



## **Burritos**

### **Popeye Burrito \$13.56**

Spinach, portobello mushrooms, swiss, red onion, green bell pepper, egg, potato, smothered in vegan or house-made pork green chili & swiss

### **Southwest Steak Burrito \$15.82**

Fajita steak strips, avocado, tomato, red onion, smothered in vegan or house-made pork green chili, cheddar cheese, and sour cream.

### **Vegan Burrito \$14.69**

Avocado, portobello mushroom, tomato, red onion, green bell pepper, potato, smothered in vegan green chili.

### **Carnivore: Sausage, Bacon, or Beef Burrito \$13.00**

Choice of meat, red onion, green bell pepper, egg, potato, smothered in vegan or house-made green chili and cheddar cheese.

## **Herbivore: Vegetarian Burrito \$11.00**

Choice of avocado or mushroom, tomato, red onion, green bell pepper, egg, potato, smothered in vegan or house-made green chili.

## **Breakfast Sandwich \$7.91**

Choice of sausage, bacon, or ham, egg, choice of cheese on bagel, croissant, or toast.

## **Vegan Breakfast Sandwich \$9.04**

Avocado, mushroom, spinach, red pepper hummus, on a bagel, croissant, or toast.

(Our wheat and multigrain toast are vegan!)

## **The Harley Quinn \$9.04**

House made green chili cream cheese, ham, pepper jack cheese, pear, tomato & onion served on a jalapeno bagel w/ a side of sriracha

## **Loaded Bagels**

### **Orret Pa (Lox and Bagel) \$10.74**

Bagel w/ house made garlic herb OR green chili cream cheese, w/ sprouts, onion, cucumber & Norwegian smoked trout

### **Buddha Bagel \$9.04**

Multigrain bagel w/ avocado, extra virgin olive oil, sea salt, cracked pepper, diced apple, fresh blueberries & a house made blueberry hibiscus glaze

### **Starving Artist \$7.35**

Open face bagel w/ either avocado, red pepper hummus, or house-made garlic herb cream cheese, topped w/ cucumber, sun-dried tomato, and red onions.

### **The Flaming Lips \$7.91**

Bagel w/ natural peanut butter, fresh jalapeno, house made blueberry hibiscus glaze, topped w/ blueberries OR pear sage glaze w/ diced pear

## The Vegan Pizza Bagel \$9.61

Sun-dried tomato bagel w/ roasted red pepper hummus, black olives, sun-dried tomatoes, artichoke hearts, onion and topped w/ melty vegan cheese

## & All The Other Stuff

## The founders Favorite Bowl \$13.56

**Carnivore:** Fajita steak, fresh spinach, portobello mushrooms, avocado, w/ pork green chili, and bleu cheese

**Vegan:** Portobello mushroom, fresh spinach, tomato, avocado, w/ vegan green chili & vegan cheese

## Tamales \$10.74

Two pork or veggie tamales smothered in vegan or house-made pork green chili and cheddar cheese, w/ a side of potatoes and beans.

## 2 Belgium Waffles/Flour Wheat Pancakes \$7.91

Choose a topping: cheesecake scoop, ice cream scoop, strawberry topping, or fresh blueberries (fruit toppings come w/ whipped cream)

Cheese a syrup: maple or strawberry

## Yogi Bowl \$7.91

Yogurt, granola, chia seeds, coconut flakes, walnuts & blueberries

## Granola Cereal \$6.78

W/ your milk of choice, and your choice of banana slices, fresh blueberries or diced apple

## Bonanza Overnight Oats \$7.91

Banana slices, peanut butter, and cocoa nibs or chocolate chips.

## Blue Bird Overnight Oats \$7.91

Blueberries, almonds, coconut flakes, and butterfly blue pea flower tea.

## **Brown Betty Overnight Oats \$7.91**

Apple chunks, cinnamon, brown sugar, and caramel.

