GF**
 - L) **BLT WRAP** 10
Natural applewood smoked bacon, lettuce, tomato and mayo served in a tomato basil tortilla with French fries
 - L) **GRILLED CHEESE** 9
Pepper jack, white cheddar, yellow cheddar, tomato and avocado on brioche bread and served with French fries
 - L|D) **THE ROAST BEAST** 11
Naturally raised, thinly sliced roast beef with white cheddar and grilled red onions on a ciabatta served with Au Jus and french fries **GF**
 - L|D) **KALUA PORK** 11.25
Fresh house smoked kalua pork, coleslaw and barbeque sauce served on a brioche bun with a side of sweet potato tots **GF**

Superfood

- L|D) **KALE WRAP** 12
Hummus, kale, spring mix, mushrooms, roasted tomato, avocado, roasted carrots and flax seeds in a fresh wheat tortilla served with a side of fruit.
 - L|D) **NATURALLY RAISED BUFFALO CHICKEN WRAP/SANDWICH** 10
Chicken tossed in a spicy buffalo sauce, lettuce, tomato, pepper jack cheese and ranch dressing wrapped in a whole wheat tortilla or brioche bun served with French fries **GF**
 - L|D) **AHI TUNA MELT*** 14
Grilled ahi tuna, dill sauce, brie cheese, lettuce, tomato, served on parmesan basil crusted brioche bread served with a house salad
- + cheese .75 (white cheddar, yellow cheddar, pepper jack, brie or mozzarella)
+ mayo, pico de gallo, dressing, etc. .50-1*

D) ENTREES

- SALMON FLORENTINE*** 18
Grilled wild caught Alaskan salmon served with sweet potato hash, and a spinach artichoke sauce **GF**
- TILAPIA TACOS*** 16
Blackened Tilapia filet, cabbage, pico de gallo, avocado and chipotle ranch dressing served in a corn tortilla with a side of black beans **GF**
- BISTRO STEAK*** 21
House seasoned, flame-broiled, sirloin (cooked to order) topped with Anaheim chili sauce and served with fingerling potatoes and fresh julienne vegetables **GF**
- VEGGIE STACK** 16
Grilled Portobello mushroom, eggplant, spinach, onion, tomato and asparagus accompanied by a vegetable quinoa and topped with a red pepper couli **GF**
- CORNISH HEN WITH CORNBREAD GRIT CAKE AND CHARD KALE** 17
All natural split cornish hen dusted with herbs and spices. and served with a cornbread grit cake and charred fresh kale **GF**

- PASTA DU JOUR** VARIES
Pasta of the day **GF** Fusilli pasta

- BABY BACK RIBS** 21
Served with a house salad and fingerling potatoes **GF**

D) SIDES

- Grilled vegetables 4
- Sweet potato tots | Seasonal fruit 3.50
- French fries 3.25
- Mixed green salad 3

L|D) KIDS MENU UNDER 10

- Includes apple juice, milk or fountain drink.
May substitute fries for fruit.
Your choice 6.25*
- Chicken tenders or grilled breast w/ French fries **GF**
 - Burger w/ French fries **GF**
 - Grilled cheese w/ French fries
 - Penne pasta tossed in butter **GF**