

## Sandwiches.....

**Choose one side:** small salad, chips, hash browns, fruit or cottage cheese  
Sandwiches come with tomato, lettuce, pickle, onion, mayo on side

<b>1/2 lb. Burger</b>	10.00
<b>1/3 lb. Turkey Burger</b> (House Made)	9.00
<b>The Joey Burger</b> 1/2 lb. beef burger, corned beef, sauerkraut, swiss cheese, slaw, 1000 Island dressing	13.00
<b>The Bison Burger</b> 1/2 lb. bison burger, like beef but even leaner!	13.00
<b>Chicken Bacon Club.....triple decker!</b> Prairie Grove bacon & grilled chicken breast on toast of your choice	13.00
<b>BLT Classic and 1 side.....double decker!</b>	9.00
<b>Chicken Breast Sandwich</b>	10.00
<b>Hummus Bagel</b> Yummy hummus with fresh vegetables, salad, fruit	9.00
<b>Lox &amp; Cream Cheese Bagel</b> Cucumber, capers, tomato, onion, salad, fruit	14.00
<b>Classic Grilled Cheese and 1 side</b> Grilled cheddar with tomato & pickle	8.00
<b>Salmon Burger</b> Heart-healthy and tasty, great with wasabi mayo.	9.00
<b>Glen's Savory Sandwich</b> Organic egg whites scrambled with mushrooms, organic black beans, jalapeno, Chipolte sauce on an English muffin or croissant, salad or hash browns	10.00
Add on cheese 1.00, 2 pieces bacon 3.00	

## Salads.....

<b>Cobb Salad</b> generous organic greens with grilled chicken, Prairie Grove bacon, crumbled bleu cheese, hard boiled egg, tomato and avocado	14.00
<b>Southwestern Cobb</b> organic greens with spicy seasoned chicken, Prairie Grove bacon, roasted corn, organic black beans, avocado, red onions, shredded cheddar, with a cilantro lime dressing	14.00
<b>Mediterranean Salad</b> generous organic greens, choice of goat or feta cheese, black olives, cucumber, tomato, red onion & green pepper	12.00
<b>Steak Salad</b> generous organic greens, grilled skirt steak, tomato, cucumber, carrots, red onions, choice of bleu, feta or goat cheese	16.00
<b>Tweet Salad</b> generous organic greens, tomato, red onion, bleu cheese, cranberries & toasted walnuts	9.00
<b>Spinach Salad</b> large bowl of baby spinach with black olives, cucumbers, totmato, red onions, choose goat, feta or bleu cheese	10.00
<b>Walter Salad</b> generous bowl of chopped green leaf lettuce tossed with grilled chicken breast, avocado, tomato, cucumber cilantro, onions, olive oil and fresh lime juice	12.00
<b>Grilled Chicken Breast Salad</b> organic greens and vegetables, grilled chicken breast, choice of bleu, feta or goat cheese	13.00
<b>Add grilled chicken breast or grilled chopped salmon burger</b> to any salad	5.00

*Dressings: House (White Balsamic Vinaigrette), Bleu Cheese, Ranch, Honey Mustard, Thousand Island, Oil and Vinegar*

## On the Side .....

Hash Browns, a simple classic	2.50
Uncaged Egg	2.00
2 Uncaged Eggs	4.00
Organic Black Beans	1.50
Organic Brown Rice	1.50
Fresh Seasonal Fruit	cup 3.00, bowl 8.00
Organic Yogurt (strawberry, vanilla, Greek)	3.00
Fruit Compote (seasonal)	3.00
Pure Maple Syrup	1.50
Cottage Cheese	2.25
Cream Cheese	2.00
Vegan Cheese	2.00
Crème Fraîche	1.00
Breads and Toasts: Wheat, White, Rye, Raisin	1.50
3 Mini Bagels, English Muffin, Croissant, 2 Biscuits, Bagel	1.75
Bagel and Cream Cheese	4.00

## From the Bar .....

Full selection of beers & cocktails, plus:  
Mimosas • Bloody Marys • Screwdrivers • Champagne

## Beverages .....

Start your day with a bottomless cup of <b>Fair Trade Intelligensia Organic Coffee</b> , Regular or Decaf (soy milk or almond milk served with your coffee upon request)	3.00
<b>Hot Tea</b> , by the beautiful pot!	3.00
<b>Iced Tea, (House Brewed)</b> Classic ice tea with your own mini carafe	3.00
<b>Ginger Peach Tea</b>	3.00
Yummy organic <b>Hot Chocolate</b> with whipped cream	5.00
<b>Juices, Milk, Soda</b>	Large Med.
Freshly squeezed Orange Juice	4.00 3.00
Freshly squeezed Grapefruit Juice	4.00 3.00
Apple Juice, Cranberry Juice, Tomato Juice, VS	4.00 3.00
Milk: Whole, 2%, Non-Fat	3.00 2.00
Vanilla Soy Milk, Almond Milk	3.50 3.00
Coke, Diet Coke, Ginger Ale, Lemon Lime	3.00
<b>(IZZE) Sodas</b> Natural sparkling juices, select flavors	3.50
<b>Root Beer</b>	4.00
<b>Desserts</b>	
Red Velvet Cake, Carrot Cake, Chocolate Cake	5.00
Milk Shakes	6.00

**Ask for our activity basket to keep your baby chicks busy!**



*The Uptown Café,*  
featuring menu items from artists  
whose works grace the walls  
of Big Chicks and Tweet.



