



Breakfast

SUNRISE PANINIS \$7.25

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.

WESICIAL, 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.



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 \$9.50

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 \$9.95

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, bleu cheese, hard boiled egg, pecans, bacon, & spring greens.

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