



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. Items noted as vegetarian or vegan, may require modifications. Please consult with your server. *Split plate charge +2*



STARTERS

TILAPIA CRISPS* (4)

Grilled tilapia served in a crisp wonton, cabbage, mango salsa and chipotle ranch dressing 8.89
 ☎ served as a lettuce wrap

DESERT RIDGE SUMMER ROLLS

Daikon sprouts, shredded carrots, cilantro, cabbage, and mango wrapped in rice paper, accompanied by a sweet chili sauce 6.89 ☎V

FREE RANGE CHICKEN TORTILLA SOUP

Bowl 6.50 | Cup 5

Garnished with tortilla strips, sour cream and fresh pico de gallo ☎

HUMMUS TRIO

House made traditional, cilantro and red pepper hummus with fresh pita 8.99 ☎V

Add/Substitute cucumbers 1.50

CRISPY QUINOA AVOCADO

Quinoa coated avocado fried to golden brown, served with house made roasted red pepper aioli 7.50 ☎

CAPRESE

Tomatoes, fresh buffalo mozzarella and basil, drizzled with EVOO and balsamic vinegar reduction 9.00 ☎V

RIBLETS

Tossed in a sweet chile sauce 9

FALAFAL

(3) served with pickled veggies and lemon tahini sauce 6.89

ROASTED BUFFALO CAULIFLOWER 7.99

BURGERS

Substitute fruit +1.50; cheese +.95 (white cheddar, yellow cheddar, swiss, pepper jack, brie or mozzarella) French fries are not gluten free. All burgers Served on brioche bun unless otherwise noted,

BEEF BURGER*

Naturally raised beef burger (cooked to order), lettuce and tomato served with French fries 11.99 ☎

BBQ BACON BURGER*

Natural beef burger (cooked to order), white cheddar cheese, Applewood smoked bacon, lettuce, tomato, onion strings and BBQ sauce served with French fries 14.50 ☎

SOUTHWEST VEGGIE BURGER

All natural, black bean, veggie burger topped with pico de gallo, grilled onion, lettuce, avocado and Chipotle ranch dressing, served with a side salad 12.29 ☎

BISON BURGER*

Gorgonzola cheese, arugula, crispy onions, Bourbon sauce; served with French fries 16.00 ☎

SWEET POTATO VEGGIE BURGER

House made, open faced, sweet potato, chickpea and oat veggie burger on non-GMO wheat bread, light kale, thinly sliced onion, avocado and roasted red pepper aioli served with a side salad 13.50 ☎V
 *Contains walnuts

TURKEY BURGER

Natural turkey burger, Swiss cheese, strawberry jam, lettuce and tomato served with a side salad 13.50 ☎

SALADS

+ chicken* 5, + steak/salmon/Ahi* 6

SEARED AHI SALAD*

Cajun crusted Ahi tuna, seared rare, organic greens, daikon sprouts, grilled portobello mushrooms, carrots and tomatoes tossed in agave lime vinaigrette and topped with wasabi aioli and wonton crisps 15.50 ☎

SOUTHWEST CHICKEN SALAD

Organic romaine, black beans, corn, pepper jack cheese, avocado, pico de gallo, tortilla crisps and house chipotle ranch dressing 13.50 ☎

GRILLED CHICKEN AND GOAT CHEESE SALAD

Served with asparagus, pears, raspberries and candied walnuts over a bed of organic greens and a raspberry vinaigrette dressing 14.79 ☎

☎V:exchange chicken and cheese for Portobello mushrooms and avocado

ROASTED BEET SALAD

Organic arugula, roasted yellow and red beets, goat cheese, tossed with agave lime vinaigrette 11.50 ☎V

STEAK SALAD*

Naturally raised steak tenderloin, organic greens, romaine, fresh tomatoes, gorgonzola crumbles, onion strings, candied walnuts, topped with cilantro ranch dressing 15.00 ☎

BRUSSEL SPROUTS AND KALE SALAD

Served warm, sautéed Brussel sprouts, radicchio, kale, caramelized onions, sweet toasted almonds, dried cranberries and fresh blueberries tossed in a house made Champagne vinaigrette 12.50 ☎V