# tweet

*...let's eat*

Limited parking available in rear. Minimum check \$3.50, cash only. ATM upon request.

Gratuity of 18% may be added to tables over 6 people. Split entree charge \$1.50.

*Open 7 days a week*

Call 773-728-5576 to Order For Pickup. *XOXO, Michelle*

[www.tweet.biz](http://www.tweet.biz)



## Pancakes/French Toast .....

**Served with butter and maple syrup**

<b>3 Large Buttermilk Pancakes</b> with fruit cup	9.00
<b>Pumpkin Pancakes</b> no longer just seasonal, but around the calendar by demand! Regular or Gluten free, topped with whipped cream and cinnamon sugar, fruit cup, maple syrup	9.00
<b>Organic Buckwheat Pancakes</b> with fruit cup	9.00
<b>French Toast</b> sprinkled with powdered sugar Comes with fruit cup!	9.00
<b>Belgian Waffle</b> with fruit cup Classic waffle with powdered sugar, whipped cream, fruit	9.00
<b>Add to your Pancakes, Waffle or French Toast:</b>	
1 Uncaged Organic Egg	10.00
2 Uncaged Organic Eggs	12.00
3 Slices of Prairie Grove Bacon	12.00
2 Country Sausage Patties or 3 Links	12.00
2 Turkey Sausage Patties	12.00
Ham Carved Off the Bone	12.50
<b>Add an ingredient to your Pancakes or French Toast:</b>	
chocolate chips, bananas, walnuts, whipped cream	each 1.00
berries in season	2.00
<b>Syrups:</b> Pure Maple, Low-Sugar, Blueberry, Strawberry, Honey	
<b>Kid's Pancakes</b> with syrup and small fruit cup	6.00
Add whipped cream	1.00

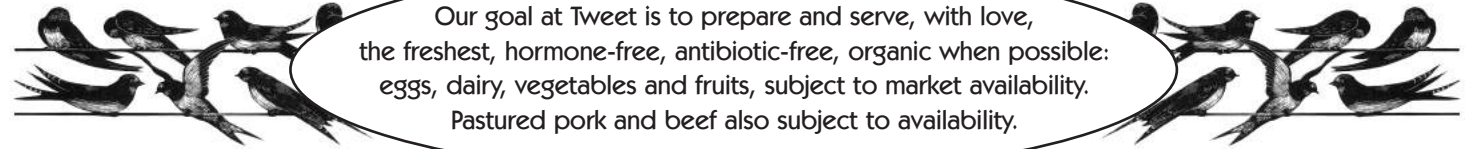
## Veggie Eats .....

See our plant-based insert for more choices...

<b>Vegetarian Biscuits &amp; Gravy</b> enjoy 2 Southern biscuits with two vegetarian breakfast patties on top & our great veggie gravy	8.00
Add 2 eggs	10.00
<b>Veggie Country Benedict</b> fluffy biscuit cut in half, vegetarian breakfast patties on top, two poached eggs, smothered in our great gravy, veggie sausage, hash browns, fruit cup	12.00
<b>Veggie Burger</b> all natural, choice of salad, chips, hash browns	9.00
<b>Bib Im Bop</b> Tweets version features a bowl of steamed organic brown rice, with a layer of sauteed spinach, steamed bean sprouts, kim chee (spicy) & two eggs your way, or choose fried tofu & make it vegan, fruit cup	12.00
<b>Veggie BLT</b> a remix of the classic sandwich with smoky maple tempeh strips, thick slices of tomato and lettuce on your choice of bread. Try it with basil garlic mayo.	10.00
<b>Organic Black Bean Burger...Housemade, Salsas, Vegan &amp; delicious!</b>	9.50
<b>Not Meat Sides...</b> Veggie Sausage, 2 patties	3.50
Tempeh Bacon	4.00
Sauteed Tofu	3.00
Vegan Cheese	2.00
Soyrizo	3.00

## Meat On the Side .....

3 Slices of Prairie Grove Bacon	4.00	Canadian Bacon	4.00
2 Sausage Patties or 3 Links	4.00	Corned Beef Hash	sm 5.00, lg 7.00
2 Chicken Sausage	3.50	Chorizo	3.00
3 Chicken Sausage	4.00	6 oz. Skirt Steak	9.00
3 Turkey Sausage Patties	4.00	Grilled Pork Chop, Amish	9.00
Country Ham Carved		Lox Rose	10.00
Off the Bone	4.50	Grilled Chicken Breast	5.00



Our goal at Tweet is to prepare and serve, with love, the freshest, hormone-free, antibiotic-free, organic when possible: eggs, dairy, vegetables and fruits, subject to market availability. Pastured pork and beef also subject to availability.

