

TRYST

Cafe

STARTERS

HUMMUS TRIO

House made traditional, cilantro and red pepper hummus with fresh pita 9.99   
Add/Substitute cucumbers 1.50

RIBLETS 9  Tossed in a sweet chile sauce 

ROASTED BUFFALO CAULIFLOWER 8.25    

CRISPY QUINOA AVOCADO

Quinoa coated avocado fried to golden brown, served with house made roasted red pepper aioli 9.00 





BURGERS

Substitute fruit +1.50; cheese +.95 (white cheddar, yellow cheddar, swiss, pepper jack, 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 12.99 

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 15.50 


BISON BURGER*  Gorgonzola cheese, arugula, crispy onions, Bourbon sauce; served with French fries 17.25 

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

ENTREES



FISH & CHIPS Tempura battered, fried to a golden brown or pan seared cod (3), served with French fries and tartar (GF will be pan seared) 12.25 




HEMP SEED TAMALE Topped with a roasted poblano and corn sauce and side of fresh, colorful slaw 13.25   

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 achiote sauce in a corn tortilla topped with red cabbage, habanero cream and served with black beans 12.75 

CREAMY PESTO PENNE Penne pasta, grilled chicken, cream, parmesan cheese, sun-dried tomatoes, garlic 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 14.50 

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 13.25   



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.

Please inform your server if you want the gluten-free, vegetarian or vegan options, as modifications may be necessary. There will be an additional charge for gluten-free bread or menu items requiring gluten-free ingredients. Please consult with your server. *Split plate charge +2*

 TRYST SIGNATURE DISHES



 GLUTEN-FREE

 VEGETARIAN

 VEGAN



SALADS

+ chicken* 6, + steak/salmon* 7

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 13.95 

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 15.00 

  :exchange chicken and cheese for Portobello mushrooms and avocado

STEAK SALAD* Naturally raised filet mignon, organic greens, romaine, fresh tomatoes, gorgonzola crumbles, onion strings, candied walnuts, topped with cilantro ranch dressing 15.50 

ROASTED BEET SALAD Organic arugula, roasted yellow and red beets, goat cheese, tossed with agave lime vinaigrette 11.75  

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 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 12.50 

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 12.50 

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 15.79 

KALE WRAP Hummus, kale, spring mix, mushrooms, roasted tomato, avocado, roasted carrots and flax seeds tossed lightly in an agave lime or balsamic vinaigrette wrapped in a wheat tortilla served with a side of fruit 12.00    add chicken +6

REUBEN  House made corned beef, sauerkraut, swiss, whole grain mustard and thousand island dressing on marble rye served with French fries 13.50 

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 11.99 


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


KIDS MENU UNDER 10


Includes apple juice or milk.

May substitute fries for fruit. GF +2

Your choice 7.25

Baked chicken tenders (3) 7.25 or (5) 10 or grilled breast 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)

WEEKLY FAMILY STYLE MEALS TO GO

Serves 4

Orders must be received by 3pm the day prior

THURSDAY Creamy penne pasta, house salad and garlic bread 54

FRIDAY 2 full racks of BBQ Ribs, 2 chicken breasts, roasted corn and French fries 59

SATURDAY Mediterranean chicken kebob, 4 skewers of chicken, 4 skewers of veggies, basmati rice and 4 pita, side of hummus 55



SUNDAY Deconstructed kalua pork sandwiches, tray of house made kalua pork, cole slaw, 4 buns and sweet potato tots 42

add 2 beers +8

add a house bottle of wine +15

DESSERTS

GRAND TETON

  A favorite for chocolate lovers! Hard chocolate shell, with moist chocolate cake and chocolate hazelnut mousse inside, drizzled with raspberry sauce 8.50

TURTLE CHEESECAKE  8.50

BEVERAGES

KOMBUCHA 5 **COKE** 2.95 **SPRITE** 2.95

COFFEE BAR

ORGANIC COFFEE / DECAF 2.95

CBD NITRO COFFEE 5 add flavor +.50

LATTE / MACCHIATO / AMERICANA 4

CHAI TEA LATTE 4

SMOOTHIE

THE BASICS (ONE FLAVOR) 8

each additional flavor \$1 / add protein \$2

- Banana
- Mango
- Chocolate
- Peanut Butter

FROM THE BAR TO GO

RED 15

Montpellier, Pinot Noir
Montpellier, Cabernet Sauvignon
The Seeker Pinot Noir 20

WHITE 15

Montpellier Chardonnay
One Hope, Sauvignon Blanc
Francis Coppola Diamond Chardonnay 20

BEER BOTTLES

Organic Michelob Ultra Pure Gold 5 Dos Equis 4

DRAFT 2 for 10

OHSO 89 Ale 6 OHSO Boom Dynamite 6

Dragoon IPA 6 Full Fail Sesion Cerveza 6

White Claw 6.75

COCKTAILS

Organic Margarita 10 Mango Mule 10



Substitutions available at a la carte prices.

*Notice: Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness. Items may be served undercooked or cooked to order. All menu items and prices are subject to change without notice. 5/20