

Breakfast & Lunch



Note: We do not operate a nut free kitchen.

Dietary Key: *V* - Vegan *VG* - Vegetarian *DF* - Dairy Free *GF* - Gluten Free *WF* - Wheat free

18% gratuity for parties of six or more. One Check per Table.

We at the toasted owl are proud to say that we recycle, repurpose, and up cycle.

The fixtures, furniture, lamps, dishes, salt and pepper shakers are for sale, just ask for the price.

12 S. Mikes Pike
Flagstaff, AZ 86001
928-774-5326

www.thetoastedowl.com

 - Owl Favorite

Breakfast

Brimming with Goodness Burritos

Served with spicy house salsa. Gluten free tortilla Add 1.00

Bacon

Bacon, cheddar cheese, potato and egg in flour tortilla 9.50

Jalapeño or Turkey bacon Add 75¢

Black Bean Veggie

Eggs, black beans, green peppers, onions, potatoes, tomatoes and cheddar cheese in a whole wheat tortilla 9.50

Veggie Burrito

Eggs, seasonal vegetables and feta cheese in wheat tortilla 9.50

Simple Burrito

Egg, potatoes and cheese in flour or wheat tortilla 7.50

Honey Ham

Honey ham, Swiss cheese, potato & egg in a flour tortilla

Vegan

Tepa, potatoes, kale and avocado 9.75
Add seasonal veggies \$1.25

Chorizo

Soy or pork chorizo, egg, cheddar cheese and potatoes in a wheat tortilla 9.50

Seasoned Pork

Seasoned shredded pork, eggs, shredded cheese, potatoes, roasted yellow corn, and white onions in flour tortilla 9.50

Scrambles & Omelettes

Served with potatoes and toast. Gluten free tortilla or toast available for 1.35

Mushroom Scramble

Swiss cheese, sautéed mushrooms, white onions and peppers. 10.00
Can also be made as an omelette

Roasted Vegetable Scramble

Seasonal vegetables with gruyere.
Can also be made as an omelette 10.00

Savory Omelette

Red onion, serrano chile, cilantro, turmeric, paprika, salt and pepper omelette topped with greens in a light balsamic. 10.00

Tepa Scramble *VG*

Savory tepa scrambled with eggs, seasonal veggies and cheddar cheese. Tepa is a protein alternative containing no nuts, soy or gluten can also be made vegan or an omelette. 10.00

Bacon Scramble

Chopped bacon, cheddar cheese and grilled onions. 10.00
Jalapeño or Turkey bacon Add 75¢
Can also be made as an omelette

Prosciutto & Brie Omelette

Served with greens in a creamy balsamic dressing. 10.50

Greek Omelette

Mediterranean olives, red onion, spinach, and feta. 10.50

Breakfast Favorites

Served with potatoes and toast.

Grilled Cheese Fried Egg Sandwich

Cheddar cheese, mayo, tomato and bacon or turkey served on wheat toast 9.00
Good for Breakfast or Lunch!

Egg Breakfast*

Two eggs any style served with breakfast potatoes, wheat toast, and two strips of bacon 9.00
Add avocado for 1.50

Smashed Avocado Toast *VG*

Generous portion of fresh avocados smashed with pepper and salt, served on wheat toast with side of fresh tomato slices 9.50
Add a Fried Egg* 1.25

\$10.00

The Owl Flies South

Served with salsa and sour cream.

Southwestern Egg Plate

A generous portion of scrambled eggs topped with our house made guacamole, green chiles, white onions, jack cheese and our secret recipe salsa served with a warm tortilla instead of toast

Add freshly made guacamole for \$1.50

Breakfast Tacos *GF*

4 mini tacos with scrambled eggs in a corn tortilla with your choice of **2 toppings**, served with cheddar cheese, house made salsa and breakfast potatoes (Can be made Vegan)

Toppings:

- Pork or Soy Chorizo
- Seasonal Veggies
- Shredded Pork
- Tepa
- Chopped Ham
- Black Beans
- Regular Bacon
- Jalapeno or Turkey Bacon 75¢