**Mary Lou Zelazny's Biscuits & Gravy**  
2 buttermilk biscuits covered in a creamy pepper country gravy with Hebron Farm Amish Country Sausage. 7.00  
Add 2 eggs your way. 9.00

**Mark Jackson's Sunrise Granola**  
Mark starts his day with a bowl of tasty organic granola topped with fresh fruit, side of yogurt, organic honey. 10.00

**Corned Beef Hash & Eggs**  
House-made corned beef hash with two organic eggs, hash browns, toast or tomato & fruit cup. 12.00

**Oatmeal ala Jim Faulkner**  
A sumptuous bowl of organic oatmeal with dried fruit...yum!  
Served with half and half, heavy cream or crème fraiche, brown sugar, butter. 7.50  
ask for your choice of dairy or non-dairy milk

**Grilled Pork Chop & Eggs**  
Hebron Farm Amish pork chop, two farm fresh organic eggs your way, hash browns and toast, fruit cup. 14.00  
Country gravy on side? Just ask!

**Lox Platter.....**  
Enjoy a sumptuous platter with smoked salmon, slices of red onion, cucumber and tomato, capers, hard-boiled egg, cream cheese; bagel or 3 mini bagels; salad and fresh fruit. (great to share) 20.00

**Quiche Platter.....**  
Generous wedge of quiche of the day, organic salad, fruit & croissant 15.00

**Crab Cake Sandwich Platter..**  
2 delicious house-made lump crab cakes on a croissant; hash browns or salad; fruit 13.00  
**With Avocado or Bacon** magnifique 14.00  
**With Avocado and Bacon** it's the holy trinity! 15.00

**Croissant Sandwich Platter...**  
one organic egg your way, choose any meat, or vegetarian sausage, choice of cheese, salad, fruit 11.00

**Hummus Platter.....**  
Delicious homemade hummus with warm pita, lots of vegetables, black olives (great to share) 12.00



**tweet**  
...let's eat  
5020 N. Sheridan Road, Chicago  
www.tweet.biz • 773-728-5576  
Open 7 Days a Week: 8:30 a.m. to 3 p.m.

## Eggs .....

**Served with:** hash browns or salad, choice of toast or sliced tomato, fruit cup.

<b>2 Uncaged Eggs</b> any way you would like	8.00
them. With all the goodness of organic eggs from happy chicks.	
Scramble in <b>Lox</b>	11.00
Scramble in <b>Lox &amp; Cream Cheese</b>	12.00

## 2 Eggs served with.....

Your choice of:

Country Sausage Patties or Links, Bone-in Ham	
Prairie Grove Bacon, Chicken Sausage,	
Canadian Bacon, Turkey Sausage,	
Veggie Sausage Patties or Links	11.00
Egg Substitute, Egg Whites	add 1.00

**Beautiful Benedicts**  
All Benedicts served with a fresh fruit cup and choice of hash browns, salad or sliced tomato  
Make it extra delicious, add Canadian bacon, Prairie Grove bacon, sliced turkey, patties or chicken sausage to any Benedict 2.50

**Crabcakes Hollandaise**  
2 delicious crabcakes with 2 organic eggs nestled under hollandaise sauce on an English muffin. 14.00

**Eggs Benedict**  
2 organic eggs with Canadian bacon, hollandaise on an English muffin. 11.50

**California Benedict**  
2 organic eggs with avocado, grilled tomato, hollandaise 13.00

**Eggs Florentine**  
2 organic eggs with spinach, hollandaise on an English muffin. 11.50 add Lox 4.00

**Veggie Benedict**  
2 organic poached eggs, 2 veggie patties, hollandaise on an English muffin. 11.50

**Country Benedict**  
fluffy biscuit cut in half, country sausage patties, two poached organic eggs smothered in amazin' sausage gravy. 11.50

**Portobello Benedict**  
veggie & gluten free! Two grilled mushroom caps topped with spinach, 2 organic poached eggs, hollandaise. 13.00

**Low Carb Benedict**  
2 organic poached eggs on 6 oz. grilled steak, sauteed spinach and grilled tomato, hollandaise. 16.00