THAI SHRIMP LETTUCE WRAP

Shrimp, cabbage, carrots, cherry tomatoes, mango, avocado, cilantro, mint, pomegranate, and crispy tortilla strings, served with a peanut and sweet chili dipping sauce 14.00 ☎

HARVEST BUDDHA BOWL

Quinoa, butternut squash, cucumbers, avocado, pineapple, red beets, watermelon radish, micro greens and roasted seasoned chickpeas tossed in a house made pineapple curry dressing 12.00 ☎V

ENTREES

FISH & CHIPS

Tempura battered, fried to a golden brown or pan seared cod (3) ,served with French fries and tartar 12.25 ☎

ASIAN JACKFRUIT BOWL

Warm Quinoa, chickpeas, sautéed onions, carrots, peas, Jackfruit tossed in a peanut sauce and topped with micro-greens and a hint of lime 11.75 ☎V

HEMP SEED TAMALE

Topped with a roasted poblano and corn sauce and side of fresh, colorful slaw 11.75 ☎V

SHRIMP TACOS

Sautéed Shrimp, cabbage, pineapple, avocado, pico do gallo, cilantro and chipotle ranch, served with black beans 15.00 ☎

PORK ADOBO TACOS

All natural house smoked pork, simmered with spices and achoite sauce in a corn tortilla topped with red cabbage, habanero cream and served with black beans 11.50 ☎

SANDWICHES

Substitute fruit +1.50

THE ROAST BEAST

Naturally raised, thinly sliced roast beef with white cheddar and grilled red onions on a ciabatta served with Au Jus and French fries 12.50 ☎

KALUA PORK

Fresh house smoked kalua pork, coleslaw and barbecue sauce served on a brioche bun with a side of sweet potato tots 11.30 ☎

NATURALLY RAISED BUFFALO CHICKEN WRAP OR SANDWICH

Chicken tossed in a spicy buffalo sauce, lettuce, tomato, pepper jack cheese and ranch dressing in a tomato basil tortilla or brioche bun served with French fries 11.30 ☎

AHI TUNA MELT*

Ahi tuna, seared rare, topped with dill sauce, Swiss cheese, lettuce, and tomato on parmesan basil crusted brioche bread served with a house salad 14.79 ☎

KALE WRAP

Hummus, kale, spring mix, mushrooms, roasted tomato, avocado, roasted carrots and flax seeds tossed lightly in a honey-lime or balsamic vinaigrette wrapped in a wheat tortilla served with a side of fruit 12.00 ☎V
 add chicken +5

REUBEN

House made corned beef, sauerkraut, swiss, whole grain mustard and thousand island dressing on marble rye served with French fries 12.39 ☎

TURKEY WRAP OR SANDWICH

All natural turkey breast, fresh tomatoes, fresh mozzarella, lettuce, pesto in a whole wheat tortilla or ciabatta served with a house salad 11.25 ☎

BLT WRAP

Natural applewood smoked bacon, lettuce, tomato and mayo served in a tomato basil tortilla with French fries 10.29 ☎

FALAFEL WRAP

Falafel, hummus, lettuce, tomato, cucumber, onion and green olives in a wheat tortilla, served with a side of pickled veggies and lemon tahini 9.99 ☎V

KIDS MENU UNDER 10

Includes apple juice, milk or fountain drink. May substitute fries for fruit. GF +2

Your choice 6.79

Baked chicken tenders (3) or (5) 10.29 or grilled breast with French fries ☎

Grilled cheese with French fries ☎

Penne pasta tossed in butter ☎ (GF please allow 20 minutes)

Cheese Quesadilla with fruit ☎ (add chicken +2)

Kids Burger with French fries (add cheese +.95)

Extra mayo, pico de gallo, dressing, etc +.75(1)



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.