Breakfast Quesadilla

Flour tortilla with melted white and yellow cheddar, chopped bell peppers and onions with your choice of pork or soy chorizo

 - Owl Favorite

Breakfast

The Breakfast Cakes Are Not What They Seem

1 Cake 3.95 2 Cakes 7.50 3 Cakes 11.25

Blueberries and chocolate chips can be added to all pancakes and waffles for .75



Almond Cake *GF*

One almond flour pancake topped with slivered almonds, low carb, low sugar.
A Special Cake 5.00

Chai Spiced Pancakes

Sweet style with
maple syrup

Owl Waffle

One waffle served with
butter and syrup with
your choice of one
topping 6.50
Additional Toppings
.50 ea.
Toppings: Chocolate
Chips, Peanut Butter,
Seasonal Fruit,
Blueberries,
Whipped Cream

Classic Buttermilk Pancakes

Choice of plain or blueberry,
served with butter and syrup

Big Fat French Toast

Texas toast dipped in cinnamon and vanilla
egg mixture served with bacon and fruit
of the moment 8.50
Jalapeño or Turkey bacon Add 75¢

Extra Extra!!!!

Bacon 1.50

Jalapeño or Turkey Bacon 2.00

Egg Whites 1.50

GF Tortilla or Toast 1.00

Cup of Fruit 3.50

One Egg Any Style* 1.25

Avocado 1.50

Lunch

Soup & Salads

\$9.50

Add Homemade Soup to Your Salad Bowl 5.50 Cup 3.50
Add roasted beets to any salad for 2.00 Add chicken to salad 2.50

Dressing served on the side.

Kale & Spinach

Kale, spinach, quinoa, toasted walnuts, dried cherries,
goat cheese, zucchini, and jicama with a light balsamic

Kale Hail Caesar Salad

Fresh kale, jicama, chopped red onions, parmesan
shreds, pecans, diced chicken, goat cheese, dried
cranberries and Caesar salad dressing

Tuna Salad

Bed of greens, feta, onion, apple, dried blueberries
topped with our house made tuna salad, sunflower seeds
and creamy balsamic dressing



Owl Cobb Salad

Rows of diced chicken, tomato, hard cooked eggs,
bacon, roasted vegetables, feta cheese, asiago dressing

Farmers Market Salad

Mixed greens, diced turkey, ham, bacon, avocado,
cheddar cheese, jack cheese, apple, dried
cranberries and ranch dressing

Beet Salad

Roasted beets, goat cheese, greens, pecans, dried cherries
and mandarin oranges, served with creamy balsamic

Soup & Salad 9.00

**Half Sandwich or Soup
& Half Salad 9.00**

(Caesar salad or a house greens salad)

EGGS ARE SERVED COOKED TO ORDER. *Current Department of Health guidelines require us to inform you that consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

 - Owl Favorite

Lunch

Served until 4pm

\$9.50

Cold Sandwiches

Served with house made chips.

GF bread, focaccia, and tortillas available for 1.35 extra.

 Birch Club

Ham, turkey, bacon, mozzarella, fresh tomato, greens, and mayonnaise on wheat

BLAT

Bacon, lettuce, avocado, and tomato with mayonnaise on toasted wheat

Curry Chicken Salad

Curry chicken salad with greens on sourdough bread

Tuna Salad Sandwich

Our house prepared albacore tuna salad, fresh greens, dijonnaise, dried blueberries, almond slivers and feta cheese on wheat

Veggie Wrap

Our house made hummus, seasonal veggies, goat cheese and pecans, with drizzled balsamic

Caprese Sandwich

Buffalo mozzarella, tomato, olive oil, basil pesto and balsamic on herbed focaccia

\$9.50

Hot Sandwiches

Served with house made chips.

GF bread, focaccia, and tortillas available for 1.35 extra.

