



## BREAKFAST SANDWICHES

Served with red roasted potatoes and grilled onions, unless otherwise notated. Substitute fruit for 1.50

### BREAKFAST SANDWICH

Two organic scrambled eggs, applewood smoked bacon and pepper jack cheese served on a croissant 11.50   
:exchange bacon for avocado and/or tomato

### BREAKFAST BURRITO\*

Two organic scrambled eggs, chorizo, black beans, pepper jack, and fresh pico de gallo wrapped in a fresh tomato basil tortilla 12.00   
:exchange chorizo for avocado

### BREAKFAST QUESADILLA

Tomato basil tortilla filled with organic scrambled eggs, pepper jack cheese, red and green peppers, onions and your choice of sausage, bacon, or chorizo served with tomatillo sauce. 12.00   
 Add Chicken Sausage +2; Chicken +5; Steak +6  
:exchange bacon for avocado potatoes not included

## FROM THE GRIDDLE

**BANANA QUINOA PANCAKES** 12.50

**PECAN CRUSTED FRENCH TOAST**

Topped with whipped butter & powdered sugar 12.25  
 + Topped w/ almonds +.95 + Gluten-free +2.00

### TRADITIONAL FRENCH TOAST

Topped with whipped butter & powdered sugar 9.50   
 + Topped w/ almonds .99 + Gluten-free +2.50

### STRAWBERRY CUSTARD FRENCH TOAST

Stuffed with strawberry cream cheese and topped with fresh strawberries & powdered sugar 13.00

### PANCAKES (2)

Topped with whipped butter

**Buttermilk** 8.99

Add Ins 2.50

- Blueberries
- Strawberries
- Chocolate Chips
- Bananas Foster
- Granola
- Bacon and Chocolate Chips 3.79
- Pineapple
- Candied Walnuts

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

## ORGANIC EGG BREAKFASTS

Your choice of bread: Non-GMO wheat, sourdough or rye. GF bread +2

**CORNED BEEF HASH AND EGGS\*** Eggs your way with house made corned beef hash and leeks served with sweet potato tots 12.50

**TRYST BREAKFAST\*** Chicken Sausage +1.25 Eggs your way served with sweet potato tots and your choice of bacon or pork sausage 10.99 :exchange meat option for avocado

**STEAK AND EGGS\*** Naturally raised grilled steak served with two eggs your way, and roasted red potatoes 15.00

## 2-ORGANIC EGG BREAKFASTS

Add 1.50 For egg whites

**HAWAIIAN BREAKFAST\***  Two fried eggs, fresh house smoked kalua pork, cabbage, jasmine rice, sweet soy glaze and wonton crisps 13.79   
:exchange pork for avocado or Portobello mushrooms

**TRYST BENEDICT\*** English muffin, capicola ham, spinach, grilled tomato, fresh mozzarella and poached eggs topped with Anaheim chili sauce served with sweet potato tots 14.00   
:exchange capicola ham for avocado

## 3-ORGANIC EGG OMELETS

Served with red roasted potatoes unless otherwise notated. Substitute egg whites 1.50. Substitute fruit 1.50. Choice of bread: non-GMO wheat, sourdough or rye. GF bread +2, English muffin or bagel +1

**TRYST OMELET** Fresh mozzarella cheese, roasted tomatoes, pesto and sweet potato tots 12.00

**SUPER KALE OMELET** Egg white omelet with sautéed kale, spinach, roasted tomato, goat cheese avocado and flax seed served with fruit, no bread 12.50

**MEAT LOVERS OMELET** Applewood smoked bacon, pork sausage, ham and white cheddar 12.50

**VEGGIE OMELET** Roasted peppers, spinach, mushrooms, grilled onions and yellow cheddar 12.00

**SPANISH OMELET** Chorizo, pepper jack cheese, green & red peppers, grilled onions. Served with roasted red potatoes and sour cream 12.50

## SENSIBLE SELECTIONS

**AVOCADO TOAST**  Mashed avocado, microgreens, asparagus, cilantro, EVOO, pomegranate, roasted garbanzo beans, lite onion, on non-GMO wheat toast and agave chipotle glaze 10.99 Add an egg! +2.65

**ASIAN JACKFRUIT BOWL** Warm quinoa, chickpeas, sautéed onions, carrots, peas, jackfruit tossed in a peanut sauce and topped with microgreens and a hint of lime 13.25

**LOX DELIGHT** Smoked wild-caught Alaskan Salmon served on non-GMO wheat toast and stacked with cream cheese, cucumbers, tomatoes, red onions, avocado, daikon sprouts, capers and sesame seeds 15.50

## KIDS MENU UNDER 10

Served with side of fruit and apple juice or milk, Fresh squeezed OJ +2. +2 GF

Your choice 7.25

- One strip bacon, one pancake
- One egg, one strip bacon, toast
- French toast sticks
- Mini cheese omelet and toast

## 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
- Chocolate
- Mango
- Peanut Butter



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. 10/20



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.