

## ***Beverages***

**Cold Brew Coffee** 12oz - \$2.50 16oz - \$3

**Assorted Hot Teas** - \$1.50 ea

**Fresh Brewed Coffee** - \$1.50 ea

**Smoothies** - 12oz - \$4 16oz - \$4.95 20oz - \$5.95

**Juice** - 12oz - \$4.50 16oz - \$5.95

**Bulletproof coffee** – Coffee, ghee butter and MCT oil blended – energizing and full of healthy fats

12oz - \$3.25 / 16oz - \$4

**Golden Milk** – Turmeric dates and herbs mixed into steamed choice of milk or almond milk

12oz - \$3.25 / 16oz - \$4 **(V)(VG)**

## ***All Day Sippers***

**Must be ordered ahead of time as they take time to prepare – Served in a quart size jar - \$4**

### **The Shrinker**

Oolong tea, organic cinnamon, cayenne, almond milk, mineral salt, pure vanilla and a dash of stevia for this iced all day sipper

*The Shrinker is filled with thermogenic – boosting ingredients the promote energy and help speed your metabolism. But you'll want to drink it just because it's so tasty.*

### **Apple Cider Vinegar and Ginger**

Organic apple cider vinegar, ginger and your choice of a little stevia or raw honey

*Stay hydrated with this health promoting drink. Both ginger and apple cider vinegar are superfoods and powerful digestive aids. This all day sipper helps to detox, clarify and alkalize your body.*



*Good Eats & Home of Winey Dogs*

# *Liota's*



## *Breakfast Menu*

**Served from 7-10am**

**(509) 424-3566**

**3 N 6th Ave,  
Yakima, WA 98902**

**DELIVERY AVAILABLE!  
visit [winey-dogs.com](http://winey-dogs.com)**

## ***Breakfast Specialties***

### **Breakfast Casserole**

A hearty and delicious breakfast casserole made up of eggs, sausage, cheese, mushrooms, onions, sweet bell peppers, and croutons – served with fresh fruit on the side - \$6

### **Our favorite breakfast sandwich**

Fried Egg, sharp white cheddar cheese and ham served on a buttered and slightly toasted Kaiser roll – \$6  
*\*we can substitute veggie sausage in place of the ham – (VG)*

### **Avocado Toast**

Multi-grain toasted and topped with a generous portion of our house made avocado spread – served with your choice of a fried egg on top or a side of fresh fruit– \$6 **(V)(VG)**

### **Monkey Toast**

Multi grain toasted with choice of Almond or Sun Butter, topped with sliced bananas, a drizzle of locally made honey and a sprinkled with cinnamon and chia seeds – served with fresh fruit on the side - \$5 **(VG)**

### **Cinnamon Rolls**

Our house made cinnamon rolls served with a side of house made frosting - \$3 **(VG)**

**(V) VEGAN**  
**(VG) VEGETARIAN**  
**(GF) GLUTEN-FREE**

## ***Meals in a cup***

### **Southwest Scramble**

Eggs, black beans, mild green chilis, green onions, cheddar cheese and tomatoes scrambled up and served in a cup – with a side of salsa verde - \$6 **(GF)(V)(VG)**

**Vegan Southwest Scramble** – 3 eggs, scrambled with organic tofu, black beans, mild green chilis, tomatoes, veggie sausage – served with a side of salsa verde - \$6 **(M)(VG)**

### **Loaded Oats**

Extra thick rolled oats, MCT oil and chia seeds slow cooked, sweetened with maple syrup and topped with dried or fresh fruits- seasonal and a sprinkle of cinnamon – milk or almond milk on the side - \$5 **(GF)(V)(VG)**

## ***Protein & Power Smoothies***

12oz - \$4 16oz - \$4.95 20oz - \$5.95

### **Super Star**

Mixed berries, (blue berries, straw berries, black berries and raspberries, super greens, banana, almond milk and vanilla protein - this one is packed with tasty nutrients **(V)(VG)**

### **Tropical Sunrise**

Pineapple, mango, banana, vanilla protein flaxseed oil, (rich in omega 3s) and coconut milk - sweet and smooth goodness in a cup **(V)(VG)**

### **Chocolate for Breakfast**

Cacao powder, almond butter, banana, almond milk, MCT oil, 1 date - add protein \$1.50

## ***Fresh Juice***

**MADE DAILY (V)(VG)**

12oz \$4.50 ea 16oz -\$5.95 ea

**The Energizer** - Apple, carrot and ginger

**Clean Green** - Apple, celery, cucumber, lemon, ginger and parsley

**Revitalize** - Beet root, carrots, apple, fresh ginger and lemon

**Immunity** - Orange, Lemon, Pineapple and Carrot

**You Choice Juice** - Choose any four ingredients from the list of juices above - \$4.50 12oz / 16oz \$5.95