## Breakfast Burritos .....

**All Burritos served with:** crème fraiche, pico de gallo, red salsa & fruit cup

<b>#1 - Numero Uno:</b> Flour tortilla stuffed with scrambled organic eggs, ham, cheddar, tomato	11.00
<b>#2 - Numero Dos:</b> Spinach tortilla stuffed with mixed vegetables, organic beans, cheddar, scrambled organic eggs	11.00
<b>#3 - Numero Tres:</b> Tomato-basil tortilla stuffed with chorizo, organic eggs and chihuahua cheese	11.00
<b>#4 - Numero Cuatro:</b> Flour tortilla stuffed with organic beans, organic eggs, avocado, choice of cheddar or chihuahua cheese	11.00
<b>#5 - Numero Cinco:</b> Vegan's delight, flour tortilla stuffed with organic beans, organic brown rice, avocado, pico de gallo, organic tofu scrambled in olive oil. Add crème fraiche or vegan chipotle mayo	11.00
<b>#6 - Numero Seis:</b> Steak Burrito - grilled skirt steak, organic eggs, onions and potatoes, chihuahua cheese, cilantro with Chipotle mayo...stuffed into a flour tortilla...very delicious!	12.00
<b>#7 - Numero Siete:</b> For the <b>Vegan #7</b> , choose a red or green wrap stuffed with the SW Tofu scramble, organic brown rice, organic black beans and sliced avocado; served with red and green salsa. For the <b>Vegetarian #7</b> choose from plain, green or red wrap and add crème fraiche or vegan chipotle mayo	12.00
<b>#8 - Numero Ocho:</b> Dirty Man: one for the meat lovers: chorizo, bacon, ham, scrambled eggs, onions and hash browns (yes, inside the burrito), topped with cheddar cheese. Comes with salsas and crème fraiche.	13.00

**Tony Fitzpatrick's Skirt Steak and 2 Eggs**  
6 oz. skirt steak marinated with seasonings, grilled to your liking, 2 organic eggs your way with toast or tomato; hash browns or organic green salad; fruit cup. 16.00

## Omelettes .....

**3 Uncaged Eggs**, hash browns or organic salad: sliced tomato or toast; fruit cup. 12.00

**Choose 2 ingredients:** mushrooms, spinach, tomatoes, asparagus, onions, shallots, Swiss, cheddar, American, gouda, goat, feta, ham, sausage, chorizo, soyrizo, bacon, chicken sausage, cream cheese, organic tofu, green onion – each additional ingredient 1.00  
add lox 4.00 veggie cheese 2.00 tempeh bacon 2.00

**David Sharpe's Omelette**  
**Aux Asperges et Echalotes** (asparagus & shallots)  
Sauteed asparagus folded into our delicious 3 egg omelette with Swiss cheese and shallots, choice of hash browns or organic salad: sliced tomato or toast, fruit cup. 13.00

## Specialty Omelettes .....

**Danske Omelette** for bleu cheese lovers! Tasty Maytag bleu and fresh sautéed spinach omelette; hash browns or salad; sliced tomatoes or toast; fruit cup. 12.00

**Portland Omelette** organic eggs, chopped bacon, cream cheese, tomato and green onions; hash browns or salad; sliced tomatoes or toast; fruit cup. 13.00

**Heavenly Havarti Omelette** freshly sautéed Granny Smith apple slices and Danish Havarti cheese; hash browns or salad; sliced tomato or toast; fruit cup. 12.00

Even better, get it with apple maple chicken breakfast sausage! 13.00

**Denver Omelette** classic cheddar, ham, onion, green pepper, tomato, choice of hash browns or salad, toast or tomato, fruit cup. 13.00

# Tweet... without the Wheat!



Brunch has never been so tastily gluten-free.

*Please note that while Tweet tries its very best to accommodate alternative diets, these foods are prepared in close proximity to items that are not gluten-free.*

**\*Sub in gluten-free bun, bread (white, wheat, cinnamon raisin), English muffin, or bagel (white, wheat, or seeded) on any sandwich, platter or dish on our regular menu... just add \$1.50\* (subject to availability)**

*Yes, our hash browns are gluten free and delicious!*

## Chilaquiles

Made with El Milagro's gluten-free corn tortilla strips, smothered in house made roasted tomatillo sauce, black beans, topped with avocado, scrambled organic eggs, cheese, peppers, crème fraiche. **13.00**

With chorizo or GF soy chorizo **15.00**

## GF Santa Fe Special

Two house made GF organic black bean patties topped with organic eggs, poached (or your way) topped with choice of house made salsa (green, red or roasted), choice of tomatoes or hash browns or side salad; fruit cup **12.50**  
Want it vegan? substitute tofu for eggs

