



BALANCED BEGINNINGS

Breakfast Tacos*

chicken chorizo, scrambled egg, black beans
pico de gallo, Monterey Jack cheese, chili crema
local corn tortillas
GF 456 . 44 . 31 . 15 . 10 . 510
Milk . Egg . Garlic . Onion

Salmon Benedict*

sautéed asparagus, poached egg, gluten-free
bread, hollandaise, avocado, radish, scallions
arugula, super seeds
GF 486 . 41 . 35 . 20 . 7 . 666
Egg . Soy . Fish . Garlic . Onion . Seeds

Tofu Scramble Wrap

bell peppers, mushroom, red onion, black
beans, grilled corn, arugula, kala namak
whole-wheat tortilla
V 414 . 40 . 32 . 18 . 11 . 676
Soy . Wheat . Garlic . Onion

Chef's Omelet*

Red Butte cheese, choice of toast, chef's choice
of veggies, breakfast potatoes
441 . 40 . 30 . 17 . 6 . 576
Milk . Egg . Wheat . Sesame . Seeds

APPETIZING ADDITIONS

Chicken Chorizo

GF 93 . 2 . 12 . 4 . tr . 161
Garlic . Onion

Seared Salmon Patty

GF 176 . 2 . 25 . 7 . tr . 280
Soy . Fish . Garlic . Onion

Just Egg

GF . V 70 . 1 . 5 . 5 . tr . 170
Soy . Onion

BEHIND THE GLASS

Carnitas Breakfast Burrito

scrambled egg, slow-braised pork, roasted
potatoes, Monterey Jack cheese, black beans
spinach, chili crema, whole-wheat tortilla
524 . 38 . 44 . 21 . 8 . 590
Milk . Egg . Wheat . Garlic . Onion

Granola

V 210 . 33 . 6 . 6 . 4 . 42
Wheat* . Tree Nuts . Coconut

Greek Yogurt

GF
Milk

Cottage Cheese

GF 47 . 2 . 6 . 1 . tr . 182
Milk

Hard-Boiled Egg

GF 83 . 1 . 7 . 6 . tr . 72
Egg

Sonoran Hash Skillet*

chicken chorizo, sweet peppers, red
onion, potatoes, black beans, cilantro
cotija cheese, eggs
GF 388 . 35 . 29 . 12 . 8 . 700
Milk . Egg . Garlic . Onion

Double U Breakfast Plate*

two eggs any style, breakfast potatoes
chicken chorizo, choice of toast
avocado
466 . 40 . 30 . 20 . 7 . 506
Egg . Wheat . Sesame . Garlic . Onion . Seeds

Canyon Rancheros Plate*

corn tostada, chicken chorizo, black
beans, cotija cheese, avocado cilantro
crema, one egg any style
GF 464 . 41 . 33 . 15 . 12 . 728
Milk . Egg . Garlic . Onion

Organic Steel-Cut Oatmeal

GF . V 197 . 33 . 7 . 5 . 5 . 7
Tree Nuts

Blueberry Pancakes

201 . 45 . 5 . 1 . 3 . 294
Milk . Egg . Wheat

Breakfast Potatoes

GF . V 85 . 14 . 2 . 3 . 2 . 21
None

Egg & Mushroom Breakfast Sandwich

GF 473 . 43 . 33 . 19 . 8 . 426
Milk . Egg . Onion

Rotating Quiche of the Day

Wheat . Milk . Egg

Rotating Frittata of the Day

GF

Rotating Seasonal Fruit

GF . V 77 . 18 . 1 . tr . 4 . 11
None

Blueberry Pistachio Overnight Oats

GF 196 . 24 . 11 . 7 . 4 . 37
Milk . Tree Nuts . Seeds

Basil Seed Pudding

GF . V 220 . 45 . 5 . 3 . 7 . 214
Seeds

Chia Seed Pudding

GF . V 117 . 17 . 4 . 4 . 3 . 26
Tree Nuts . Seeds

BREAKFAST

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.)
† = Served Raw

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

We are very proud to be a partner with Monterey Bay Aquarium's Seafood Watch Program! Seafood Watch engages and empowers consumers and businesses to purchase seafood
that is fished or farmed in ways that minimize their impact on the environment. We purchase exclusively sustainably farmed or sustainably caught seafood. Check out seafoodwatch.org



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