

# GLUTEN FRIENDLY MENU



At Tatte we use gluten in our bakeries & kitchens and therefore our menu is Gluten Friendly. If you have a severe gluten, nut, or seed allergy, we recommend that you join us for coffee as cross-contact may occur.

## Breakfast

### BREAKFAST SANDWICH\*

Eggs your style\*, VT cheddar, and applewood smoked bacon, on gluten-free bread. 590 cal. (M)(E)

### SAUSAGE BREAKFAST SANDWICH\*

Housemade Sujuk-spiced beef sausage with an egg your style\*, VT cheddar, & tomato on gluten-free bread. 670 cal. (M)(E)

### AVO BREAKFAST SANDWICH\*

Egg your style\*, VT cheddar, sliced tomato, avocado, & baby arugula, on gluten-free bread. 340 cal. (M)(E)(V)

### HALLOUMI SUNNY-SIDE BREAKFAST SANDWICH\*

Halloumi, tomato, sautéed spinach, & a sunny-side up egg\* on GF bread. 310 cal. (M)(E)(V) *Add sausage (160 cal).*

### SMOKED SALMON, AVOCADO, & EGG SANDWICH\*

Smoked salmon\*, avocado, red onion, capers, sprouts, & scrambled eggs with herbed dressing. 650 cal. (M)(E)(S)(F)

### HOUSE BREAKFAST PLATE\*

Two eggs your style\*, bacon, & potato fritters with tomato jam & mint parmesan. 470 cal. Served with gluten-free bread, 80 cal. (M)(E) *Add sausage (160 cal).*

### SCRAMBLED EGG PLATE

*Served with toasted gluten-free bread, 80 cal.*

**Prosciutto & Parmesan**, 450 cal. (M)(E)

**Tomato & Goat Cheese Mousse**, 510 cal. (M)(E)(V)

*Add sautéed spinach, no charge (10 cal).*

### LAMB HASH\*

Lamb sautéed with sweet potatoes, carrots, and pickled cabbage, with garlic labneh, tomato salad, & a poached egg\*. 760 cal. Served with gluten-free bread, 80 cal. (M)(E)(S)

### CILBIR\*

*Available Fri., Sat., & Sun.* Sautéed spinach, Jerusalem artichokes, & a poached egg\*, over garlic labneh with chili oil. 520 cal. Served with gluten-free bread, 80 cal. (M)(E)(V)

### MEZE BREAKFAST\*

*Available Fri., Sat., & Sun.* Two eggs your style\*, cashew pepper and feta-pistachio spreads, shishito peppers, & salad. 540 cal. Served with GF bread, 160 cal. (M)(E)(M)(Z)(V)

### MUESLI *cup | bowl*

Greek yogurt, granola, fresh berries, pear, apple, honey, and black sesame. 670 / 980 cal. (M)(E)(Z)(V)

*New!*

### WARM OATMEAL & FRUIT

Oatmeal with blueberries, dried apricots, raisins, sunflower, sesame & pumpkin seeds, & ginger-date syrup. 520 cal. (Z)(V)

## Plates & Bowls

*New!*

### MAPLE ALEPPO CHICKEN BOWL

Maple & Aleppo spiced chicken, sautéed with chickpeas, dried apricots, roasted pearl onions, & dukkah. Served over jasmine rice and labneh. 700 cal. (M)(E)

### ROASTED SALMON & WINTER VEGETABLE RICE BOWL

Roasted salmon served on top of jasmine rice sautéed with roasted acorn squash, marinated charred kale, caramelized red onions, mint, and Aleppo chili oil. 910 cal. (F)

### CHICKPEA & FAVA PLATE

Hummus topped with warm caramelized red onions, green fava beans, Aleppo chili oil, dukkah, and herb salad. 480 cal. Served with gluten-free bread, 80 cal. (M)(E)(Z)(V)

