

Breakfast Menu

(served all day)



The Mountain

{ All breakfasts that are served with toast come with one slice of our homemade whole grain, white, sourdough, or rye. If you would like a second complementary piece, just ask your server. }

Mountain Man Breakfast Taco _____ 8.95

Two scrambled eggs, seasoned black beans, chorizo, and shredded jack & cheddar on crisp fry bread.

Served with fresh homemade pico de gallo, shredded lettuce, and home fries.

Leave out the chorizo for a vegetarian version _____ 7.95
 smothered with our house green chile, pork or veggie _____ 2.00
 sour cream _____ .75
 guacamole _____ 1.50

Burrito El Yum-O _____ 8.95

Two scrambled eggs and shredded jack & cheddar rolled in a flour tortilla, smothered in pork or veggie green chile, and baked under a blanket of more cheese.

Served with homemade pico de gallo and home fries.

add two slices of bacon, one sausage patty, or
 2 oz. thick-sliced Black Forest ham _____ 1.00
 sour cream _____ .75
 guacamole _____ 1.50

Como Frijoles (How Ya Bean?) _____ 7.95

A flour tortilla topped with home fries, seasoned black beans, shredded jack & cheddar, veggie or pork green chile; finished with two eggs over easy, fresh pico de gallo, & shredded lettuce.

sour cream _____ .75
 guacamole _____ 1.50

Mahhvelous Migas _____ 7.95

Seasoned black beans topped with a mixture of two eggs scrambled with crumbled blue corn chips, then topped with melted jack & cheddar. Fresh pico de gallo on the side.

sour cream _____ .75
 guacamole _____ 1.50

Biscuits and Gravy _____ 1 biscuit 3.50 / 2 biscuits 5.50

Fresh-baked hand-made biscuit with homemade sausage gravy.

Ain't Skairt o' No Carbs _____ 6.95

Buttermilk griddle cake topped with sausage gravy, home fries, two eggs over-easy, and melted cheese.

Egg & Cheese Biscuit Sandwich _____ 6.95

Two scrambled eggs and shredded jack & cheddar piled on a homemade buttermilk biscuit.

Served with home fries and fruit.

add two slices of bacon, one sausage patty, or
 2 oz. thick-sliced Black Forest ham _____ 1.00

He-Man Mountain Pie _____ 7.95

Just like quiche except it's tough-guy approved...meat and cheese will always star in this hearty fare; ask your server for today's macho offering.

Served with home fries and fruit.

Corned Beef Hash _____ 7.75

Homemade here; served with two eggs and toast.

Eggs How Ya Like 'Em _____ 5.95

Two eggs your style, home fries, and toast.

three slices of bacon or two sausage patties _____ 2.00
 4 oz. thick-sliced Black Forest ham _____ 3.50

The Rose

{ Served with fresh fruit }

Grandma's Buttermilk Griddlecakes _____ 5.95

Fluffy griddlecakes just the way grandma used to make 'em.

spiced honey butter _____ .75

Whole Grain Griddlecakes _____ 5.95

Fluffy griddlecakes the way your health-nut grandma used to make 'em.

add our house granola _____ 1.00
 add spiced honey butter _____ .75

Cinnamon Roll French Toast _____ 6.95

As sinful as it sounds: cinnamon roll sliced horizontally, soaked in in custard, and griddled golden

Brioche French Toast _____ 6.95

More pastry than bread; made with decadent amounts of butter and eggs, soaked in custard and griddled to sweet, rich perfection.

Brioche & Bananas a la Bliss _____ 8.95

One extra thick slice of rich buttery Brioche French Toast, topped with bananas, all loved up in a sassy caramel sauce made with cinnamon, nutmeg, and cloves, accessorized with fresh gingered whipped cream.

Venetian Goddess Frittata _____ 8.95

Fresh basil, spinach, sweet grape tomatoes, and fresh mozzarella folded into whipped eggs and baked 'til it's oozing everything good.

Served with toast.

Happy Hippie Granola _____ 6.95

We make it here to ensure that peace and love are the only additives: old-fashioned oats, sunflower seeds, sesame seeds, pumpkin seeds, coconut, and dried fruits; sweetened with apple juice.

Served with yogurt.

Hot Happy Hippie Granola _____ 6.95

A warmed-up version of the same wholesome goodness.

Served with yogurt.

Silly Monkey Breakfast Wrap _____ 6.50

Peanut butter, bananas, yogurt, and our own granola rolled into a flour tortilla.

Sweet Thing Breakfast Sandwich _____ 6.95

Fresh strawberry sweetbread slathered with honey cream cheese, topped with sliced apples and pumpkin seeds, and sprinkled with cinnamon sugar.

Quiche du Jour _____ 7.95

Flaky pastry and cheesy, creamy custard swirled around fresh, delicious vegetarian ingredients...ask your server for today's creation.

Served with home fries.

