

# 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\* - \$10

Eggs your style\*, VT cheddar, and applewood smoked bacon, on gluten-free bread. 590 cal. ⓉⓂⓋ

### AVOCADO BREAKFAST SANDWICH\* - \$11.25

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

### HALLOUMI SUNNY-SIDE BREAKFAST SANDWICH\* - \$9.85

Halloumi cheese, tomato, sautéed spinach with a sunny-side up egg\*, on gluten-free bread. 310 cal. ⓉⓂⓋ

### SMOKED SALMON, AVOCADO, & EGG SANDWICH\* - \$12.50

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

### LAMB HASH\* - \$15

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. ⓉⓂⓋⓈ

### SPINACH, JERUSALEM ARTICHOKE, & EGG PLATE (CILBIR)\* - \$11.50

Sautéed spinach, roasted Jerusalem Artichoke, and a poached egg\*, over garlic labneh, with Aleppo chili oil. 570 cal. Served with gluten-free bread, 80 cal. ⓉⓂⓋ

### SCRAMBLED EGG PLATE - \$10

Served with toasted gluten-free bread, 160 cal.

#### Prosciutto & Parmesan

Soft scrambled eggs, served with prosciutto and Parmesan. 450 cal. ⓉⓂ

#### Tomato & Goat Cheese Mousse

Soft scrambled eggs served with ricotta goat cheese mousse and sun-dried cherry tomatoes marinated in garlic & olive oil. 700 cal. ⓉⓂⓋ  
*Add sautéed spinach, no charge (10 cal).*

### ROASTED PEAR, GRANOLA, & LABNEH bowl - \$9.50

Roasted pears with housemade granola, labneh, and VT maple syrup. 720 cal. ⓉⓂⓋ

## Plates

### ROASTED MUSHROOM, SPINACH, & POTATO BOWL\* - \$11.85

Roasted shitake & button mushrooms, sautéed with pee wee potatoes and spinach, served over potato cream. Topped with a poached egg\* and Parmesan. 680 cal. Served with gluten-free bread, 80 cal. ⓉⓂⓋ

### ROASTED SALMON, WINTER VEGETABLE, & RICE BOWL - \$18

Roasted salmon served on top of jasmine rice sautéed with roasted acorn squash, marinated charred kale, caramelized red onions, mint, and Aleppo chili oil. 950 cal. Ⓣ

### CHICKPEA & FAVA PLATE - \$11.50

Chickpea purée topped with warm caramelized red onions, green fava beans, Aleppo chili oil, dukkah, and herb salad. 400 cal. Served with gluten-free bread, 80 cal. ⓉⓂⓋⓈ

### LAMB KEBAB PLATE - \$13.75

Lamb, baba ganoush, chickpea purée, pickled cabbage, cauliflower, & labneh. 700 cal. Served with gluten-free bread, 160 cal. ⓉⓂⓋ

\*These items are served raw, undercooked, or cooked to order. Consuming undercooked or raw meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness. Before placing your order, please inform your server if a person in your party has a food allergy.

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:

Ⓣ Dairy | Ⓜ Eggs | Ⓥ Fish | Ⓢ Tree Nuts  
Ⓢ Soy | Ⓢ Sesame | Ⓥ Vegetarian

## Tartines

### AVOCADO\* - \$12.50

Avocado, baby arugula, dill, and radish topped with poached eggs\* on gluten-free bread. 510 cal. ⓉⓂⓋ

### SMOKED SALMON & AVOCADO\* - \$13.85

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

## Sandwiches

### TURKEY AVOCADO - \$12.25

Turkey, avocado, alfalfa sprouts, cucumbers, and a green herbed dressing. 540 cal. ⓉⓂⓋⓈ

### B.L.A.T. - \$12.25

Applewood smoked bacon, baby lettuce, avocado, sriracha aioli, and tomato-onion relish. 650 cal. ⓉⓂ

### TURKEY B.L.A.T. - \$12.85

Turkey, applewood bacon, baby lettuce, avocado, sriracha aioli, & tomato-onion relish. 600 cal. ⓉⓂⓋ

### SHORT RIB GRILLED CHEESE - \$13

Housemade braised short rib, aged cheddar, and horseradish beet relish. 430 cal. ⓉⓂ

### CHICKEN SALAD - \$12.25

Herbed chicken salad with raisins, marinated cucumbers, & sprouts, served with herbed dressing. 660 cal. ⓉⓂⓋⓈ

### TUNA - \$12.25

Olive oil packed tuna salad, hardboiled egg, shaved red onion, yogurt, & dill. 590 cal. ⓉⓂⓋⓈ

## Shakshuka

### TRADITIONAL\* - \$14

Tomato and bell pepper sauce, eggs\*, and onions spiced with cumin, topped with feta and parsley. 480 cal. Served with gluten-free bread, 240 cal. ⓉⓂⓋ

### POTATO, MUSHROOM, & BACON\* - \$15

Potato cream sauce, baby spinach, shitake & button mushrooms, and eggs\*, topped with bacon, parsley relish, garlic Aleppo oil, and Parmesan. 1,400 cal. Served with gluten-free bread, 240 cal. ⓉⓂ

### LAMB MEATBALL\* - \$15

Tomato and bell pepper sauce, eggs\*, lamb meatballs, & pappadew peppers, topped with spicy labneh and parsley. 700 cal. Served with gluten-free bread, 240 cal. ⓉⓂ