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. 9/19

4pm to Close

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. Items noted as vegetarian or vegan, may require modifications. Please consult with your server. *Split plate charge +2*

TRYST Cafe

 TRYST SIGNATURE DISHES

 GLUTEN FREE

 VEGETARIAN

 VEGAN

STARTERS

DESERT RIDGE SUMMER ROLLS

Daikon sprouts, shredded carrots, cilantro, cabbage and mango wrapped in rice paper accompanied by a sweet chili sauce 6.89   

TILAPIA CRISPS* (4)

Grilled tilapia served in a crisp wonton, cabbage, mango salsa and chipotle ranch dressing  served as a lettuce wrap 8.89

BEER BATTERED GREEN BEANS

Served with your choice of 2: ranch, chipotle, sriracha aioli or cilantro dressing 9.29 

HUMMUS TRIO

House made traditional, cilantro and red pepper hummus with fresh pita 8.89   
Add/Substitute cucumbers 1.50

FREE RANGE CHICKEN TORTILLA SOUP

Bowl 6.50 | Cup 5
Garnished with tortilla strips, sour cream and fresh pico de gallo 

CRISPY QUINOA AVOCADO

Quinoa coated avocado fried to golden brown, served with house made roasted red pepper aioli 7.50 

CAPRESE

Tomatoes, fresh buffalo mozzarella and basil, drizzled with EVOO and balsamic vinegar reduction 9.00  

RIBLETS

Tossed in a sweet chile sauce 9.00

FALAFEL

(3) served with pickled veggies and lemon tahini sauce 6.89

ROASTED BUFFALO CAULIFLOWER 7.99

ENTREES

ANAHEIM SALMON*

Grilled wild caught Alaskan salmon served with sweet potato hash, and Anaheim chili sauce 19.00 

SHRIMP TACOS*

Sautéed Shrimp, cabbage, pineapple, avocado, pico do gallo, cilantro and chipotle ranch, served with black beans 15.00 

FISH & CHIPS

Tempura battered, fried to a golden brown or pan seared cod (4), served with French fries and tartar 15.00 

ROASTED CURRY CAULIFLOWER

Roasted cauliflower over chickpeas simmered in a creamy coconut curry sauce topped with a citrus arugula salad 15.00   

HEMP SEED TAMALES

Topped with a roasted poblano and corn sauce and side of fresh, colorful slaw 11.75   

KIDS MENU UNDER 10 *Includes apple juice, milk or fountain drink. May substitute fries for fruit*

Your choice 6.79

Baked chicken tenders (3) or

Grilled breast with French fries 

5 Chicken tenders 10.29

Grilled cheese with French fries

SALADS

Add chicken* +5; steak/salmon*/ahi +6

SEARED AHI SALAD*

Ahi tuna, seared rare, organic greens, daikon sprouts, grilled portobello mushrooms, carrots and tomatoes tossed in agave lime vinaigrette and topped with wasabi aioli and wonton crisps 15.50 

SOUTHWEST CHICKEN SALAD

Organic romaine, black beans, corn, pepper jack cheese, avocado, pico de gallo, tortilla crisps and house chipotle ranch dressing 13.50 

GRILLED CHICKEN AND GOAT CHEESE SALAD

Served with asparagus, pears, raspberries and candied walnuts over a bed of organic greens and a raspberry vinaigrette dressing 14.79 

ROASTED BEET SALAD

Organic arugula, roasted yellow and red beets, goat cheese, tossed with agave lime vinaigrette 11.50  

STEAK SALAD*

Naturally raised steak tenderloin, organic greens, romaine, fresh tomatoes, gorgonzola crumbles, onion strings, candied walnuts, topped with cilantro ranch dressing 15.00 

BRUSSEL SPROUTS AND KALE SALAD

Served warm, sautéed Brussel sprouts, radicchio, kale, caramelized onions, sweet roasted almonds, dried cranberries and fresh blueberries tossed in a house made Champagne vinaigrette 12.50   

HARVEST BUDDHA BOWL

Barley, butternut squash, cucumbers, avocado, pineapple, red beets, watermelon radish, bulls blood micro greens and roasted seasoned chickpeas tossed in a house made pineapple curry dressing 12.00   

