

STARTERS

- CRISPY SPRING ROLL 10** (GF) (V) (S)
chicken / mushrooms / vermicelli / carrots / onions / rice paper
- BUDDHA ROLL 9*** (V) (GF)
tofu / romaine lettuce / cabbage / mushrooms / jicama / carrots / tia to / rice paper / black bean sauce
- CHICKEN POT STICKERS 9** (GF)
mushrooms / onions / sesame oil / balsamic glaze
- STEAMED CHICKEN DUMPLINGS 9** (GF)
tiato sweet chili sauce
- SPICY TUNA ON A WONTON CRISP 9** (GF)
green papaya / kaffir lime leaf / red onions / thai sweet chili sauce
- SALT AND PEPPER CALAMARI 10** (GF) (S)
bell pepper / green onion
- CAULIFLOWER MAC N CHEESE 9** (V)
OVEN ROASTED BRUSSELS SPROUTS 9 (S) (V) (GF)
sun-dried tomatoes / toasted almonds / lemongrass glaze
- SAUTÉED GREEN BEANS 6** (S) (V) (GF)
enoki mushrooms / yuzu dressing / toasted black sesame seeds
- GRILLED BROCCOLI WITH CHEESE 8** (S) (V) (GF)
grilled broccoli / meyer lemon zest / dates

SOUPS & SALADS

- Add protein to any salad (chicken 4 / add shrimp 6 / add salmon 7)
- ROASTED TOMATO SOUP – cup 5 / bowl 7** (S) (V)
- SOUP DU JOUR – cup 5 / bowl 7**
- CRISPY TOFU AND QUINOA SALAD 13*** (GF)
quinoa / kale / iceberg lettuce / green cabbage / cucumber / carrots / asian pear / fried tofu / mushrooms / tomato tarragon vinaigrette
- TURKEY TACO SALAD 13.5** (S)
black beans / roasted corn / jicama / tomatoes / crispy tortillas / fresh cilantro / chipotle cilantro dressing
- ANTIOXIDANT SPINACH AND KALE SALAD 13** (S) (V)
blueberries / beets / chevre cheese / candied walnuts / shallots / green apples / frisée / flax seeds / cucumber pomegranate ginger dressing (add chicken 3 / add shrimp 5)
- MANDARIN CHICKEN SALAD 14.5** (GF)
cabbage / watercress / carrots / cucumbers / jicama / cilantro / sesame seeds / green onion / crispy wonton strips / sesame soy vinaigrette
- WARM WILD RICE TURKEY SALAD 15** (GF) (S)
kale / mushrooms / cherry tomatoes / shallots / tiato herbs / citrus ginger dressing
- KALE CAESAR SALAD 12** (S) (V)
green kale / romaine / parmesan / cornbread croutons lemongrass basil

SANDWICHES & BUNS

- (choice of mixed greens, fries, or house-made chips)
(option to substitute for gluten free / dairy free)
- KUNG PAO TOFU BANH MI 12** (GF) (V)
zucchini / eggplant / portobello / crispy tofu / carrot / daikon / romaine / spicy aioli / baguette
- TIATO BANH MI (VIETNAMESE BAGUETTE) 13** (GF)
beef or chicken / carrots / daikon / cucumber pickles / jalapeño / cilantro / spicy aioli
- ASIAN CRUSTED CHICKEN PANINI 14**
fresh thai basil / mozzarella / fire roasted bell peppers / spinach / pesto spread / balsamic drizzle / ciabatta bread
- KOREAN BBQ BURRITO 15** (GF)
garlic rice / house fermented kimchi / flank steak / green onion
- GRILLED CHEESE & TOMATO SOUP * 13** (V)
cheddar and jack cheese / thai basil pesto / artisan sourdough bread
(add avocado 3 & maple bacon 3 / add tuna 2.5)
- CHICKEN BANH MI BURGER 16**
spicy mayo / pickled veggie slaw / cilantro / brioche bun
- TIATO GRASS FED BURGER 16**
pickles / tomatoes / crispy onions / lettuce / spiced aioli / cheddar / brioche bun (add avocado 3 & maple bacon 3)
- TURKEY BURGER 16**
roasted garlic aioli / alfalfa sprouts / red onion / havarti cheese / avocado / focaccia bread