## **Super Crunch \$7.91**

Dried cranberry, walnut, chia seeds, and cocoa nibs

## **Add an extra topping to any oatmeal bowl \$1.13**

Banana, apple, blueberries, coconut flakes, cocoa nibs, chia seeds, walnuts, almonds, cranberries, peanut butter, chocolate chips

## **Cold Sandwiches**

*All sandwiches come w/ your choice of side and a pickle!*

**Bread Choices: Wheatberry, White, Rye, French Hoagie,  
Gluten Free(Extra), Sprouted Multigrain, Croissant,**

**Bagel Choices: Onion, Garlic, Sun-dried Tomato, Spinach  
Parmesan, Jalapeno, Blueberry, French Toast, Cinnamon  
Raisin, Wheat, Plain or Multigrain**

**Wrap Choice: Flour Tortilla, Spinach, Wheat, Sundried Tomato**

## **Californian \$12.15**

Smoked turkey, apple smoked bacon, fresh avocado, alfalfa sprouts, lettuce, tomato, onion, Dijon mustard, house-made roasted red bell pepper mayo, choice of cheese, and on your choice of bread or wrap.

## **Café Club \$12.15**

Black forest ham, smoked turkey, apple smoked bacon, lettuce, tomato, onion, honey mustard, choice of cheese, and on your choice bread or wrap.

### **Sgt. Pepper \$12.15**

Pepper jack cheese, roasted red bell peppers, jalapenos, lettuce, tomato, onion, ranch, onion sweet sriracha ranch, your choice of ham, turkey, roast beef, avocado, or mushrooms, and on your choice of bread or wrap.

### **Italian Stallion \$11.02**

Capicola ham, salami, lettuce, tomato, onion, balsamic vinegar and olive oil, choice of cheese and your choice of bread or wrap.

### **Beef Baron \$11.02**

Roast beef, lettuce, tomato, onion, mayo, horseradish, choice of cheese, and your choice of bread.

### **Gobbler \$11.02**

Smoked turkey, lettuce, tomato, onion, roasted red bell pepper mayo, your choice of cheese, and your choice of bread or wrap.

### **The Joker \$11.02**

Black forest ham, lettuce, tomato, onion, onion sweet sriracha ranch, choice of cheese and your choice of bread or wrap.

### **The Sally's Sammy \$10.74**

Your choice of Tuna/Chicken/or Egg w/ lettuce, tomato & onion, choice of bread or wrap.

### **The Original PB&J \$7.91**

Natural peanut butter, w/ your choice of raspberry jam, grape jelly, Colorado honey, house made blueberry hibiscus or pear sage glaze.

### **The Elvis \$7.63**

Natural peanut butter & banana slices w/ your choice of raspberry jam, grape jelly, our house made blueberry hibiscus or pear sage glaze, all drizzled w/ Colorado honey.

### **220. Deviled Egg \$9.04**

House-made egg salad, lettuce, tomato, onion, on choice of bread or wrap.

## **Hot Sandwiches**

*All sandwiches come w/ your choice of side and a pickle!*

**Bread Choices: Wheatberry, White, Rye, French Hoagie,  
Gluten Free(Extra), Sprouted Multigrain, Croissant,**

**Bagel Choices: Onion, Garlic, Sun-dried Tomato, Spinach  
Parmesan, Jalapeno, Blueberry, French Toast, Cinnamon  
Raisin, Wheat, Plain or Multigrain**

**Wrap Choice: Flour Tortilla, Spinach, Wheat, Sundried Tomato**

### **C.O.B.A.L.T. BLT \$12.43**

Apple smoked bacon, lettuce, onion, tomato, avocado, bleu cheese, your choice of bread.

### **Rueben \$12.43**

Pastrami, sauerkraut, onion, your choice of Dijon mustard or 1000 island dressing, your choice of cheese and bread.

### **French Dip \$11.87**

Roast beef on your choice of bread, choice of cheese, served w/ au jus.

### **Baked Chiki \$11.87**

Baked chicken breast, lettuce, tomato, onion, ranch, choice of bread.

### **Loaded Baked Chiki \$13.56**

Baked chicken breast, apple wood smoked bacon, fresh jalapenos, lettuce, tomato, onion & sweet sriracha ranch, your choice of bread.

### **Old Monarch \$12.43**

Fajita steak strips, fire roasted green chilies, roasted red bell peppers, onions, southwest bistro sauce, choice of bread.

## **Southwest Steak Philly \$13.00**

Fajita steak strips, red and green bell peppers, onions, ranch, choice of bread.

## **Melt Down \$12.43**

Baked chicken breast or steak strips, roasted green chilies, side of sour cream & salsa, choice of cheese and flour tortilla or wrap

## **Classic Cheesy \$7.35**

Choice of cheese melted on toasted bread of choice.

## **Macho Nacho \$12.43**

Large plate of tortilla chips, nachos cheese, ¼ lb of taco meat, tomato, onion, black olives, sour cream, and side of fresh jalapenos.