## NEW Holy Tamale

2 crisp, lightly Cajun seasoned polenta cakes nestled on a bed of sautéed spinach and shallots topped with avocado ensalada, vegan chipotle mayo dressing, garnish green onion, side of black beans, side fresh jalapeno; fruit cup **11**

add two eggs your way (not vegan) **14**  
add vegan/ soy chorizo on side **14**

## Vegan Southwest Tofu Scramble

Tofu scrambled in olive oil with spices, fresh diced red peppers, jalapeno, cilantro, tomato, red onion and side of salsa verde; choose organic brown rice or hash browns (not vegan), side black beans, fruit cup, corn tortillas **12**

## Corn Arepas

Three fresh corn arepas (savory pancakes), 2 organic eggs your way, guajillo sauce, crème fraiche, avocado, cilantro; organic black beans; fruit cup **12.00**

With chorizo or vegan soy-rizo...**14.00**

## Avocado Toast

Healthy avocado tossed with olive oil, cracked pepper, nestled on sliced tomatoes, choice of GF toast, side of pico **Toast** as a side **6.50**

**Platter** with side salad, fruit **11.50**  
(Monday thru Friday fries, tots and sweet potato fries available)

## Vegan Chorizo Tacos

Tasty vegan chorizo sautéed with onions and peppers, nestled in double corn tortillas, topped with diced avocado, fresh tomato, lettuce, sliced lime, choose roasted, red or green house made salsa, side organic black bean and brown rice **10.00**

*Served with fresh fruit cup and organic maple syrup!*

## GF Pancakes and Waffles

Delicious stack of three organic gluten-free pancakes **10.00**

Add chocolate chips, bananas, walnuts, whipped cream **1.00** each

Add extra fruit **2.00** Extra organic syrup **1.50**

## GF Pumpkin Pancakes

Our GF pancakes with a twist... made with pure pumpkin, topped with whipped cream and cinnamon sugar **10.00**

## GF Belgian Waffle

Classic waffle with powdered sugar, a smattering of berries, and whipped cream **10.00**

## Benedicts!

Try our benedicts served on Food for Life's gluten-free English muffins... yum! Comes with a fresh fruit cup and choice of hash browns, salad or sliced tomato.

## GF Eggs Benedict

2 organic eggs with Canadian bacon; hollandaise **13.00**

## GF Eggs Florentine

2 organic eggs with spinach; hollandaise **13.00**

Add lox **3.50**

## GF Portobello Benedict

choose with or without GF English Muffin

Two grilled mushroom caps topped with spinach, poached eggs, hollandaise **12.50**

## GF California Benedict

2 organic eggs with avocado, grilled tomato; hollandaise **13.00**

## GF Low Carb Benedict

2 organic poached eggs on grilled skirt steak, sautéed spinach and grilled tomato; hollandaise, fruit cup **16.00**

*Make it extra delicious, add Canadian bacon, Prairie Grove bacon, sliced turkey, patties or chicken sausage to any of above. **3.00***

## Platters!

### GF Quiche Platter

Our every popular quiche platter is now available Gluten free! Selections may vary. Platter includes generous slice of quiche, fruit, choice of salad, hash browns, chips or tomatoes, GF bread **16.50**

### GF Lox Platter

It's a biggun'! Smoked salmon rose, slices of red onion, cucumber, tomato, capers, hard-boiled egg, cream cheese, salad, fresh fruit, and choice of GF bagel **21.50** *Great to share!*

### Hollywood Beach Protein Platter

2 eggs your way, choose one: grilled chicken breast, ½# burger, grilled organic tofu, plus grilled seasonal vegetables, salsa; choice of salad, cottage cheese, hash browns or sliced tomatoes! **14.00**,  
(sub ½# Bison Burger (add \$2), 6 ou. Skirt Steak (add \$6),

### GF Hummus Bagel **11.50**

**GF Lox Bagel **15.50**** All the fixins, salad, fruit. GF bagel

Tweet is cash only. Atm available in middle room.



## Eggs!

*The goodness of uncaged eggs from happy Amish chicks...*  
Served with fruit cup; side of hash browns or sliced tomato;  
GF toast.

**2 eggs** any way you like them 9.50

**Lox Scramble** 13.50

**Lox and Cream Cheese Scramble** 13.50

**Tofu Egg Scramble** 10.5

**Egg Beaters, Egg Whites** add 1.00

**2 eggs served with...**

Sausage Patties, Links, Prairie Grove Bacon, Ham off the  
Bone, Chicken Sausage or Turkey Sausage 12.50

## Omelettes

All omelettes come with a fruit cup; choice of hash browns,  
salad, or sliced tomatoes; GF toast. 13.50

**Build your own! Choose 2 ingredients:**

mushrooms, spinach, tomatoes, onions, broccoli, asparagus,  
shallots, green onions, mixed peppers, jalapeños, cream cheese,  
feta, goat, Swiss, cheddar, American, Havarti, pepper jack,  
smoked Gouda, Brie, chorizo, soy chorizo, ham, bacon, chicken  
sausage Each additional ingredient 1.00 add lox 4.00

