

STARTERS

CRISPY SPRING ROLL 10 (DF) (GF) (V)

chicken / mushrooms / vermicelli / carrots / onions / rice paper

BUDDHA ROLL 9 (V)

tofu / romaine lettuce / cabbage / mushrooms / jicama / carrots / tiato / rice paper / black bean sauce

CHICKEN POT STICKERS 9 (DF)

mushrooms / onions / sesame oil / balsamic glaze

STEAMED CHICKEN DUMPLINGS 9 (DF)

tiato sweet chili sauce

SPICY TUNA ON A WONTON CRISP 9 (DF)

green papaya / kaffir lime leaf / red onions / thai sweet chili sauce

SALT AND PEPPER CALAMARI 10 (DF) (GF)

bell pepper / green onion

MAC N CHEESE CROQUETTE 8 (VEG)

Chesse blend / heavy cream / panko

CRISPY GLAZED BRUSSELS SPROUTS 9 (V) (GF) (V)

Brussel sprouts / cauliflower/ red grapes / red currant / chocolate truffle ponzu glaze

SMOKED CREAMY CORN & HARICOTS VERT 7 (V)

Mushrooms / red peppers shallots / garlic / oat milk

SOUPS & SALADS

Add protein (chicken 4 / add shrimp 6 / add salmon 7)

ROASTED TOMATO SOUP – cup 5 / bowl 7 (V) (GF)

SOUP DU JOUR – cup 5 / bowl 7

ASIAN CHICKEN SALAD 14.5 (DF)

Green cabbage / red cabbage / napa cabbage / cilantro / toasted almonds / toasted sesame seeds / dried / mandarin orange / cranberries / crispy wonton / asian dressing

TURKEY TACO SALAD 13.5 (GF)

black beans / roasted corn / jicama / tomatoes / crispy tortillas / fresh cilantro / chipotle cilantro dressing

ANTIOXIDANT SPINACH AND KALE SALAD 13 (VT) (GF)

blueberries / beets / chevre cheese / candied walnuts / shallots / green apples / frisée / flax seeds / cucumber pomegranate ginger dressing (chicken 3 / shrimp 5)

WARM WILD RICE TURKEY SALAD 15 (DF) (GF)

kale / mushrooms / cherry tomatoes / shallots / tiato herbs / citrus ginger dressing

KALE CAESAR SALAD 12 (GF) (VT)

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 (VT) (DF)

zucchini / eggplant / mushroom/ crispy tofu / carrot / daikon / romaine / spicy aioli / baguette

TIATO BANH MI (VIETNAMESE BAGUETTE) 13 (DF)

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

KOREAN BBQ BURRITO 15 (DF)

garlic rice / house fermented kimchi / flank steak / green onion

GRILLED CHEESE & TOMATO SOUP 13 (VT)

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 (DF) (GF)

rice noodles / fresh herbs / home-made bone broth / herbs & bean sprouts / choice of chicken or beef or tofu

VIETNAMESE RICE NOODLE SALAD 14 (VT) (GF)

crispy chicken rolls / choice of mama's turkey meatballs or chicken or beef satay

TIATO EGGPLANT TOFU 14 (GF) (V)

vietnamese herbs / black bean sauce / kale cabbage salad / choice of brown or white rice

YELLOW CURRY CHICKEN 14.5 (DF) (GF)

zucchini / green beans / kaffir lime leaf / green apple / choice of brown or white rice

ORANGE CHICKEN W/ CRISPY LEEKS 16 (GF)

seasonal vegetables / orange marmalade / garlic rice

MAMA'S WOK NOODLES 14 (DF)

broccoli / cabbage / bok choy / celery / bean sprouts / mushrooms / carrots

(add chicken 4 / tofu 3 / beef 5 / shrimp 6)

VIETNAMESE SATAY PLATE 14 (DF)

chicken or beef / fresh herbs / peanut sauce / pickled veggies / choice of brown or white rice

FISH TACOS 14 (GF) (DF)

rice flour fried solet filet / smoked corn relish / served with a side of slaw

GINGER GLAZED WILD SALMON 20 (DF) (GF)

caramelized ginger / coconut sauce / grilled pineapple / Cabbage / baby bok choy / 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 (DF)

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)

VEGAN RAMEN 13 (GF)

Home made vegetable broth / rice noodles / fresh vegetables/ chili oil

(egg 1/ chicken 3/ beef 4 / shrimp 6)

SIDES

CABBAGE & BOK CHOI SLAW 6 (V) (GF)

garlic/ lemon juice/ black sesame seeds

FRIES – SWEET POTATO 5 / REGULAR 5 / GARLIC 6 (GF)

TIATO HOUSE-MADE POTATO CHIPS 4 (GF)

GARLIC RICE 5 (VT)

KUNG PAO CRISPY TOFU 4 (DF) (GF)

MIXED GREENS 5 (DF) (VT)

GF GLUTEN-FREE

VT VEGETARIAN

DF DAIRY-FREE

VG 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 while bringing you health and happiness through food.
18% gratuity added to parties of eight(8) or more. Four (4) 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/ oat
SYRUP OPTIONS: vanilla / sugar-free vanilla / hazelnut / sugar-free hazelnut / sugar-free caramel/ mocha
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
OO LONG TEA
pomegranate oolong
BLACK TEA
organic english breakfast / earl grey supreme / hot cinnamon spice / darjeeling / paris
GREEN TEA
organic green / dragon pearl jasmine / organic bankok

(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

sierra mist 3 / peps 3 / diet pepsi 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 (200Z) 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
VANILLA BONANZA 9
vanilla protein / avocado / 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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