## Salads

Served with gluten-free bread (80 cal). Add chicken, \$3 (110 cal). Add tuna, \$4.50 (310 cal)

### MAPLE, SQUASH, & CHICKEN - \$14.85

Mixed baby lettuces, baby kale, roasted acorn squash, carrots, and roasted chicken, topped with toasted almonds & dried cranberries, with a maple labneh dressing. 500 cal. ⓉⓂⓋⓈ

### TUNA NICOISE - \$14.85

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. ⓉⓂⓋ

### CRUNCHY HALLOUMI - \$14.50

Mixed baby lettuces, seared halloumi cheese, roasted carrots with sesame and raisins, radish, apples, and crunchy almonds, in a tahini vinaigrette. 1,100 cal. ⓉⓂⓋⓈⓋ

### GREEN & NUTTY - \$13.50

Mixed baby lettuces and baby arugula, apples, black sesame, edamame, dried apricot, roasted sunflower and pumpkin seeds. Topped with goat cheese, in an orange vinaigrette. 870 cal. ⓉⓂⓋⓈⓋ Add roasted salmon, \$6.50 (300 cal)

### GREENS WITH FETA AVOCADO MOUSSE - \$11.50

Mixed baby lettuces, red onion, cherry tomatoes, radish, and pickled cabbage, tossed with an Aleppo parsley dressing and served with a feta & avocado mousse. 340 cal. ⓉⓂⓋ Add roasted salmon, \$6.50 (300 cal)

# DRINK MENU



## Coffee

**DRIP COFFEE** (0 cal) - \$3.25 / \$3.75  
**CAFE AU LAIT** (80 cal) ☉  
\$3.75 / \$4.25

**COLD BREW** (0 cal) - \$4.50 / \$5

**NITRO COLD BREW**  
(Select locations, 10 cal) - \$5.50 / \$6

## Espresso

**ESPRESSO** (Double Shot, 0 cal) - \$3.50

**MACCHIATO** (80 cal) ☉ - \$4

**CORTADO** (80 cal) ☉ - \$4.25

**CAPPUCCINO** (8 oz., 110 cal) ☉ - \$4.75

**AMERICANO**  
(12 oz. or 16 oz. | Hot or Iced | 0 cal) - \$3.75

**FLAT WHITE** (8 oz., 110 cal) ☉ - \$4.75

**TATTE HOUSE LATTE**  
Honey-Halva & Cardamom, 12 oz.  
(Hot, 270 cal or Iced, 190 cal) ☉☉☉ - \$5.50

**LATTE** (190 / 230 cal) ☉ - \$4.75 / \$5  
**ICED LATTE** (130 / 190 cal) ☉ - \$4.75 / \$5

**MOCHA** (360 / 450 cal) ☉☉ - \$5.25 / \$5.50  
**ICED MOCHA** (280 / 370 cal) ☉☉  
\$5.25 / \$5.50

## Chocolate

**HOT CHOCOLATE**  
(470 / 560 cal) ☉☉ - \$5 / \$5.50  
Made with Valrhona chocolate

## Seasonal

**BLACK SESAME LATTE**  
(12 oz. Hot, 400 cal or 16 oz. Iced, 360 cal) ☉☉  
\$5.75 Housemade black sesame syrup

**PISTACHIO LATTE**  
(12 oz. Hot, 390 cal or 16 oz. Iced, 350 cal) ☉☉  
\$5.75 Housemade pistachio syrup

**TURMERIC & HONEY LATTE**  
(12 oz. Hot, 240 cal or 16 oz. Iced, 240 cal) ☉  
\$5.50 Turmeric, cinnamon, ginger, & honey

## Tea

**ASSORTED MEM TEAS**  
**CUP** (12 oz. or 16 oz., 0 cal) - \$3  
**POT** (0 cal) - \$5.25

- Caffeinated -

Golden Buds, English Breakfast,  
Blue Flower Earl Grey,  
Moroccan Mint, Golden Green

- Herbal -

Blood Orange Hibiscus,  
Apple Berry, Lemon Chamomile

**ICED TEA**

(Black, Green, or Herbal, 0 cal) - \$3.50 / \$4

**MATCHA LATTE** (Hot or Iced, 130-230 cal) ☉  
\$4.50 / \$5

**CHAI LATTE** (Hot or Iced, 120-170 cal) ☉  
\$4.50 / \$5

**LONDON FOG** (120 / 150 cal) ☉  
\$3.25 / \$3.50

## Juices & Water

**TATTE JUICES** (120 - 360 cal) - \$6

All juices are freshly squeezed  
or pressed exclusively for Tatte

**OJ | Mint Lemonade**  
**Pear | Kale & Apple**

**SAN PELLEGRINO**  
**SPARKLING WATER** - \$2.75

**SAN PELLEGRINO LIMONATA**  
or **BLOOD ORANGE SODA** - \$3

**BOTTLED WATER** - \$2.50



Allergens are denoted as follows: ☉ Dairy | ☉ Soy | ☉ Sesame | ☉ Tree Nuts

Prices indicated are for 12oz. or 16oz. sizes, unless otherwise noted.

2,000 calories a day is used for general nutrition advice, but calorie needs vary.  
Calorie counts are based on our standard recipes. Customizations will affect this information.

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