## GF Specialty Omelettes

**The Caprese:** fresh basil, tomato, mozzarella 14.00

**Danske:** sautéed spinach and Maytag bleu cheese. Ja! 13.50

**Dave Sharpe's:** sautéed asparagus, Swiss, shallots 14.50

**Heavenly Havarti:** Granny Smith slices, Danish Havarti 13.50  
(Try it with apple maple chicken sausage, mmm! add 1.50)

**Portland:** bacon, cream cheese, tomato, green onion 14.50

**Denver:** cheddar, ham, onion, green pepper, tomato 14.50

## Corned Beef Hash

House-made corned beef hash with two organic  
eggs, hash browns, fruit cup; GF toast 14.00

## Tony Fitzpatrick's Steak and Eggs

6 oz. seasoned skirt steak grilled to your liking, 2  
eggs your way, choice of salad, hash browns or  
tomatoes, fruit cup; GF toast 17.50

## GF Organic Oatmeal

A hearty bowl of GF stone-cut oatmeal with dried  
fruit. Served with milk or crème fraîche, brown  
sugar, butter 9.00

## GF Bib Im Bop

Tweet's version features a bowl of steamed organic  
brown rice, sautéed spinach, broccoli, steamed bean  
sprouts, spicy kim chee and two eggs made your way  
(or make it vegan with fried tofu); fruit cup. Sub in  
Bragg's Liquid Aminos for soy sauce! 12.00

## Mt Vegan

The bowl you've been waiting for! GF Abundant  
bowl of lightly sautéed seasonal greens, carrots,  
mixed peppers, scallions, jalapeno on a bed of  
organic brown rice, corn tortillas,  
choose tahini or sesame dressing. 13.00  
add black beans 14.50  
add grilled tofu or two eggs your way 15.50  
add grilled chicken breast or customize it to your  
imagination!

## Cobb Salad

Generous organic greens, grilled chicken, Prairie  
Grove bacon, crumbled bleu cheese, hardboiled egg,  
tomato, avocado 14.00

## Mediterranean Salad

Generous organic greens, tomato, red onion,  
Kalamata olives, cucumber, green pepper,  
choice of goat or feta cheese 12.00

## Steak Salad

Generous organic greens, grilled skirt steak, tomato,  
cucumber, carrots, red onions, choice of bleu, feta,  
or goat cheese 16.00

## Tweet Salad

Generous organic greens, tomato, red onion, dried  
cranberries, toasted walnuts, crumbled bleu cheese 9.00

## Spinach Salad

Large bowl of baby spinach, Kalamata olives, cucumbers,  
tomato, red onions, choose bleu, feta or goat cheese 10.00

## Walter Salad

Generous bowl of chopped green leaf lettuce tossed with  
grilled chicken breast, avocado, tomato, cucumber cilantro,  
onions, olive oil and fresh lime juice 12.00

## Southwestern Cobb

A tasty twist; organic greens with spicy seasoned chicken,  
Prairie Grove bacon, roasted organic corn, organic black  
beans, avocado, red onions, shredded cheddar, with a  
cilantro lime dressing 14.00

## Chicken Breast Salad

Organic greens, grilled chicken, tomatoes, cucumbers,  
carrots, choice of bleu, feta, goat cheese 13.00

*Add a grilled chicken breast to any salad add \$5.00*

(You may sub in a spicy seasoned chicken breast or a grilled chopped  
salmon burger also.)

## Sandwiches

*Sandwiches come with: lettuce, tomato, onion, pickle; choose  
one side: hash browns, salad, sliced tomatoes or chips;  
choose one mayo: plain, wasabi, chipotle, basil garlic,  
sundried tomato, vegan chipotle*

## GF Turkey Burgers

**GF 1/3lb.** housemade with lots of fresh  
vegetables 10.50

## GF Portobello Burger

Marinated portobello cap on a GF bun 12.00 **V**

## GF ½ lb. Beef Burger

Delicious all-grain fed patty on GF bun 11.00

## GF ½ lb. Bison Burger

Leaner but just as tasty... on GF bun 14.50

## Classic Grilled Cheese

Generous cheddar (or your choice of cheese) on  
Glutino's GF bread 9.50

**GF Black Bean Burger** house made, salsas 11.00

**Beyond Meat Burger** a tasty and Vegan  
newcomer! 10.50

*All fries available Monday thru Fridays only.*

## Gluten Free a la Carte!

Pork chorizo 3.00 Ham off the bone 4.50  
Soy Chorizo 3.00 2 Apple chicken sausage 3.50  
Sautéed Tofu 3.00 3 Turkey patties 4.00  
Cottage cheese 2.00 2 Sausage patties 4.00  
3 Sausage links 4.00 Yogurt (Greek, strawberry, vanilla) 3.00  
Bacon 3 slices 4.00 Grilled chicken breast 5.00  
Grilled regular or southwest style chicken breast 5.00  
GF English Muffin, GF Bagel 2.50  
all GF toast 1.50

# Tweet Plant Based Signatures

Enjoy all the savory goodness of Tweet cooking  
with the knowledge it's all plant based.

