

Tryst Cafe

21050 N Tatum Blvd 85050-4260 · +14805857978 · Updated: Jan 14, 2026

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2-EGG BREAKFASTS 5

Corned Beef Hash and Eggs **\$16.99**

Eggs your way with house made corned beef hash and leeks, with sweet potato tots and toast.

Tryst Breakfast **\$15.00**

Eggs your way; sweet potato tots, toast, and your choice of bacon or pork sausage. Chicken Sausage +2

Steak and Eggs **\$19.00**

Naturally raised grilled steak served with eggs your way, roasted red potatoes and toast.

Hawaiian Breakfast **\$15.00**

Two fried eggs, house smoked Kalua pork, cabbage, and sweet potato tots.

Chilaquiles **\$14.75**

Tri-color tortilla chips, smokey salsa, cotija cheese, topped with two eggs your way, guacamole, pico de gallo, sour cream. Add chicken 7 / Add avocado +4.75

BREAKFAST SANDWICHES 3

Breakfast Sandwich **\$14.75**

Two scrambled eggs, applewood smoked bacon and jack cheese on a croissant. V: exchange bacon for avocado and/or tomato

Breakfast Burrito **\$15.75**

Two eggs scrambled, chorizo, black beans, jack cheese, and pico de gallo wrapped in a fresh tomato tortilla. V: exchange chorizo for avocado

Breakfast Quesadilla **\$15.50**

Tomato basil tortilla filled with scrambled eggs, pepper jack cheese, red potatoes, grilled onions, and pico de gallo. V: exchange eggs for avocado

BENEDICTS 3

Tryst Benedict **\$15.75**

English muffin, avocado, spinach, roasted tomato, fresh mozzarella and over-easy eggs topped with Anaheim chile sauce. Add bacon or pork sausage +4.25

Chorizo Benedict **\$16.75**

English muffin, applewood jack cheese, chorizo, topped with poached eggs, Anaheim chile sauce, and Pico de Gallo.

Turkey Benedict **\$16.75**

Roasted turkey, mozzarella, roasted red pepper, topped with poached eggs and Anaheim chile sauce.

OMELETS 5

Denver Omelet	\$15.75
Ham, red and green pepper, red onion, chopped asparagus, pepper jack cheese, topped with Sriracha aioli drizzle.	
Super Kale Omelet	\$16.75
Egg white omelet with sauteed kale, spinach, roasted tomato, goat cheese, avocado and flax seed; with fruit, no bread.	
Meat Lovers Omelet	\$16.75
Applewood smoked bacon, pork sausage, ham and cheddar cheese.	
Veggie Omelet	\$15.00
Roasted red peppers, spinach, mushrooms, grilled onions and avocado with cheddar 15	
Spanish Omelet	\$16.75
Chorizo, applewood smoked bacon, red and green peppers, grilled onions, pepper jack cheese, topped with Sriracha aioli drizzle.	

SENSIBLE SELECTIONS 4

Avocado Toast	\$14.99
Mashed avocado, microgreens, asparagus, cilantro, EVOO, pomegranate, roasted garbanzo beans, lime oil on non-GMO wheat bread and agave chipotle glaze; side salad. Add an egg! +2.95	
Caprese Avocado Toast	\$15.99
Mashed avocado, smoked tomatoes, mozzarella, basil, balsamic glaze, lime oil on non-GMO wheat bread and agave chipotle glaze; side salad.	
Asian Jackfruit Bowl	\$16.75
Warm quinoa, sautéed onions, carrots, peas, jackfruit tossed in an agave chipotle sauce.	
Organic Oatmeal	\$9.50
Your choice of brown sugar, almonds, milk.	

FROM THE GRIDDLE 5

Traditional French Toast	\$12.25
Topped with whipped butter & powdered sugar. Add almonds +1. Gluten-free +2	
Pecan Crusted French Toast	\$13.25
Topped with whipped butter & powdered sugar. Add almonds +1	
Strawberry Custard French Toast	\$16.75
Stuffed with strawberry cream cheese and topped with fresh strawberries, raspberry drizzle and powdered sugar.	
Banana Quinoa Pancakes	\$15.00
Buttermilk Pancakes	\$12.50
Topped with whipped butter. Add ins 2.75: Blueberries Strawberries Chocolate Chips Bananas Foster Granola Pineapple Candied Walnuts Bacon and Chocolate Chips 4	

SIDES 4

Protein

1 Egg GF 2.95 | Applewood Bacon GF 4.50 | Chorizo GF 4.75 | Side Lox GF 7.50 | Pork Sausage Links GF 4.25 | Chicken Sausage GF 4.75 | Side
Corned Beef Hash GF 6.25 | Side Kalua Pork GF 6.25 | Side Ham GF 4.50 | Chi GF 6 | Ahi GF 6

Veggies

Roasted Red Potatoes GF V 4.25 | Sweet Potato Tots GF V 4.25 | Side Salad GF V 4.25 | Side Asparagus GF V 4.50 | Grilled Veggies GF V 4.50 |
Black Beans GF V 3.50 | Jasmine Rice GF V 3.50

French Toast

1/2 Order GF 6.50 | 1/2 Order Pecan Crusted GF 7 | 1/2 Order Strawberry Custard GF 9

Pancakes

Side Pancake 6.50 | Side Banana Quinoa Pancake GF V 8

KIDS MENU 4

French toast	\$7.50
Mini cheese omelet and toast	\$8.00
1 strip bacon, 3 pancakes	\$8.25
1 egg, 1 strip bacon, toast	\$6.50

