

ALL DAY

Monday – Thursday | 8am–3pm



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

BREAKFAST TACO—\$13

Flour Tortilla, Scrambled Eggs,

Avocado, Cheddar, Bacon

BREADS & SWEETS

BUTTERMILK PANCAKE—\$13

Maple Syrup, Mixed Berries (V)

AVOCADO TOAST—\$14

Soft Boiled Egg, Radish, Salad Greens

LOCALLY SOURCED BAGEL—\$4

choice of: Whipped Butter, Jam or

Cream Cheese (V)

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)

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

EXTRAS

SEASONED FRIES—\$5

Sea Salt (V)

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

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