**Vegan Southwest Tofu Scramble** organic tofu scrambled in olive oil with spices, fresh diced red peppers, jalapeno, cilantro, tomato, red onion, side of salsa verde; choose organic brown rice or hash browns (not vegan), side of organic black beans, fruit cup, corn tortillas 12 **GF V**

**Mt Vegan** the bowl you've been waiting for! GF Abundant bowl of lightly sautéed seasonal greens, carrots, mixed peppers, scallions, jalapeno on a bed of organic brown rice, corn tortillas with choice of tahini or sesame dressing 13 **GF V**  
add organic black beans 14.5  
add grilled tofu or two eggs (not vegan) your way 15.5  
add grilled chicken breast (not vegan) or customize it to your imagination!

**NEW Vegan Soyrito Tacos** tasty vegan soyrito sautéed with onions and peppers, nestled in double corn tortillas, topped with avocado, tomato, pico on side, sliced lime; choose roasted, red or green salsa, side organic black beans and brown rice, side jalapeno 10 **GF V**

## **NEW Avocado Toast**

As a side...healthy avocado drizzled with olive oil, cracked pepper, choose your toasted bread, side of pico de gallo 5 **V**  
as a platter, add a side salad and fruit cup 10 **V**

**Buckwheat Pancakes** our delicious pancakes have transitioned! Using agave instead of honey they are now vegan, fruit cup. All the goodness can be yours. 9 **V**

**NEW Holy Tamale** 2 crisp, lightly Cajun seasoned polenta cakes, nestled on a bed of sautéed spinach and shallots topped with avocado ensalada, vegan chipotle mayo dressing, garnish green onion, side of organic black beans, side fresh jalapeno; fruit cup 11 **V GF**  
add two eggs your way (not vegan) 14  
add vegan soy chorizo on side 14

**NEW Beyond Meat Burger** delicious, savory, easy on the eyes, enjoy this burger with your choice of salad or sliced tomatoes or hash browns (not vegan), all the fixins 9 **V GF**  
add vegan sliced Daiya cheddar or provolone cheese 10.5 (I like mine with avocado also)

**NEW Vegan Grilled Cheese** one of my favorites, slice each of Daiya cheddar and provolone, grilled with slice of lighted sautéed tomato, onion, jalapeno inside (you can opt out of any of the inserts), choice of side salad, fruit or sliced tomatoes 10 **V**

**NEW! Amazing Kale Burger** brimming with kale and vegetables this burger has it all. Choice of salad or sliced tomatoes or hash browns (not vegan). 8 **V GF**  
add vegan sliced Daiya cheddar or provolone cheese 9.5

**Portobello Burger** marinated grilled caps topped with organic mixed greens on a toasted sundried tomato focaccia bun, choice of salad, fruit or sliced tomatoes 9  
add sliced Daiya cheddar or provolone 10.5 **V**

**#5 Burrito** Flour tortilla with organic beans, brown rice, avocado, pico de gallo, tofu scrambled in olive oil, red and green salsa, vegan chipotle mayo; fruit cup 11

**#7 Burrito** choose red or green tortilla, SW tofu scramble, brown rice, black beans, sliced avocado, served with red and green salsa and vegan chipotle mayo; fruit cup 12

Of course you can always have hash browns instead of salads, not vegan.

**NEW** We now carry vegan cream cheese 2.5 (great on a bagel!) 4 peanut butter 1.5  
vegan plain yogurt 3.25 , vegan butter .50 vegan mayo .50 chipotle vegan mayo .50

You have all enjoyed the following items on our regular menu vegan style for years.....

**Veggie Blt**, our Housemade **Organic Black Bean Burger**, **Oatmeal**, **Hummus Platter**, and so much more.....

Monday thru Friday our delicious fries, tots and sweet potato fries available

All sandwiches come with lettuce, tomato, pickle and onion

Don't be shy, ask us for something you would love to see on the menu!