 Cuban

Ham, pickles, Swiss cheese, spicy mustard on a ciabatta

The Italian

Salami, mozzarella cheese, tomato, olive tapenade and olive oil drizzle with greens served on ciabatta

Loaded Turkey

Turkey with pesto, Havarti, tomato, and fresh greens served on wheat

 Grilled Rueben

Lean pastrami, Swiss cheese, sauerkraut and Thousand Island dressing on marble rye

Tuna Melt

Our house made tuna, tomato and melted Havarti cheese served on sourdough

 Prosciutto Brie

Prosciutto, brie, fig jam, greens, balsamic vinegar and olive oil on ciabatta



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Lunch

Served until 4pm

\$11.00

Heavenly Huge Hamburgers

Served on Parmesan peppercorn bun except where noted.
with your choice of: Onion rings or French fries. Gluten Free bun available for 2.00

Turkey, Feta & Spinach

Turkey, feta and spinach burger with gruyere cheese,
marinated zucchini slices

Vegan Tapa Burger *VG*

Tapa patty, sliced onions, tomato, lettuce,
served on a vegan bagel. Add tomato jam for
a burst of flavor 11.50



Shrooming Owl Burger*

Premium ground beef patty topped with two slices of
Swiss cheese, sautéed mushrooms and onions
Add Bacon 1.50

Jalapeño Owl*

Our premium ground beef patty topped with pickled
jalapeños, jalapeño jack cheese and greens
Add Avocado 1.50



Black Bean Burger *VG*

House made with fresh tomato, red onion,
greens and goat cheese

Patty Melt*

Sautéed onions, gruyere cheese, Thousand Island
dressing grilled to perfection on marble rye



Tomato Jam Burger*

Ground beef patty with tomato jam, goat cheese
and greens "Our tomato jam is
house made and absolutely delicious"

Plain Old Burger*

Our premium ground beef patty served with lettuce,
tomato, and onions

Bruschetta

\$14.50

Served on a French baguette. Choose any four from below.
Make it five choices an extra 4.00 or add an extra topping for 1.00

- Pesto, Salami & Olive Oil
- House Made Hummus & Marinated Artichoke Heart
- Goat Cheese & Roasted Red Peppers
- Brie, Prosciutto & Fig Spread
- Mozzarella, Tomato & Pesto
- Goat Cheese & Tomato Jam
- Avocado, Goat Cheese, Chopped Tomato and Balsamic Drip
- Olive Tapenade & Parmesan
- Honey Ricotta & Apple

The Owl's Choice Cheese Board

\$15.50

A generous collection of distinctive cheeses, olives, dried fruit, nuts
and artesian bread and crackers

\$5.00

Kids Meals

Kids keeper cup with beverage of choice 1.50

Kids Pancake with Whipped Cream Smile
Scrambled Eggs & Toast with Potatoes
Peanut Butter & Jelly with Fruit

Grilled Cheese Sandwich & Fries
Simple Quesadilla
Chicken Fingers with Fries

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Beverages

Fountain Drinks 2.50

Coca Cola, Diet Coke, Sprite, Dr. Pepper, Orange Soda, Lemonade, Soda Water

Freshly Squeezed Orange Juice

Sm. 3.00 Lg. 4.25

Lemonade 2.75

Wild Tonic Jun Kombucha 6.00

Endless Strong & Hot Double Brewed Coffee 2.00

Iced Coffee 3.00

Specialty Milk added to Coffee .25 ea.

Freshly Brewed Iced Tea 2.50

Steamed Milk Hot Chocolate with Whipped Cream 3.00

Hot Tea (various flavors) One Tea Bag 1.75, Two Tea Bags 3.25

Chai Tea Latte hot or iced 3.75

Hot Earl Grey Tea Latte 3.75

Glass of Milk 3.00

Glass of Almond Milk 3.25



**“I wanta buy stuff.
Stuff I don't need...
Stuff settin' out there, you jus'
feel like buyin' it whether
you need it or not.”**

- Uncle John

“Grapes of Wrath,” - John Steinbeck



Vintage Salvage Buy & Sell

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