## **Salads**

*All salads come w/ your choice of dressing!*

**Dressing: Vinegar & Oil, Rasp Vin, Bleu Cheese, Caesar, Ranch, Italian, 1000 Island Dressing, Creamy Miso Ginger,**

## **Buddha Bowl \$11.87**

Ancient grain quinoa, topped w/ alfalfa sprouts, spinach, avocado, cucumber, onion, your choice of feta or bleu cheese crumbles, and almonds.

## **House Salad \$11.87**

Organic harvest blend of greens w/ alfalfa sprouts, mushrooms, sun-dried tomato, feta, bacon, cucumber, tomato.

## **Chef Salad \$11.87**

Choice of Black forest ham and smoked turkey or chicken breast w/ hard-boiled egg, cheddar, bacon, red onion, cucumber, tomato, mixed dark greens.

### **The Vegan Chef Salad \$11.87**

Mixed greens w/ portobello mushrooms, avocado, and black beans w/ tomato, cucumber and onion topped w/ vegan cheese.

### **Greek Salad \$11.87**

Kalamata olives, black olives, artichoke hearts, onion, tomato, cucumber, mixed dark greens.

### **Protein Punch \$11.87**

Choice of fajita steak strips, baked chicken breast, or avocado w/ red onion, tomato, cucumber, on a bed of baby spinach.

### **Caesar Chicki Salad \$11.87**

Baked chicken breast, sun-dried tomato, parmesan, onion, cucumber, mixed dark greens & Caesar dressing.

### **325a. Caesar Chicken Salad Wrap \$13.00**

### **Taco Salad \$11.87**

Mixed greens w/ ¼ lb taco meat, tortilla crumbles, avocado, sour cream, black olives, cheddar, red onion, tomato, side of salsa.

### **Salad-Salad \$11.87**

Choose from our house-made chicken, tuna, or egg salad, red onion, tomato, cucumber, mixed dark greens.

### **The Jade Salad \$11.87**

Bed of fresh spinach, cucumbers, onion, avocado, tomato, balsamic vinegar and extra virgin oil.



## **Soups**

### **Soup of The Day \$4.52**

Sometimes a classic, sometimes a concoction. We never know what our wacky owner will do, just that e does it well.

### **Chili Bowl \$6.78**

When in Pueblo, try the chile! Choose from vegan green chili or house-made (gluten free) pork green chili served w/ a warm tortilla.

## **Veggie Sandwiches**

### **Shaggy Snack \$11.87**

Mushrooms, green chili, red bell peppers, onion, hummus, your choice of cheese and bread or wrap.

### **Portobello Philly \$11.87**

Mushrooms, red and green bell peppers, onion, extra virgin olive oil, your choice of cheese and bread or wrap.

### **Herbivore \$10.17**

Our house-made garlic herb cream cheese, cucumber, spinach, onion, alfalfa sprouts, on your choice of bread or wrap.

### **Uber \$12.43**

Roasted red pepper hummus, artichoke hearts, alfalfa sprouts, spinach, avocado, roasted red peppers, sun-dried tomato, Portobello mushrooms, red onion, packed into a wrap of your choice.

## **Sides**

5. Extra Topping on Oats \$1.13

10. Add Bacon/Sausage or Beef \$2.26

15. Add chicken, salmon, or steak to salad \$4.52

20. Sub Gluten Free Bread \$1.92

**25. Sub a Bagel \$1.92**

**30. Side Choices \$1.92**

Coleslaw, Potato Salad, Applesauce, Kettle or Lays Chips, Piece of Fruit

**35. Add Cheese \$1.41**

Muenster, Provolone, Pepper Jack, Cheddar, Swiss, American, Feta, Bleu Cheese, Parmesan

**40. Add Veggies \$1.70**

Tomato, Red Onion, Lettuce, Green Chili Strips, Jalapenos, Sun-Dried Tomato, Sauerkraut, Green Bell Peppers, Roasted Red Peppers, Baby Spinach, Alfalfa Sprouts, Black Olives, Kalamata Olives, Portobello Mushrooms, Artichokes, Avocado

**50. Condiments \$1.92**

Red Bell Pepper Mayo, Garlic Herb Cream Cheese, Roasted Red Hummus, Southwest Bistro Sauce, Dijon Mustard, Honey Mustard, Salsa, Sour Cream, Mayo, Yellow Mustard

**Homemade Brownie \$2.83**

