



Breakfast

SUNRISE PANINIS \$7

- SMOKED HAM, egg, spinach, onion, & green chile cream cheese.
- SAUSAGE, egg, onion, tomato, & pimento cheese.
- VEGGIE, egg, spinach, onion, tomato, avocado, & sikil pak spread.
- BACON, egg, onion, smoked gouda, & adobo remoulade.
- JELLY, egg, spicy sausage, gouda, grape jelly & onion.

BURRITOS \$7

- NEW MEXICO, eggs, potatoes chorizo, cheddar.
- WESCIAL, eggs, bacon, hatch green chile, cheddar.
- LOCALS, eggs, potatoes, spinach, onion, cheddar.
- BEANS, eggs, salsa, cheddar, black beans, chopped green chile.
- MORITA, eggs, black beans, spinach, potatoes, & salsa negra.
- ROOSTER, eggs, kimchi, pork, cheddar, & sriracha bbq.
- BOMBERO, eggs, slow roasted brisket, cheddar, bombero sauce, avocado.
- CARNITAS, eggs, shredded pork, pico de gallo, feta cheese

BOWLS \$9

- HOUSEMADE GRANOLA, Organic oats & seasonal spices with nuts. Served with fresh fruit, yogurt or milk.
- CHIA PUDDING, Organic Black Chia served cold with coconut milk, fresh fruit and nuts.
- WARM QUINOA, fresh berries & almonds and almond milk, atop a bowl of sweetened quinoa.



MOAB ♥ UTAH

435-259-muff

139 North Main
Moab, Utah

- ♥ Local ♥ Organic ♥
- ♥ Seasonal ♥ Vegan ♥
- ♥ Gluten free ♥

6:30 am to 1:00 pm everyday



Organic Coffee & Espresso Bar

Breakfast

PLATES \$9.00

- LA POUTINE, potatoes, sausage gravy, 2 eggs, bacon, bleu cheese, & pico.
- POTATAS BRAVAS, 2 eggs over roasted potatoes in a sauce of onion, garlic, and tomato, on a bed of spinach and feta. (reminiscent of tapas in Spain)
- FARMERS OMELET, 3 egg omelet wrapped around our local farmers seasonal produce served with country bread and house made jam.
- VERDE, slow roasted brisket, roasted potatoes, cheddar, 2 eggs, chile verde, & pico.
- HUEVOS RANCHEROS, 2 eggs over roasted potatoes, black beans, red chile sauce, corn tortilla, & cheddar.



Lunch

SANDWICHES \$9

served with kettle chips or fruit

- MUFFaLETTA, layers of salami! Sopressata, capicola, Genoa, & Mortadella, provolone & olive tapenade, creamy mayo, & onion.
- VESUVIO, house roasted turkey, mortadella, provolone, sweet hot mustard, mayo, mixed greens & tomato.

CHIPOTLE TURKEY, house roasted turkey, smoked gouda, onion, chipotle mayo, pressed on the grill.

SURF & TURF, white albacore tuna, thick bacon, tomato, onion & mixed greens.

FRESH VEG, avocado, carrots, tomato, onion, greens & sikil pak spread.

SUMMER LOVE BLT, classic BLT with avocado & pesto mayo.

RASA CLUB, turkey & bacon, ras el hanout mayo, onion jam, greens & tomato.

AUBERGINE, twice roasted eggplant, harissa tahini, sumac pickled onions, & greens.

BANH MI, braised pork, pickled carrots, sriracha mayo, cilantro, greens, onions, jalapenos.

CUBAN, braised pork, smoked ham, provolone, onions, pickles, mustard, pressed on the grill.

SALAD \$9

FARMHOUSE, sherry vinaigrette, blue cheese, hard boiled egg, pecans, bacon, & spring greens.

Fresh Juices and other seasonal items ready to grab and go.