LARGE BOWLS & PLATES

- PHO 13** (GF) (S)
rice noodles / fresh herbs / home-made bone broth / herbs & bean sprouts / choice of chicken or beef or tofu
- KING BOLETE RAMEN 15** (V) (GF)
porcini mushroom broth / mamas noodles / spiced deviled egg roasted portobellos / bok choy / bean sprouts / green onion / seaweed
(add chicken 3 / tofu 3 / beef 4 / shrimp 5)
- VIETNAMESE RICE NOODLE SALAD 14** * (GF) (S)
crispy chicken rolls / choice of mama's turkey meatballs or chicken or beef satay
- TIATO EGGPLANT TOFU 14** (S) (V) (GF)
vietnamese herbs / black bean sauce / kale cabbage salad / choice of brown or white rice
- YELLOW CURRY CHICKEN 14.5** (GF) (S)
zucchini / green beans / kaffir lime leaf / green apple / choice of brown or white rice
- ORANGE CHICKEN W/ CRISPY LEEKS 16** (GF) (S)
seasonal vegetables / orange marmalade / garlic rice
- MAMA'S WOK NOODLES 14** * (GF)
broccoli / cabbage / bok choy / celery / bean sprouts / portobello mushrooms / carrots
(add chicken 4 / tofu 3 / beef 5 / shrimp 6)
- VIETNAMESE SATAY PLATE 14** (GF)
chicken or beef / fresh herbs / peanut sauce / pickled veggies / choice of brown or white rice
- FISH TACOS 16.5** (S)
sole filet / cabbage slaw (purple & green, kale, cabbage) / house-made sauce / served with a side of house chips
- GINGER GLAZED WILD SALMON 20** (GF) (S)
caramelized ginger & coconut sauce / grilled pineapple / sautéed kale-spinach / choice of brown or white rice
- SHAKEN BEEF BOWL 18**
cubed filet mignon / tomatoes / caramelized onions / butter lettuce / choice of brown or white rice
- POKE BOWL 16.5** * (GF)
mango / seaweed salad / carrots / green onion / cilantro cucumber / crispy onions / ponzu sauce / spicy aioli / choice of brown or white rice / choice of salmon or tuna or crispy tofu (add avocado 3)

SIDES

- SAUTÉED GARLIC SPINACH 6** (S) (V) (GF)
- GRILLED ASPARAGUS 6** (S) (V) (GF)
- FRIES – SWEET POTATO 5 / REGULAR 5 / GARLIC 6** (S) (V)
- TIATO HOUSE-MADE POTATO CHIPS 4** (S) (GF)
- GARLIC RICE 5** (V)
- KUNG PAO CRISPY TOFU 4** (GF) (S)
- MIXED GREENS 5** (S) (V) (GF) (V)

-  GLUTEN-FREE  VEGETARIAN
-  DAIRY-FREE  VEGAN

* CAN BE MODIFIED TO BE GLUTEN-FREE OR VEGETARIAN
These icons illustrate the ingredients used in each recipe. However we are a mixed used kitchen facility and cross contamination may occur.

At Tiato, we are proud of our sustainable practices. Bringing you health and happiness through food. 18% gratuity added to parties of eight(8) or more. Six(6) max. checks per table. Limit one(1) substitution per dish.



COFFEE & JUICE BAR

ORGANIC COFFEE

decaf drip & espresso also available

MILK OPTIONS: non dairy options +.75; almond / coconut almond / soy / hemp
SYRUP OPTIONS: vanilla / sugar-free vanilla / hazelnut / sugar-free hazelnut / sugar-free caramel
SAUCE OPTIONS: caramel / chocolate / white chocolate

ICED OR REGULAR COFFEE – s 3.50 / m 3.75 / lg 4.25
VIETNAMESE COFFEE ICED OR HOT – s 4 / m 4.25 / lg 4.50
COLD BREW – s 4.25 / m 4.5 / lg 4.75
AMERICANO – s 3.50 / m 3.75 / lg 4.25
CAFÉ AU LAIT – s 4.25 / m 4.5 / lg 4.75
CAPPUCCINO – s 4.5 / m 4.75 / lg 5.25
LATTE – s 4.5 / m 4.75 / lg 5
ESPRESSO SHOT – single 3 / double 3.75 / add'l shots .75
MOCHA – s 4.75 / m 5 / lg 5.25

(add'l flavors +.75 - ask your server about seasonal flavors!)