{ Ask your server about today's fresh-baked goods }

Sides

spiced honey butter..... .75
 single pancake or wheatcake..... 2.00
 homemade toast..... 2.00
 3 slices of smoked bacon..... 2.00
 2 sausage patties..... 2.00
 thick slice Black Forest ham..... 3.50
 homemade corned beef hash..... 4.25

home fries..... 2.00
 sausage gravy..... 2.00
 extra egg..... .75
 pico de gallo..... 1.00
 guacamole..... 1.50
 sour cream..... .75
 green chile, veggie or pork..... 2.00

cheese..... .50
 yogurt..... 1.50
 fresh fruit..... 3.00
 homemade cinnamon roll..... 3.00
 homemade strawberry bread..... 3.00
 homemade biscuit..... 2.00

please see other side for beverages

Lunch Menu

Ask your server about today's freshly baked goods



The Mountain

Mountain Man Taco for Lunch 8.95

Your choice of scrambled eggs with chorizo, shredded chicken, or shredded pork served on crispy fry bread with jack & cheddar, pico de gallo, shredded lettuce, and seasoned black beans.

add pork or veggie green chile 1.50
sour cream .75
guacamole 1.50

Burrito El Yum-O at Lunch 8.50

A flour tortilla filled with your choice of: eggs & chorizo, shredded chicken, or shredded pork, smothered in veggie or pork green chile.

Served with black beans, shredded cheese, shredded lettuce, and pico de gallo.

sour cream .75
guacamole 1.50

Green Chile cup 3.95 / bowl 5.95

Veggie or pork, served with a flour tortilla.

cheese .50
sour cream .75

Soup du Jour cup 2.95 / bowl 3.95

Made fresh daily.



{ All burgers and sandwiches served with blue corn chips or side dish of the week. Substitute house side salad for 1.00. }

Buffalo Burger 8.95

Lean and juicy, grilled and served with lettuce, tomato, & onion a homemade whole-grain bun.

pork green chile 2.00
guacamole 1.50
smoked bacon, grilled onions, grilled onion relish, or pesto 1.00
swiss, munster, jack, cheddar, bleu, fresh mozzarella, horseradish sauce, chipotle mayo, or green goddess dressing 1.00

Huckin' Good Turkey Wrap 7.95

Shaved roasted turkey with melted jack & cheddar, smoked bacon and our own grilled onion relish, rolled into a tortilla smeared with chipotle mayonnaise.

Rocky Mountain In-Fidel 8.95

Even Castro would crack a smile after a bite of this take on the Cuban favorite: grilled Black Forest ham, seasoned shredded pork, dill pickles, chipotle mayo, and melted swiss on a homemade sandwich roll.

The Anti-Reuben 8.95

Your choice of grilled shaved turkey, Black Forest ham, or corned beef on rye with horseradish sauce, sweet and sour red cabbage, and swiss cheese.



Nibblers

Guacamole, Pico de Gallo, and Blue Corn Tortilla Chips 5.95

Caprese Skewers on Herbed Garlic Bread 6.95

The popular Italian combination of fresh mozzarella, tomatoes, and basil leaves skewered and broiled on brioche herb-garlic toast with balsamic vinaigrette for dipping.

The Rose

Hippie Chicken 8.50

Juicy free-range chicken tenders breaded with our own granola and pan-fried in canola. Served with spicy mango dipping sauce.

R U Nuts Burger 8.50

Three kinds of roasted nuts and whole grains; we make these ourselves for a lighter vegetarian alternative. Served with lettuce, tomato, & onion, on a homemade whole-grain bun. Add any toppings from the buffalo burger list for the corresponding price.

Thai Lettuce Wrap 8.50

Pork seasoned with exotic Asian flavors grilled on bamboo skewers, served with peanut noodle salad, fresh cilantro, shredded carrots, and a crisp lettuce leaf so you can nestle the tasty bits together.

Let Them Eat Cheese 6.50

The best grilled cheese you've ever had: munster and fresh mozzarella with grilled tomatoes on fresh-baked brioche smeared with basil pesto.

Egg Salad Sandwich 5.50

Simple, classic, yummy!

Popeye's Roman Holiday 7.95

Fresh spinach, grape tomatoes, chunks of fresh mozzarella, fresh basil leaves, and red onion, served with balsamic vinaigrette.

Eden's Garden 7.95

Fresh greens with grapes, shredded carrots, bleu cheese, and spicy caramelized pecans. Choice of dressings: green goddess, ranch, bleu cheese, citrus vinaigrette, or balsamic vinaigrette.

House Salad 3.95

Fresh greens with grape tomatoes, shredded carrot, and red onion. Choice of dressings: green goddess, ranch, bleu cheese, citrus vinaigrette, or balsamic vinaigrette.

To Any Salad Add:

grilled fresh fish of the week market price
sliced Hippie Chicken Tender 2.00



Beverages

Coke, Diet Coke, Sprite 1.75
iced tea 2.00
bottomless coffee 2.00
organic hot tea 2.00
milk small 1.75 / large 2.75
juice small 1.75 / large 2.75
(apple, orange, cranberry or tomato)

{ All items available for take-out. An 18% gratuity will be added for all parties of five or more. }