

21 elk ave.
(970) 349 - 5434

serving it up daily 7am-2pm



fall 2017
v = VEGAN
gf = GLUTEN FREE

BREAKFAST

- QUICHE** \$6
daily variety - all-butter crust, served on bed of greens
 - FRITTATA - gf** \$6
daily variety - served on bed of greens
 - EGG BAGEL SANDWICH** \$6
fried egg, cheddar, tomato jam, & greens*
 - PASTRAMI EGG SANDWICH** \$8
bison pastrami, fromage blanc, fried egg, salsa, & greens*
 - GREENS EGG & HAM** \$8
fried egg, local ham, pesto mayo, & greens on sourdough*
 - BAGEL & CREAM CHEESE** \$3.5
add herbed cream cheese (+\$.5)
 - SAUSAGE AND EGG BURRITO** \$7.5
quinoa, kale, avocado, pork sausage, scrambled egg, salsa
 - SCRAMBLED EGG BURRITO** \$7.5
quinoa, kale, avocado, scrambled egg, salsa
 - BBQ VEGAN TEMPEH BURRITO** \$7.5
quinoa, kale, avocado, carrots, tempeh, house bbq sauce
- *burritos available **gluten-free** - unwrapped on a bed of greens**
- COCONUT CHIA PORRIDGE - gf** \$7
served cold with fresh fruit, house-made almond milk, walnuts, honey, & cinnamon sugar
 - MAPLE YOGURT PARFAIT - gf** \$7
housemade yogurt & granola, fresh fruit, VT organic maple

LUNCH

- *lunch sandwiches include your choice of side (or skip the side -\$3)**
- APPLE PANINO** \$11.5
basil pesto, apple, sharp cheddar, grilled on birdseed
 - GREEN PARTY PANINO - v** \$11.5
sprouted hummus, basil pesto, salsa, avocado, & spinach on sourdough
 - TURKEY SALAD SANDWICH** \$12
with almonds, cranberries, apple, red onion, & local greens on birdseed
 - HAM & CHEESE MELT** \$12
choose cheddar or swiss, with pickles & local greens on birdseed
 - CARROT GINGER SOUP - v, gf** \$4.5 / 6
with coconut milk and fresh cilantro
 - HOUSE SALAD - v** \$9
greens, carrots, cabbage, radish, sunflower seeds, hummus, toast
- *dressings: ginger-miso; lemon-parsley; maple-balsamic; honey-dijon**

SIDES

- sourdough toast \$2
- side salad \$4.5
- southwest quinoa \$4.5
- homefries \$4.5
- cup of soup \$4.5
- chips n salsa \$4.5

KIDS

- PB & J \$5
- grilled cheese \$5

HAPPY OFFSEASON!

OPEN EVERY DAY - WEEKEND SPECIALS

We are proud to serve our community and committed to staying open through the off-season. We have reduced the range of our kitchen offerings in an effort to maintain a small and efficient staff through the slow months. We will offer weekend specials from Friday to Sunday weekly. Come join us and enjoy the beautiful fall! We love you Crested Butte!

WE'RE BUYING A FARM!

Mountain Oven is thrilled to announce we are in the process of buying a farm in Paonia, CO. We are in the planning stages for the build out of an on-farm production bakery and kitchen. We also plan to grow food for our cafe, which will continue to serve the community of Crested Butte. **We are seeking investment and partners - email bread@mountainoven.com if you are interested in being a part of this vision.**



WEEKEND SPECIALS

served Friday through Sunday 7am - 2pm

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| CHILAQUILES - gf | \$12 |
| <i>blue corn chips, red chili mole, 2 eggs* any style, avocado, spanish radish, cilantro, & yogurt - with choice of breakfast side</i> | |
| MARKET OMELETTE | \$10 |
| <i>farmers market vegetables, 2 egg omelette with toast, butter, & jam</i> | |
| BREAD PUDDING | \$7.5 |
| <i>with local pear sauce, toasted walnuts, cream cheese icing</i> | |
| SMOTHERED BURRITO | \$10 |
| <i>burrito, red chili mole, cheddar</i> | |
| BISON PASTRAMI REUBEN | \$12 |
| <i>longmont bison pastrami, house-made sauerkraut, swiss, & russian dressing on spiced sourdough rye</i> | |
| VEGAN BURGER - v | \$12 |
| <i>spiced pinto and brown rice patty on white sourdough with hummus, greens, carrot kimchi, & tomato</i> | |
| TEMPEH MISO BUN | \$11.5 |
| <i>sauteed tempeh, kale, carrots, sweet miso marinade with pickles & cream cheese on burger bun</i> | |
| GRASSFED BURGER | \$12 |
| <i>served on house bun with lettuce, pickles, tomato & choice of side</i> | |
| <i>1/3lb local grassfed & grass-finished beef* from Laz Ewe 2 Bar</i> | |
| <i>+\$1.5 ea: cheddar, swiss, fromage blanc</i> | |