### LAMB KEBAB PLATE

Lamb kebab, baba ganoush, hummus, pickled red cabbage, carrots, cauliflower, labneh, and parsley. 760 cal. Served with gluten-free bread, 160 cal. (M)(E)(Z)

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutritional information upon request. We use tree nuts, seeds, and flour in all of our bakeries & kitchens. Allergens denoted as follows:

(M) Milk | (E) Eggs | (F) Fish | (H) Shellfish

(N) Tree Nuts | (S) Soy | (Z) Sesame | (V) Vegetarian

## Shakshuka

### TRADITIONAL\*

Tomato and bell pepper sauce, eggs\*, and onions spiced with cumin, topped with feta and parsley. 520 cal. Served with gluten-free bread, 240 cal. (M)(E)(V)

### POTATO, MUSHROOM & BACON\*

Potato cream sauce, spinach, shiitake & button mushrooms, and a poached egg\*. Topped with bacon, Aleppo chili oil, Parmesan, and parsley. 1,520 cal. Served with gluten-free bread, 160 cal. (M)(E)

### LAMB MEATBALL\*

Tomato and bell pepper sauce, eggs\*, lamb meatballs, & peppadew peppers, topped with spicy labneh and parsley. 740 cal. Served with gluten-free bread, 240 cal. (M)(E)

## Tartines

### AVOCADO\*

Avocado, baby arugula, dill, and radish topped with poached eggs\* on gluten-free bread. 510 cal. (E)(V)

### SMOKED SALMON & AVOCADO\*

Smoked salmon\*, avocado, tomatoes, red onion, capers, & dill served over toasted gluten-free bread with a green herbed dressing. 690 cal. (M)(E)(F)(S)

## Sandwiches

### TURKEY AVOCADO

Turkey, avocado, baby lettuce, cucumbers, and a green herbed dressing. 540 cal. (M)(E)(S)

### B.L.A.T.

Applewood smoked bacon, baby lettuce, avocado, sriracha aioli, and tomato-onion relish. 650 cal. (E)(S)

### TURKEY B.L.A.T.

Turkey, applewood bacon, baby lettuce, avocado, sriracha aioli, & tomato-onion relish. 600 cal. (E)(S)

### SHORT RIB GRILLED CHEESE

Housemade braised short rib, aged cheddar, and horseradish beer relish. 430 cal. (M)(E)

### CHICKEN SALAD

Herbed chicken salad with raisins, marinated cucumbers, & lettuce, served with herbed dressing. 660 cal. (M)(E)(S)

### TUNA

Olive oil packed tuna salad, hardboiled egg, shaved red onion, yogurt, & dill. 590 cal. (M)(E)(F)

## Salads

*Served with gluten-free bread (80 cal).  
Add chicken, (110 cal) or add tuna (310 cal).*

### MAPLE, SQUASH & CHICKEN

Mixed baby lettuces & baby kale, topped with roasted chicken, acorn squash, and carrots. Finished with almonds and dried cranberries, in a maple labneh dressing. 460 cal. (M)(E)(S)

*New!*

### CHICKEN, KALE & CHICKPEA

Chicken on top of baby kale, chickpeas, pickled raisins, sumac onions, & cherry tomatoes. Tossed in a dill labneh dressing and topped with mint halloumi and sunflower seeds. 460 cal. (M)(E)

### SPICED SHRIMP & AVOCADO MOUSSE

Shawarma-spiced shrimp over mixed baby lettuces, tomatoes, red onion, radish, and pickled cabbage, tossed with an Aleppo dressing & served with a feta-avocado mousse. 410 cal. (M)(E)(S)

### CRUNCHY HALLOUMI

Mixed baby lettuces, seared halloumi cheese, roasted carrots with sesame and raisins, radish, apples, and crunchy almonds, in a tahini vinaigrette. 990 cal. (M)(E)(M)(Z)(V)

### GREEN & NUTTY

Mixed baby lettuces and baby arugula, apples, black sesame, dried apricot, edamame, toasted sunflower & pumpkin seeds, with goat cheese, in an orange vinaigrette. 870 cal. (M)(E)(S)(Z)(V)  
*Add shrimp (70 cal) or roasted salmon (300 cal)*

# DRINK MENU



## Specialty Lattes & Sodas

New!