PORK ADOBO TACOS

All natural house smoked pork, simmered with spices and achoite sauce in a corn tortilla topped with red cabbage, habanero cream and served with black beans 11.50 

CREAMY PESTO PENNE

Penne pasta, grilled chicken, cream, parmesan cheese, sun dried tomatoes, garlic, roasted walnuts 15.99 (GF please allow 20 minutes) 

THAI SHRIMP LETTUCE WRAPS

Shrimp, cabbage, carrots, cherry tomatoes, mango, avocado, cilantro, mint, pomegranate, and crispy tortilla strings, served with a peanut and sweet chili dipping sauce 13.89 

ASIAN JACKFRUIT BOWL

Warm Quinoa, chickpeas, sautéed onions, carrots, peas, Jackfruit tossed in a peanut sauce and topped with micro-greens and a hint of lime 11.75   

BURGERS / SANDWICHES

Substitute fruit +1.50; cheese +.95 (white cheddar, yellow cheddar, swiss, pepper jack, brie or mozzarella) French fries are not gluten free. All burgers Served on brioche bun unless otherwise noted

BISON BURGER*

Gorgonzola cheese, arugula, crispy onions, Bourbon sauce, on a brioche bun served with French fries 16.00 

BEEF BURGER*

Naturally raised beef burger (cooked to order), lettuce and tomato served on a brioche bun served with French Fries 11.99 

BBQ BACON BURGER*

Natural beef burger (cooked to order), white cheddar cheese, Applewood smoked bacon, lettuce, tomato, onion strings and BBQ sauce served with French fries 15.00 

SWEET POTATO VEGGIE BURGER

House made, open faced, sweet potato, chickpea and oat veggie burger on non-GMO wheat bread, light kale, thinly sliced onion, avocado and roasted red pepper aioli served with a side salad 13.50
*Contains walnuts   

SOUTHWEST VEGGIE BURGER

All natural veggie burger topped with pico de gallo, grilled onion, lettuce, avocado and Chipotle ranch dressing, served with a house salad 12.29 

TURKEY BURGER

Natural turkey burger, Swiss cheese, strawberry jam, lettuce and tomato served with a side salad 13.50 

KALUA PORK

Fresh house smoked kalua pork, coleslaw and barbecue sauce served on a brioche bun with a side of sweet potato tots 11.30 

NATURALLY RAISED BUFFALO CHICKEN WRAP OR SANDWICH

Chicken tossed in a spicy buffalo sauce, lettuce, tomato, pepper jack cheese and ranch dressing in a tomato basil tortilla or brioche bun served with French fries 11.29 

KALE WRAP

Hummus, kale, spring mix, mushrooms, roasted tomato, avocado, roasted carrots and flax seeds tossed lightly in a honey-lime or balsamic vinaigrette wrapped in a wheat tortilla served with a side of fruit 12.00   
add chicken +5

REUBEN

House made corned beef, sauerkraut, swiss, whole grain mustard and thousand island dressing on marble rye served with French fries 12.39 

THE ROAST BEAST

Naturally raised, thinly sliced roast beef with white cheddar and grilled red onions on a ciabatta served with Au Jus and French fries 12.50 

AHI TUNA MELT*

Seared rare, Ahi tuna, topped with dill sauce, Swiss cheese, lettuce, and tomato on parmesan basil crusted brioche bread served with a house salad 14.79 

FALAFEL WRAP

Falafel, hummus, lettuce, tomato, cucumber, onion and green olives in a wheat tortilla, served with a side of pickled veggies and lemon tahini 9.99   

SIDES

Buffalo cauliflower 5.50

Grilled vegetables 4

Sweet potato hash | Sweet potato tots

Seasonal fruit | Mixed green salad 3.50

French fries 3.25

Mayo, pico de gallo, dressing, etc +.75(1)

Burger with French fries 

Penne pasta tossed in butter 

(please allow 20mins for Gluten Free)

Parmesan cheese upon request

Cheese Quesadilla with fruit  (add chicken +2)



Order Online! www.trystcafe.com

P

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. 9/19

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.