STARTERS 10

Roasted Buffalo Cauliflower	\$9.85
Served with Ranch	
Crispy Quinoa Avocado	\$11.75
Quinoa coated avocado, fried to golden brown, with house made roasted red pepper aioli	
Riblets	\$13.50
Tossed in a sweet chipotle sauce, with Ranch	
Calamari	\$15.50
Lightly battered, fried to golden brown	
Hummus Trio	\$13.50
Red Beet, Cilantro Jalapeño, Traditional. Served with cucumbers and pita	
Beer Battered Green Beans	\$14.50
Tri color corn chips, avocado, black beans, pico de gallo, guacamole, sour cream	
Caprese	\$12.00
Fresh Mozzarella, tomato, fresh basil, drizzled with EVOO & balsamic vinegar reduction	
Chicken Tortilla Soup	AVAILABLE OPTIONS
Garnished with tortilla strips, sour cream and fresh pico de gallo	Small: \$7.00
	Large: \$9.00

Desert Ridge Summer Rolls	\$8.00
Daikon sprouts, shredded carrots, cilantro, cabbage, and mango wrapped in rice paper, accompanied by a sweet chili sauce	

Garlic Parmesan Fries	\$9.00
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SALADS 5

Seared Ahi Salad	\$19.00
Cajun crusted Ahi, seared rare, organic greens, organic sprouts, grilled asparagus, shredded carrots, tomatoes, avocado, tossed in balsamic vinaigrette	

Southwestern Salad	\$16.25
Organic romaine, black beans, corn, red bell peppers, avocado, pico de gallo, tortilla strips and house chipotle ranch dressing	

Grilled Chicken & Goat Cheese Salad	\$17.75
Served with asparagus, pears, raisins, and candied walnuts over a bed of organic greens, raspberry vinaigrette dressing	

Steak Salad	\$19.00
Grilled sirloin, organic greens, romaine, tomatoes, gorgonzola crumbles, onion strings, candied walnuts, cilantro ranch dressing	

Beet Salad	\$14.00
Organic greens, poached yellow & red beets, goat cheese, tossed with agave lime vinaigrette	

BURGERS 4

Beef Burger	\$15.75
Naturally raised beef burger (cooked to order), lettuce and tomato	

Bison Burger	\$19.99
Naturally raised Bison (cooked to order), Gorgonzola cheese, arugula, crispy onions, house sauce	

Sweet Potato Veggie Burger	\$15.50
House made veggie burger, on non-GMO wheat bread with lettuce, tomato, avocado, chipotle aioli	

BBQ Bacon Burger	\$19.50
Natural beef burger (cooked to order), white cheddar, Applewood smoked bacon, lettuce, tomato, onion strings and BBQ sauce	

ENTREES 5

Anaheim Salmon	\$23.75
Grilled Icelandic sockeye salmon served over Anaheim chile and rustic white beans, garlic roasted tomato, and sweet potato tots	

Hemp Seed Tamale	\$16.75
Topped with a poblano cream sauce, side salad with agave lime dressing	

Creamy Pesto Penne	\$17.75
Penne pasta, grilled chicken, spinach, roasted red peppers, tossed in a creamy pesto sauce	

Thai Shrimp Lettuce Wraps	\$17.99
Warm flour tortillas, bibb lettuce, carrots, crispy wontons	

Asian Jackfruit Bowl	\$18.50
Jasmine rice, avocado, mango, cucumber, carrots, red bell pepper, citrus ponzu sauce, sesame seeds	

SANDWICHES 7

The Roast Beast	\$17.25
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Naturally raised, thinly sliced roast beef with white cheddar and grilled red onions on a ciabatta served with Au Jus

Kalua Pork	\$16.75
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Fresh house smoked Kalua pork, coleslaw and barbecue sauce on a brioche bun with sweet potato tots

Naturally Raised Buffalo Chicken Wrap or Sandwich	\$16.99
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Grilled chicken tossed in a spicy buffalo sauce, lettuce, tomato, avocado and ranch dressing in a tomato basil tortilla or brioche bun

Ahi Tuna Melt	\$18.50
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Ahi tuna seared rare, dill slaw, Swiss cheese, lettuce, tomato on parmesan crusted sourdough bread, with a house salad

Kale Wrap	\$15.75
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Hummus, kale, spring mix, mushrooms, roasted tomato, avocado, roasted carrots and flax seeds tossed in balsamic vinaigrette, wrapped in a wheat tortilla with side of fruit

Reuben	\$17.25
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House made corned beef and sauerkraut with stone ground mustard seed, Swiss, and thousand island dressing on marble rye

Turkey Wrap or Sandwich	\$17.75
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Boar's Head mesquite turkey breast, tomatoes, fresh mozzarella, lettuce, pesto, in a whole wheat tortilla or ciabatta with house salad

TACOS 6

Shrimp Tacos	\$17.50
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Sautéed shrimp, cabbage, mango, avocado, pico de gallo, cilantro and lime aioli

Pork Adobo Tacos	\$16.50
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All natural house smoked pork, simmered with spices and achiote sauce in a corn tortilla topped with red cabbage, habanero cream

Fried Fish Tacos	\$17.50
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Tempura battered cod, cabbage, pineapple, pico de gallo, chipotle ranch

Cauliflower Tacos	\$17.00
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Tempura cauliflower, cabbage, carrots, pineapple, chipotle aioli

Steak Tacos	\$18.50
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Grilled steak, grilled red & green bell peppers, grilled onion, chipotle ranch

Chicken Tacos	\$17.50
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Grilled chicken, grilled red & green bell peppers, onions, chipotle ranch