

# ALL DAY

Monday – Friday | 8am–3pm  
Saturday + Sunday | 8am–4pm



## BREAKFAST CLASSICS

Served with Crispy Potatoes

### TELA'S BREAKFAST—\$14

Two eggs, Toast

Choice of: Bacon, Sausage, Ham, Turkey Bacon, or Avocado (V)

### EGG SANDWICH—\$13

Two Eggs Over Easy, Cheddar, Brioche (V)

Choice of: Bacon, Sausage, Ham, Turkey Bacon, or Avocado

### AGED CHEDDAR OMELET—\$14

Cheddar, Spinach (V)

### TELA'S BACON OMELET—\$15

Cheddar, Chives

### EGGS BENEDICT—\$15

French Ham, Hollandaise, English Muffin

Substitute: Smoked Salmon \$4

### POACHED EGG SKILLET—\$14

Breakfast Potato, Sausage, Hollandaise

### SCRAMBLED EGG ON

TOAST—\$14

Sourdough, Prosciutto, Basil Pesto,

### BREAKFAST TACO—\$13

Flour Tortilla, Scrambled Eggs, Avocado, Cheddar, Bacon

## BREADS & SWEETS

### BUTTERMILK PANCAKE—\$13

Maple Syrup, Mixed Berries (V)

### FRENCH TOAST—\$13

Fresh Berries, Powdered Sugar (V)

### AVOCADO TOAST—\$14

Soft Boiled Egg, Radish, Salad Greens

### LOCALLY SOURCED BAGEL—\$4

Choice of: Whipped Butter, Jam or Cream Cheese (V)

### CHICKEN & WAFFLE—\$17

Buttermilk Waffle, Caramelized Apple

## SALADS

**ADD:** Grilled Chicken—\$6, Shrimp—\$7, Salmon—\$7

### GRILLED AVOCADO—\$14

Radish, Kale, Champagne Vinaigrette

(V) (GF)

### COBB—\$14

Bacon, Blue Cheese, Avocado, Hard Boiled Egg, Organic Cherry Tomato, Buttermilk Ranch Dressing (GF)

### AUTUMN FOG—\$13

Mushroom, Baby Lettuce, Humboldt Fog (V) (GF)

### CAESAR—\$12

Parmesan, Croutons (V)

## BOWLS

### BROWN RICE—\$13

Kimchee, Chickpeas, Mushroom, Cucumber, Bell Pepper, Miso Vinaigrette (V) (VE) (GF)

### GREEK BOWL—\$14

Hummus, Feta, Chickpea-Tomato Salad, Pita (V)

### SALMON POKE—\$16

Soy, Cucumber, Radish, Pickled Ginger

### VIETNAMESE NOODLE

BOWL—\$16

Vermicelli Noodles, Peanuts, Carrots, Cucumber, Basil, Cilantro, Honey-Soy Chicken Breast (GF) Add on: Egg \$2

### TURKEY CHILI—\$15

Kidney Beans, Sour Cream, Scallions, Cranberry Walnut Bread

## EXTRAS

**SEASONED FRIES** Sea Salt (V) —\$5

### MAC AND CHEESE—\$7

Aged Cheddar, Toasted Bread Crumbs (V)

**POTATO CHIPS** (V) —\$5

**SEASONAL FRUIT PLATE** (V) —\$8

## SANDWICHES

All sandwiches come with dressed field greens

### ADD:

Gluten Free Bread—\$2 (\*\*not available\*\*) Fries or Fryer Chips—\$3

### CHICKEN MILANESE—\$16\*\*

Chicken Cutlet, Sundried Tomato Aioli, Pickled Pepper, Seeded Sarcone's Roll

### ROASTED TURKEY—\$14

Herb Mayo, Avocado, Smoked Bacon, Wheat Bread

### SALMON BURGER—\$16

Garlic Aioli, Lettuce, Tomato, Seeded Bun

### TUNA, CHEDDAR, APPLE—\$14

Tuna Salad, Sliced Local Apples, Aged Cheddar, Wheat Bread

### ITALIAN—\$14\*\*

Mortadella, Prosciutto, Pepperoni, Lettuce, Tomato, Olive Oil, Sarcone's Seeded Roll

### GRILLED CHICKEN—\$14

Cilantro Crema, Avocado, Tomato, Ciabatta

### EGGPLANT PARMESAN—\$13\*\*

Sarcone's Seeded Roll, Parmesan, Mozzarella (V)

### CUBANO—\$14\*\*

Slow Roasted Pork, Ham, Swiss, Dijon, Pickles

### BUTTERMILK FRIED

CHICKEN—\$15

Mike's Hot Honey, Basil Aioli, Pickles, Brioche

### CRISPY MAHI-MAHI

TACOS—\$15

Salted Cabbage, Lime, Jalapeño, Chipotle Aioli

(V)

Vegetarian

(VE)

Vegan

(GF)

Gluten-Free