



## BALANCED BEGINNINGS

- BREAKFAST TACOS\*** GF 439 . 43 . 33 . 16 . 10 . 405  
chicken chorizo, scrambled egg, black beans, pico de gallo, Monterey Jack cheese, avocado citrus salsa, local corn tortillas
- SALMON BENEDICT\*** GF 486 . 41 . 35 . 20 . 7 . 666  
sautéed asparagus, poached egg, gluten-free bread, hollandaise, avocado, radish, scallions, arugula, super seeds
- TOFU SCRAMBLE WRAP** V 450 . 43 . 30 . 20 . 9 . 718  
bell peppers, mushroom, red onion, black beans, grilled corn, arugula, kala namak, whole wheat tortilla
- CHEF'S OMELET\*** 441 . 40 . 30 . 17 . 6 . 576  
Red Butte cheese, choice of toast, chef's choice of veggies, breakfast potatoes
- BARRIO BREAKFAST SANDWICH\*** 443 . 40 . 35 . 15 . 8 . 723  
chicken chorizo, scrambled egg whites, feta cheese, garbanzo beans, sautéed onions and peppers
- PULLED PORK BENEDICT\*** 473 . 46 . 33 . 18 . 5 . 739  
poached egg, green chili cornbread, grilled asparagus, pickled onions, avocado citrus salsa
- DOUBLE U BREAKFAST PLATE\*** 466 . 40 . 30 . 20 . 7 . 506  
two eggs any style, chicken chorizo, breakfast potatoes, avocado, choice of toast

## APPETIZING ADDITIONS

- CHICKEN CHORIZO** GF 93 . 2 . 12 . 4 . tr . 161
- SEARED SALMON PATTY** GF 176 . 2 . 25 . 7 . tr . 280
- BANANA PANCAKES** 184 . 40 . 5 . 1 . 2 . 282
- BREAKFAST POTATOES** GF . V 85 . 14 . 2 . 3 . 2 . 21
- JUST EGG** GF . V 70 . 1 . 5 . 5 . tr . 170  
plant-based egg alternative
- ORGANIC STEEL-CUT OATMEAL** GF . V 197 . 33 . 7 . 5 . 5 . 7
- ACAI BOWL** GF . V 154 . 30 . 8 . 3 . 5 . 15
- CRANBERRY PECAN MUESLI** GF 195 . 30 . 6 . 7 . 5 . 20
- APPLE WALNUT OVERNIGHT OATS** GF 204 . 25 . 10 . 8 . 4 . 53

### NUTRIENT ANALYSIS

Calories . carb grams . protein grams . fat grams . fiber grams . sodium mg tr = trace (less than 1 gram)

PLEASE INFORM YOUR SERVER IF YOU HAVE ANY FOOD ALLERGIES

GF = Gluten-Free (no wheat, rye, or barley) | V = Vegan (contains no animal product. May contain honey.)

\*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.



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# BREAKFAST

