

GLUTEN FRIENDLY MENU



At Tatte we use gluten in our bakeries & kitchens and therefore our menu is Gluten Friendly. If you have a severe gluten, nut, or seed allergy, we recommend that you join us for coffee as cross-contact may occur.

Breakfast

BREAKFAST SANDWICH*

Eggs your style*, VT cheddar, and applewood smoked bacon, on gluten-free bread. 590 cal. (M)(E)

SAUSAGE BREAKFAST SANDWICH*

Housemade Sujuk-spiced beef sausage with an egg your style*, VT cheddar, & tomato on gluten-free bread. 670 cal. (M)(E)(V)

AVOCADO BREAKFAST SANDWICH*

Egg your style*, VT cheddar, sliced tomato, avocado, & baby arugula, on gluten-free bread. 340 cal. (M)(E)(V)

HALLOUMI SUNNY-SIDE BREAKFAST SANDWICH*

Halloumi cheese, tomato, sautéed spinach, with a sunny-side up egg*, on gluten-free bread. 310 cal. (M)(E)(V) Add housemade beef sausage (160 cal).

SMOKED SALMON, AVOCADO, & EGG SANDWICH*

Smoked salmon*, avocado, red onion, capers, alfalfa sprouts, & scrambled eggs. Served on gluten-free bread with green herbed dressing. 650 cal. (M)(E)(S)(F)

HOUSE BREAKFAST PLATE*

Two eggs your style*, bacon, & potato fritters with tomato jam & mint parmesan. 470 cal. Served with gluten-free bread, 80 cal. (M)(E) Add beef sausage (160 cal).

New!

MEZE BREAKFAST*

Available Fri., Sat., & Sun. Two eggs your style*, housemade cashew pepper spread, feta & pistachio spread, roasted shishito peppers, dukkah, & a chopped salad. 540 cal. Served with gluten-free bread, 160 cal. (M)(E)(N)(Z)(V) Add housemade beef sausage (160 cal).

LAMB HASH*

Lamb sautéed with sweet potatoes, carrots, and pickled cabbage, with garlic labneh, tomato salad, & a poached egg*. 760 cal. Served with gluten-free bread, 80 cal. (M)(E)(S)

SCRAMBLED EGG PLATE

Served with toasted gluten-free bread, 80 cal.

Prosciutto & Parmesan

Soft scrambled eggs, served with prosciutto and Parmesan. 450 cal. (M)(E)

Tomato & Goat Cheese Mousse

Soft scrambled eggs served with ricotta goat cheese mousse and marinated sun-dried cherry tomatoes. 510 cal. (M)(E)(V) Add sautéed spinach (10 cal).

MUESLI cup or bowl

Greek yogurt topped with housemade granola, raspberries, blueberries, blackberries, pear, apple, honey, and black sesame. 670 / 980 cal. (M)(N)(Z)(V)

New!

ROASTED PEACH, GRANOLA, & LABNEH bowl

Roasted peaches, housemade granola, labneh, and VT maple syrup. 640 cal. (M)(N)(V)

Plates & Bowls

ROASTED SALMON & VEGETABLE RICE BOWL

Roasted salmon served on top of jasmine rice sautéed with roasted asparagus, fava beans, snap peas, caramelized red onions, mint, and Aleppo chili oil. 860 cal. (E)

CHICKPEA & FAVA PLATE

Hummus topped with warm caramelized red onions, green fava beans, Aleppo chili oil, dukkah, and herb salad. 480 cal. Served with gluten-free bread, 80 cal. (E)(M)(Z)(V)

LAMB KEBAB PLATE

Lamb, baba ganoush, hummus, pickled cabbage, cauliflower, carrots, labneh, & parsley. 760 cal. Served with gluten-free bread, 160 cal. (M)(E)(Z)

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutritional information upon request. We use tree nuts, seeds, and flour in all of our bakeries & kitchens. Allergens denoted as follows:

(M) Milk | (E) Eggs | (F) Fish | (H) Shellfish
(N) Tree Nuts | (S) Soy | (Z) Sesame | (V) Vegetarian

Shakshuka

TRADITIONAL*

Tomato and bell pepper sauce, eggs*, and onions spiced with cumin, topped with feta and parsley. 520 cal. Served with gluten-free bread, 240 cal. (M)(E)(V)

New!

CORN & SPINACH*

Corn cream sauce, baby spinach, zucchini, & eggs*, topped with heirloom cherry tomatoes, feta cheese, zhough, Aleppo oil, red onion, & parsley. 870 cal. Served with toasted gluten-free bread, 160 cal. (M)(E)(V)

LAMB MEATBALL*

Tomato and bell pepper sauce, eggs*, lamb meatballs, & peppadew peppers, topped with spicy labneh and parsley. 740 cal. Served with gluten-free bread, 240 cal. (M)(E)

Tartines

AVOCADO*

Avocado, baby arugula, dill, and radish topped with poached eggs* on gluten-free bread. 510 cal. (E)(V)

SMOKED SALMON & AVOCADO*

Smoked salmon*, avocado, tomatoes, red onion, capers, & dill served over toasted gluten-free bread with a green herbed dressing. 690 cal. (M)(E)(F)(S)

Sandwiches

TURKEY AVOCADO

Turkey, avocado, baby lettuce, cucumbers, and a green herbed dressing. 540 cal. (M)(E)(S)

B.L.A.T.

Applewood smoked bacon, baby lettuce, avocado, sriracha aioli, and tomato-onion relish. 650 cal. (E)(S)

TURKEY B.L.A.T.

Turkey, applewood bacon, baby lettuce, avocado, sriracha aioli, & tomato-onion relish. 600 cal. (E)(S)

SHORT RIB GRILLED CHEESE

Housemade braised short rib, aged cheddar, and horseradish beet relish. 430 cal. (M)(E)

CHICKEN SALAD

Herbed chicken salad with raisins, marinated cucumbers, & lettuce, served with herbed dressing. 660 cal. (M)(E)(S)

TUNA

Olive oil packed tuna salad, hardboiled egg, shaved red onion, yogurt, & dill. 590 cal. (M)(E)(F)

Salads

Served with gluten-free bread (80 cal).
Add chicken (110 cal) or tuna (310 cal).

New!

STRAWBERRY, ROASTED PEACH, & CHICKEN

Mixed baby lettuces, spinach, strawberries, roasted peaches, red onion, roasted chicken, toasted cashews, and goat cheese, served with a balsamic dressing. 530 cal. (M)(E)(S)

SPICED SHRIMP & AVOCADO MOUSSE

Shawarma-spiced shrimp over mixed baby lettuces, tomatoes, red onion, radish, and pickled cabbage, tossed with an Aleppo dressing & served with a feta-avocado mousse. 410 cal. (M)(E)(S)

TUNA NICOISE

Mixed baby lettuces, arugula, roasted potatoes, tomato, green beans, kalamata olives, red onion, olive oil packed tuna, in a parsley dressing & topped with a hard-boiled egg. 850 cal. (E)(S)

CRUNCHY HALLOUMI

Mixed baby lettuces, seared halloumi cheese, roasted carrots with sesame and raisins, radish, apples, and crunchy almonds, in a tahini vinaigrette. 990 cal. (M)(E)(N)(Z)(V)

GREEN & NUTTY

Mixed baby lettuces and arugula, apples, black sesame, dried apricot, edamame, toasted sunflower & pumpkin seeds, with goat cheese, in an orange vinaigrette. 870 cal. (M)(E)(S)(Z)(V)
Add shrimp (70 cal) or roasted salmon (300 cal).