ORGANIC HOT TEAS 4

HERBAL TEA – CAFFEINE FREE
mint verbena / rooibos chai / chamomile
OOLONG TEA
pomegranate oolong
BLACK TEA
organic english breakfast / earl grey supreme / hot cinnamon spice / darjeeling
GREEN TEA
organic green / dragon pearl jasmine green

(additional tea bag +1)

SPECIALTY LATTES

CHAI TEA – s 4.75 / m 5 / lg 5.75
MATCHA TEA – s 5 / m 5.5 / lg 6
honey / matcha / hemp milk
GOLDEN TEA – s 5 / m 5.5 / lg 6
mint tea / vanilla / housemade turmeric spice blend / almond coconut milk
SESAME LATTE – s 4.25 / m 4.5 / lg 4.75
sesame powder / agave / soy milk
SPANISH LATTE – s 4.25 / m 4.5 / lg 4.75
Cinamon / honey / soy milk
CYO – your choice of milk & tea (syrup of choice add'l charge)

FRESH PRESSED JUICE

APPLE / CARROT / ORANGE JUICE – s 6 / lg 8
GREEN GODDESS – s 6.5 / lg 8.5
broccoli / celery / green apple / honeydew / spinach
ROYAL DETOX – s 6.5 / lg 8.5
beet / carrot / green apple
THE GREEN FIX – s 6.5 / lg 8.5
apple / cucumber / orange / celery / ginger
LONGEVITY – s 6.5 / lg 8.5
apple / carrot / ginger / orange / topped with turmeric & cayenne
LEMON GINGER CAYENNE "WELLNESS" SHOT – s 4.5
LEMONADE W/ GINGER AND CAYENNE – lg 6
CHARCOL LEMONADE – lg 4

CYO – s 7.5 / lg 9
select 3 fruits or vegetables: broccoli, celery, spinach, green apple, carrot, ginger, beet, honeydew, orange, strawberry, lemon, blueberry

(each additional fruit +.5)

SODA & ICED TEA

sprite 3 / coke 3 / diet coke 3 / lemonade 3.5 / black tea 3.5 / tiato green tea 3.5

HOUSE-MADE BOBA

GREEN or BLACK MILK TEA BOBA – s 4.5 / m 5 / lg 5.5

(add boba to any drink +1)

SMOOTHIES (20OZ) 8

BERRY TIATO
strawberry / blueberry / pineapple / mango
tiato leaf / orange juice
TROPICAL GREEN
mango / kale / banana / pineapple / orange juice
GREEN MONSTER
pineapple / mango / honey / coconut flakes / flax seed / spinach / soy milk
THE ZINGER
mango / orange juice / pineapple / ginger
CHOCO BONANZA 9
chocolate protein / peanut butter / banana / coconut flakes / almond milk
THE PINK LADY 9
vanilla protein / avocado / peanut butter / banana / strawberry / flax seeds / coconut flakes / almond milk

(each additional fruit or veggie +.5 / protein +1)

EXTRA ADD-ONS

vanilla or chocolate protein 1 / boba 1 / granola 1 / flax seed .75 / flax oil .25 / espresso shot .75 / peanut butter 1 / agave .75 / coconut oil .75 / coconut flakes .5 / fresh mint .5 / strawberry .5 / charcoal .75 / cayenne .5 / turmeric .25

At Tiato, we are proud of our sustainable practices. Bringing you health and happiness through our food. All of our to-go products are plant-based & compostable. In order to maintain this practice each additional hot & cold cup will be charged an addition of .5 Thank you for your support & understanding.

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