We want to feed you! X m

# Tweet Signatures

**Corn Arepas** three fresh corn arepas (savory pancakes), 2 organic eggs your way, guajillo sauce, crème fraiche, avocado, cilantro; organic black beans; fruit cup... 12  
With chorizo or soyrizo... 13.5 **GF**

**iChilaquiles!** corn tortilla strips smothered in roasted homemade tomatillo sauce with black beans, topped with avocado, scrambled organic eggs, cheese, crème fraiche, onions and peppers. Comes with a fresh fruit cup! 13  
With chorizo or soyrizo...15 **GF**

**The Santa Fe Special** two yummy house made organic black bean patties topped with organic eggs (poached or your way) topped with choice of house made salsa (green, red or roasted); hash browns or side salad; fruit cup.  
make it vegan? Sub scrambled tofu for eggs... 11 **V GF**

**Vegan Southwest Tofu Scramble** organic tofu scrambled in olive oil with cumin, garlic, spices, fresh diced red peppers, jalapeno, cilantro, tomato, red onion, salsa verde; choose organic brown rice or hash browns (not vegan), side of organic black beans; fruit cup, corn tortillas 12 **V GF**

**Hollywood Beach Protein Platter** 2 eggs your way, choose one: grilled chicken breast, ½# burger, grilled organic tofu, plus grilled season vegetables, salsa side; choice of salad, cottage cheese, hash browns or sliced tomatoes 14  
Sub ½# bison burger (add\$2), 6 oz. Skirt steak (add \$6),

**Mt Vegan** the bowl you've been waiting for! GF Abundant bowl of lightly sautéed seasonal greens, carrots, mixed peppers, scallions, jalapeno on a bed of organic brown rice, 3 corn tortillas with choice of tahini or sesame dressing 13 add black beans 14.5  
add grilled tofu or two eggs your way 15.5 **V GF**  
add grilled chicken breast or customize it to your imagination!

**Egg Foo "Feel Young" Omelette**, choose organic eggs, egg whites or Egg Beaters stuffed with sautéed vegetables, fresh beans sprouts; hoisin sauce; side of organic brown rice, hash browns or salad; sliced tomato or toast; fruit cup 13

**Caprese Omelette** fresh basil, tomato, mozzarella, hash browns or salad, tomato or toast, fruit cup 12.5

**Eds' Omelette** egg whites with chicken sausage, onions, mushrooms, hash browns or salad, tomato or toast, fruit cup 13

**Portobello Burger** marinated and grilled caps topped with organic mixed greens on a toasted sundried tomato focaccia bun 10.5

**Aebleskiver** the rough Danish equivalent of donuts, these spheres of fried dough are handmade for you in my grandmother's vintage Danish *aebleskiver* pan, served with powdered sugar, maple syrup or honey. Ja! 8 per order... 7

Chipotle, basil garlic, sundried tomato, wasabi mayo for sandwiches  
Wheat and white gourmet buns, sprouted bread available. Items subject to upcharges.

We have many cheeses to add to your dish, cheddar, swiss, american, pepper jack, smoked gouda, bleu, goat, mozzarella, brie, feta, havarti and our vegan cheeses

# Tweet Beverages

Non-alcoholic/Other

## Bottomless Coffee

Custom Tweet blend from Intelligentsia.  
Organic, fair trade, & bottomless! 3

## Mighty Leaf Hot Teas

By the beautiful pot and served in one of  
Tweet's vintage tea cups! Organic honey  
sticks available also. 3 (per bag)

## Iced Coffee

Our famous Tweet coffee chilled, served  
with your own carafe!  
Add simple syrup, choice of creamers, or  
add both. 3

## House Brewed Classic Iced Teas

Served with your very own carafe!  
Choose traditional black or ginger peach,  
both unsweetened. 3  
Lemon upon request.

**Chai Tea Latte** sweetened, choose cold or  
hot, and your choice of milk. 5  
Almond or Soy 6

**Hot Chocolate** Delicious, creamy and  
organic! With whipped cream and the  
fixins; choose your milk. 5  
Almond or soy 6

**San Pellegrino** 16 oz. 5

## Milk Selections

Whole, Skim, 2%,  
Large 3 Medium 2  
Organic vanilla soymilk, organic almond milk  
Large 3.5 Medium 3

## Juices

Fresh squeezed OJ, fresh squeezed  
grapefruit, cranberry juice  
Large 4 Regular 3  
Pineapple juice 3.25  
Carafe of OJ or grapefruit juice 15

## Lemonade

Freshly squeezed, with small carafe 4  
**Virgin Lavender Drop** Lemonade and  
lavender simple syrup 5  
**Arnold Palmer** lemonade and ice tea 4

**Coke, Diet Coke, Ginger Ale** 3

**IZZE soda** (Selections vary, may include  
Pomegranate, Blackberry, Blueberry,  
Clementine) 3.5

**Root Beer** Locally made 4

**Ginger Beer** 4

**Root Beer Float** with vanilla ice cream! 6

**Milkshake** A diner's must have. Strawberry,  
chocolate, vanilla, topped with whipped cream  
(is there any other way??) 6

Tweet custom mugs are available for \$8  
Great for gifts!