### GINGER DATE OATMILK LATTE

Housemade ginger & date syrup with steamed oatmilk  
(12 oz. Hot or 16 oz. Iced, 260 cal)

### TATTE HOUSE LATTE

Honey-Halva & Cardamom with espresso 12 oz.  
(Hot, 270 cal or Iced, 190 cal) (M)(S)(Z)

### BLACK SESAME LATTE

(12 oz. Hot, 400 cal or 16 oz. Iced, 360 cal) (M)(Z)  
Housemade black sesame syrup with espresso

### PISTACHIO LATTE

(12 oz. Hot, 390 cal or 16 oz. Iced, 350 cal) (M)(N)  
Housemade pistachio syrup with espresso

### LEMON, THYME & ESPRESSO SODA

Housemade lemon-thyme syrup topped  
with seltzer and a shot of espresso.  
(16 oz., 150 cal)

New!

### ORANGE, CORIANDER & MATCHA SPRITZ

Housemade orange-coriander syrup &  
matcha concentrate topped with seltzer.  
(16 oz., 170 cal)

### PRESERVED FIG LEMON MINT SODA

Housemade fig, lemon, & mint syrup topped with  
sparkling water and garnished with fresh mint  
(16 oz., 160 cal)

### SPARKLING MATCHA LEMONADE

Matcha concentrate, simple syrup, &  
lemon juice, topped with sparkling water  
(16 oz., 80 cal)

## Coffee

### DRIP COFFEE (0 cal)

### CAFE AU LAIT (80 cal) (M)

### COLD BREW (0 cal)

## Espresso

### ESPRESSO (Double Shot, 0 cal)

### MACCHIATO (80 cal) (M)

### CORTADO (80 cal) (M)

### CAPPUCCINO (8 oz., 110 cal) (M)

### AMERICANO

(12 oz. or 16 oz. | Hot or Iced | 0 cal)

### FLAT WHITE (8 oz., 110 cal) (M)

### LATTE (Hot or Iced | 130 – 230 cal) (M)

### MOCHA (Hot or Iced | 280 – 450 cal) (M)(S)

## Chocolate

### HOT CHOCOLATE

(470 / 560 cal) (M)(S)

Made with Valrhona chocolate

## Tea

### ASSORTED MEM TEAS

CUP (12 oz. or 16 oz., 0 cal)

POT (0 cal)

– Caffeinated –

Golden Buds, English Breakfast, Moroccan Mint,  
Blue Flower Earl Grey, Golden Green

– Herbal –

Blood Orange Hibiscus, Apple Berry,  
Lemon Chamomile

### ICED TEA

(Black, Green, or Herbal, 0 cal)

### MATCHA LATTE (Hot or Iced, 130 – 230 cal) (M)

### CHAI LATTE (Hot or Iced, 120 – 170 cal) (M)

### LONDON FOG (120 / 150 cal) (M)

## Juices & Water

### TATTE JUICES (120 – 360 cal)

All juices are freshly squeezed  
or pressed exclusively for Tatte

OJ | Mint Lemonade

Pear | Kale & Apple

SAN PELLEGRINO  
SPARKLING WATER

### SAN PELLEGRINO LIMONATA

or BLOOD ORANGE SODA

BOTTLED WATER

Allergens are denoted as follows: (M) Milk | (S) Soy | (Z) Sesame | (N) Tree Nuts

Drinks are 12oz. or 16oz. sizes, unless otherwise noted.

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Calorie counts are based on our standard recipes. Customizations will affect this information.

\*These items are served raw, undercooked, or cooked to order. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness. Before placing your order, please inform your server if a person in your party has a food allergy.