



# Rise & Grind

## COSTA RICAN VOLCANIC COFFEE

	16oz	20oz	32oz
Hot	2.50	3.50	
Iced	4.00	5.00	
Hot Tea	2.50		
1lb. Ground To-Go Bag			16.00



# Beverages

	16oz	32oz
Orange Juice	3.50	
Fresh Brewed Iced Tea	2.50	3.50
Watermelon Mint Tea	4.00	5.50
Lemonade	4.50	6.00
Arnold Palmer	3.50	5.50
Coconut Water	5.00	
12oz Canned Soda	2.50	
20oz Bottled Water	3.00	

# Light & Fruity

Fresh Fruit Cup	4.00
Yogurt, Fruit & Granola	6.00

# Egg Heads



## JUMP IN THE FIRE

Sage Sausage, Egg, Cheese, Fried Cherry Peppers & Onions, Crispy Shallots, Jalapeño Agave Aioli, Metallica Sauce, Ciabatta

11.00

## TICO BURRITO

Eggs, Hash Browns, Black Bean Street Corn, Avocado, Cheddar Jack, Lizano Sauce, Fresh Salsa

9.00

## THE WOODY

Eggs, Bacon, Sage Sausage, Ham, Cheese & Hash Browns on grilled Ciabatta

15.00

## CIRCLE JERKS

Tropical Glazed Ham, Jerk Seasoned Eggs, Pineapple, Pico, Crispy Shallots, Bagel

9.00

## DIEGO MARADONA BURRITO

Skirt Steak, Eggs, Fried Cherry Peppers & Onions, Lettuce, Tomato, Spicy Chimichurri, Parmesan

13.00

## LA JOLLA BEACH BURRITO

Eggs, Avocado, Fried Cherry Peppers & Onions, Pico, Hash Browns, Cilantro Lime Sour Cream & Goat Cheese

9.00

## DOUBLE EGGER & CHEESE ON CIABATTA OR BAGEL

- + Bacon, Ham, Sausage or Scrupple 3.50
- + Skirt Steak 7.50
- + Hash Brown (on it) 2.00
- + Sliced Tomato .50
- + Avocado 3.00
- + Cherry Peppers & Onions 1.50



# T & C Bagels Designs

## GOOD VIBRATIONS

Bacon, Lettuce, Tomato, Avocado Cream Cheese

11.00

## SUSHI TENDENCIES

Smoked Salmon, Avocado Cream Cheese, Cucumber, Red Onion, Jalapeño, Sriracha

13.00

## SWEET CHIVE O' MINE

Seared Blackened Tuna, Chive Cream Cheese, Cucumber, Crispy Shallots, Sesame Seeds

13.00

## SMOKIN' SEA GODDESS

Smoked Salmon, Chive Scallion Cream Cheese, Red Onion, Tomato, Scallions

13.00

## BUILD YOUR OWN BAGEL

Plain or Everything Bagel w/ Cream Cheese

6.50

+ Specialty Cream Cheese

2.50

• Chive Scallion

• Avocado

+ Avocado

3.00

+ Tomato or Red Onion

.50

+ Smoked Scottish Lax

6.00



Full menu  
coming soon!