

21 elk ave.
(970) 349 - 5434

breakfast and lunch
served 7am-2pm daily



winter 17 - 18
v = VEGAN
gf = GLUTEN FREE

BREAKFAST SANDWICHES

- EGG BAGEL \$6
fried egg, cheddar, tomato jam, & greens*
- PASTRAMI EGG & CHEESE \$8
bison pastrami, cream cheese, fried egg, lacto-chili sauce, & greens*
- THE ROCKET \$7
fried egg, arugula pesto, carrot kimchi, & greens*
- TURKEY AVO \$8
turkey breast, fried egg, avocado, tahini sauce & spinach*
- GAUCHO BUN \$9
braised & shredded beef, fried egg, chimichurri, & greens on house bun*

MORNING GLORY BOWLS

gluten-free and probiotic

- TAHINI BOWL \$8
spinach, quinoa, fried egg, baba ganouch, dilly beans, tahini sauce*
- DR. SHERIFF BOWL \$8
kale, homefries, scrambled eggs, pork sausage, lacto-chili sauce*
- PURPLE BOWL \$8
greens, quinoa, fried egg, pickled beets, purple kraut, chimichurri, crema*
- MISO MI BOWL \$8
*quinoa, carrots, mushrooms, kale, kimchi, sweet miso, over easy egg**

BREAKFAST SIDES

- sourdough toast \$2 two local eggs \$4
- homefries \$4.5 side salad \$4.5
- bagel & cream cheese \$3.5 (+\$.5 herbed cc)

BREAKFAST SPECIALTIES

- SAUSAGE & 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 - v \$7.5
quinoa, kale, avocado, carrots, tempeh, house bbq sauce
- SMOTHERED BURRITO \$10
with red chili mole & cheddar
- CHILAQUILES - gf \$12
blue corn chips, red chili mole, 2 eggs any style, avocado, kraut, cilantro, & yogurt - with choice of breakfast side*
- QUICHE \$6
daily variety - all-butter crust, served on bed of greens
- BISCUITS & GRAVY \$12
*butter milk biscuits, sausage gravy, 2 eggs over easy**
- FRITTATA - gf \$6
daily variety - served on bed of greens
- OMELETTE \$10
seasonal vegetables, 2 egg omelette with toast, butter, & jam*
- COCONUT CHIA PORRIDGE - gf \$7
served cold with fresh fruit, house-made almond milk, walnuts, honey, & cinnamon sugar
- BRIOCHE BREAD PUDDING \$7.5
with local pear sauce, toasted walnuts, cream cheese icing
- MAPLE YOGURT PARFAIT - gf \$7
housemade yogurt & granola, fresh fruit, VT organic maple

our scrambled eggs and omelettes are prepared with a small amount of dairy - dairy free available upon request

these items may be served raw or undercooked, or contain raw or undercooked ingredients: consuming raw or undercooked meats or eggs may increase your risk of foodborne illness

WELCOME LETTER

WE'RE BUYING A FARM!

Mountain Oven is thrilled to announce we are buying a farm in Paonia, CO. We are in the early stages of building an on-farm production bakery and kitchen through the winter of 2017-2018. We will move our primary production to our new kitchen in Paonia in April 2018. From this kitchen we will bake and distribute our breads and pastries throughout the Western Slope. We are simultaneously looking for a new space to operate a retail bakery storefront in Crested Butte. **We are seeking investment and partners who are inspired by and believe in our vision and commitment to nourishing food, community, and place- please email bread@mountainoven.com if you are interested in being a part of this vision. Thank you for your support!** -Chris Sullivan, founder and owner

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LUNCH

lunch sandwiches include your choice of side (or skip the side -\$3)

TURKEY SALAD SANDWICH \$12

*with almonds, cranberries, apple, red onion,
& local greens on birdseed*

BISON PASTRAMI REUBEN \$12

*longmont bison pastrami, house-made sauerkraut, swiss,
& russian dressing on spiced sourdough rye*

VEGAN BURGER - v \$12

*spiced pinto and brown rice patty on white sourdough
with greens, carrot kimchi, & tahini sauce*

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*

TEMPEH MISO BUN \$11.5

*sauteed tempeh, kale, carrots, sweet miso marinade
with pickles & cream cheese on burger bun*

BEEF & VEGGIE POT PIE \$12

*ground beef, seasonal root vegetables, mushrooms,
warming herbs, puff pastry crust, served with side salad*

SOUP DU JOUR \$4.5 / 6

seasonal soups made from scratch in house

HOUSE SALAD - v \$9

greens, carrots, cabbage, radish, sunflower seeds, hummus, croutons

dressings: ginger-miso; lemon-parsley; maple-balsamic; honey-dijon

LUNCH SIDES

german potato salad \$4.5

side salad \$4.5

southwest quinoa \$4.5

homefries \$4.5

cup of soup \$4.5

chips n salsa \$4.5

KIDS MENU

PB & J \$5

oatmeal & fruit \$5

grilled cheese \$5

egg & toast \$5

WEEKEND BRUNCH SPECIALS

served Friday through Sunday 7am - 2pm

EGGS BENEDICT \$14

local bacon, poached eggs, hollandaise*
on sourdough english muffin*

EGGS FLORENTINE \$12

wilted spinach and caramelized onion, poached eggs, hollandaise*
on sourdough english muffin*

CALIFORNIA BENNIE \$12

avocado, tomato jam, poached eggs, hollandaise*
on sourdough english muffin*

VEGGIE PAPUSAS \$13

*masa harina cake, sweet potato, root veggies, chimichurri, crema,
pickled fennel and cauliflower *prepared with pastured lard**

BRAISED BEEF PAPUSAS \$14

*masa harina cake, shredded beef, carrot, kale, chimichurri, crema,
pickled fennel and cauliflower *prepared with pastured lard**