

# ALL DAY MENU

*Our Soul in Every Bite*

## BREAKFAST FAVORITES

Uplifting, energizing dishes with comfort and flavor to start the day.

## BREAKFAST CLASSICS

Signature classics to start your morning right.



Avocado Toast

**Avocado Toast** ★ 8.5  
Sourdough bread topped with mashed avocado, feta cheese, cherry tomatoes, pico de gallo, balsamic glaze and micro cilantro.  
**Add:** One egg 2



Smoked Salmon Eggs Benedict

**Smoked Salmon Eggs Benedict**\* 16  
Sourdough bread topped with mashed avocado, arugula, smoked salmon, poached eggs, Hollandaise sauce, cherry tomatoes, capers and micro cilantro.



Steak & Eggs

**Steak and Eggs**\* ★ 21  
6oz Grilled Steak served with three over-medium eggs and roasted potatoes on the side.



Açaí & Berry French Toast

**Colombian Breakfast Burrito** 14.5  
Shredded beef, scrambled eggs, mild cheddar cheese, Monterrey Jack cheese, pico de gallo and roasted potatoes on a flour tortilla, ancho chipotle aioli. Served with garlic-cilantro sauce on the side.



Waffle-Bono

**Vanilla Power Parfait** ★ 10  
Creamy vanilla Greek yogurt layered with granola, strawberries, blueberries and mixed berry compote.  
**Add:** Peanut Butter 1.5 | Almond Butter 1.5 | Nutella® 1.5



BLTE Waffle Sandwich

**Açaí Bowl** ★ 13  
Organic Açaí purée topped with chia pudding, granola, banana, berries, coconut flakes and choice of Nutella®, peanut butter or almond butter.  
**Add:** Whey protein 2.5 | Collagen 2.5

**Blueberry Protein Pancakes** 14  
Fluffy blueberry protein pancakes topped with vanilla Greek yogurt, mixed berries compote, fresh berries and whipped cream.

**Açaí and Berry French Toast** 14  
Brioche French toast topped with organic Açaí purée, mixed berries, granola, powdered sugar, coconut flakes, mixed berry compote and whipped cream.

## PANDEBONO FAVORITES

Pandebono is a traditional Colombian cheesy bread made from yucca flour.

**Waffle-Bono** ★ 12  
Cheese-bread waffle with banana, berries, mixed berry compote, powdered sugar, maple syrup and whipped cream.  
**Upgrade:** Organic Açaí + Sweet condensed milk 2.5

**BLTE Waffle Sandwich**\* 15  
Filled with bacon, lettuce, tomato, garlic aioli, two over-easy eggs and sliced avocado.

**Chicken and Waffle-Bono** 15  
Crunchy chicken, honey drizzle, ancho-chipotle aioli.

**Three Eggs Served Your Way**\* ★ 12.5  
Three eggs with sourdough avocado toast topped with cherry tomatoes, pico de gallo and micro cilantro.  
**Add:** Bacon 3.5 | Ham 3.5 | Oven Roasted Turkey 4

**Veggie Breakfast Sandwich** 10.5  
Sourdough bread with homemade lentil burger, carrots, spring mix, tomato, red onion and guacamole.

**Breakfast Platter**\* ★ 11  
Two eggs your way with your choice of bacon, ham or oven roasted turkey. Served with roasted potatoes or salad and sourdough toast on the side.  
**Add:** Avocado 2

**Breakfast Sandwich** ★ 9  
**Choose one:**  
◦ Ham, Egg, and Cheese  
◦ Bacon, Egg, and Cheese  
◦ Bacon, Egg Whites, and Avocado  
◦ Turkey, Egg whites, Tomato, and Pesto

**Choice of bread:**  
◦ Brioche Bun  
◦ Ciabatta Roll  
◦ Butter Croissant  
**Add:** Roasted Potatoes 3.5 | Fruit Side 3.5

**The Works Omelet** ★ 14  
Three-egg omelet with bacon, ham, red pepper, onions and mild cheddar cheese, Monterrey Jack Cheese. Served with roasted potatoes or mixed greens and sourdough toast.

**Caprese Omelet** ★ 13  
Three-egg omelet with pesto-basil sauce, fresh tomatoes and mozzarella. Served with roasted potatoes or mixed greens and sourdough toast.  
**Add:** Grilled Chicken 4.5

**Calentao**\* ★ 16.5  
Organic rice blend, sweet plantains and black beans topped with an egg, avocado and cherry tomatoes.  
**Protein Choose one:**  
Chicken Fajitas | Carnitas | Shredded Beef  
**Upgrade:** Grilled Steak 5



Calentao

\*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase the risk of foodborne illness, especially if you have certain medical conditions.

🌿 **Allergen Information:** This product contains peanuts and may contain traces of other nuts and seeds.

★ **Best Seller** - Guest favorite and most popular choice  
🍗 **High Protein** - Packed with protein  
🔥 **Spicy** - Has a mild kick  
🌱 **Vegan** - 100% plant-based 🍷 **Gluten-Free**



# Coffee FOR THE Soul

## POWER PLATES

Hearty, balanced, high protein.

**Market Greens** 🌱🌱 18.5

Grilled chicken on a bed of mixed greens, corn, green peas, carrots, cucumber, cherry tomatoes and avocado. Served with lemon dressing on the side.

**Upgrade:** Steak 5 | Salmon 5



Market Greens

**Salmon Arugula Salad** 22

Grilled salmon, arugula, cherry tomatoes, avocado, feta cheese crumbles, cucumber, red onions, croutons, balsamic glaze.



Salmon Arugula Salad

## CREATE YOUR SOUL 16

Bowl · Wrap

### 1. BASE

**Choose two:** Organic Rice Blend | Sweet Plantains | Roasted Potatoes | Mixed Greens | Arugula

### 2. PROTEIN

**Choose one:** Shredded Beef | Carnitas | Chicken | Chicken Tenders  
**Upgrade:** Grilled Steak 5 | Smoked Salmon 5 | Grilled Salmon 5 (Only For Bowls)

### 3. VEGGIE & TOPPINGS

**Choose up to three:** Black Beans | Pico de Gallo | Green Peas | Cherry Tomatoes | Shredded Carrots | Red Onions | Corn | Shredded Cheese | Feta Cheese | Cucumber | Guacamole 2

### 4. DRESSING OPTIONS

Balsamic Glaze | Lemon Za'atar | Garlic-Cilantro | Ancho Chipotle Aioli

### SEASONAL SOUP 5

Ask our cashiers for our seasonal soup option



Bowl



Wrap

## SANDWICHES AND HANDHELDS

Served on local brioche bun with mixed greens salad or roasted potatoes on the side.  
**Upgrade:** Plantain Strips 1

**BBQ Pulled Pork** ★ 16

Oven roasted pulled pork, caramelized onions, BBQ sauce, ancho chipotle and feta cheese.

**Chipotle Crispy Chicken** 🌶️ 16

Crispy chicken, mild cheddar cheese, Monterrey Jack Cheese, chipotle aioli, arugula and tomato.



BBQ Pulled Pork

**Cheese Steak** 18

Thinly sliced grilled steak, onions, red peppers, mozzarella cheese and garlic-cilantro aioli.

**Lemon Salmon** 18

Grilled salmon, capers, red onions, cucumber, garlic and lemon aioli.

**Turkey and Bacon** 15

Oven roasted turkey breast, bacon, avocado, arugula, tomato and light mayo.



Turkey and Bacon

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