

# Cafe Frais

## BREAKFAST (served until 11:30am)

**GRILLED BURRITO** 5.5  
local brown eggs, salsa verde, cheddar, breakfast potatoes, choice of meat

**BREAKFAST TACO** 4  
corn flour tortilla, chorizo, breakfast potatoes, salsa verde, cheddar, local brown eggs

**BREAKFAST BOWL** 6.5  
breakfast potatoes, choice of meat, fried egg, chipotle maple ketchup, toast

**FRUIT AND YOGURT PARFAIT** 4  
greek yogurt, berry compote, granola, agave nectar

**BREAKFAST SANDWICH** 4  
local brown eggs, choice of meat/cheese, choice of bread

**MEAT CHOICES:** pa scrapple, chorizo, bacon, chicken sausage

**BREAD:** brioche, multigrain, bagel, asiago bagel

**CHEESE:** smoked gouda, cooper american, cheddar, swiss

### EXTRAS

toast 1  
breakfast potatoes / egg scramble / egg white 3  
meat 3

## SUNDAY CHEFS BRUNCH

8-3pm

## LUNCH / DINNER

### BURRITO / BOWL (white or wheat tortilla / bowl)

**LIBERTY STREET** 8.5  
chipotle pork, rice & beans, queso, crushed doritos, pickled jalapeño

**ALLEN STREET** 8.5  
grilled chicken, rice & beans, 4 cheese blend, salsa verde, crema

**CHEW STREET** 8.5   
Grilled tofu, rice & beans, peppers & onions, ranchero

**TILGHMAN STREET** 8.5  
shredded beef, rice & beans, queso, lettuce, ranchero crema

**BUILD YOUR OWN** 8.5

**EXTRAS** .5 guacamole / sour cream

### SANDWICH

**PEPPERED TURKEY** 7.5  
Peppercorn aioli, pepper jack cheese, pickled peppers, lettuce

**CLASSIC ROAST BEEF** 7.5  
horsey mayo, pickled red onions, swiss

**TUNA SALAD SANDWICH** 8  
lettuce, tomato

**HALF SANDWICH / SMALL SOUP COMBO** 8

### SALAD 8 BUILD YOUR OWN 8.5

**BABY KALE CAESAR SALAD**  
house roasted garlic dressing, herb croutons, parmesan cheese

**HARVEST SALAD**  
house white balsamic dressing, pepitas, roasted squash, dried apricots & cranberries, crumbled blue

**SPINACH SALAD**  
house red wine vinaigrette, roasted local mushrooms, pickled onions, goat cheese

**SOUTHWEST SALAD**  
avocado lime ranch, romaine, roasted corn salsa, 4 cheese blend, pepitas

**DRESSINGS**  
avocado ranch / buttermilk ranch / caesar / red wine vinaigrette / white balsamic vinaigrette

**EXTRAS**  
local hard boiled egg 2  
grilled chicken 3  
grilled local tofu 3

### HOT SOUP small 3.5 large 5

chicken noodle soup / chefs daily soup

## BEVERAGES

**COFFEE / TEA**  
12 oz. 2  
16 oz. 2.5

**COLD BREW**  
12 oz. 2  
16 oz. 2.5

**VIETNAMESE COFFEE**  
12 oz. 3.5  
16 oz. 4

**SMOOTHIES** 12 oz. 5.5 16 oz. 6.5

**WATCH THE SUN RISE**  
strawberries, peaches, bananas & orange juice

**PURPLE PLANT EATER**  
blueberries, raspberries, bananas & apple juice

**STRONG ISLAND**  
mango, banana, coconut milk & pineapple juice

**ADD ONS:** pea protein / green superfood / chia seeds / hemp seeds / greek yogurt / peanut butter / turmeric / spirulina

**GREEN LIGHT**  
pineapple, kale, bananas & coconut water

**DR. JULIUS**  
bananas, protein powder, turmeric & orange juice

**QUEEN BUTTERCUP**  
bananas, cocoa powder, peanut butter & almond milk

**MILKSHAKES**  
12 oz. 4  
16 oz. 5

**TURBO MILKSHAKES**  
coffee with ice cream  
12 oz. 4.5  
16 oz. 5.5

**KOMBUCHA** 4.75

**A-TREAT** 1

**LA COLOMBE CANS** 3.5

**WATER** 2.5

## ICE CREAM

single 3.5 double 4.5

## ACAI BOWL 10

acai sorbet, sliced banana, berry compote & granola

ADD TOPPINGS .25

# Cafe Frais

## CHEF FEATURES

### POKE BOWL 11

seasoned wild rice, cucumbers, edamame, carrots, wakame salad, spicy mayo, yuzu glaze, sesame seeds, raw marinated tuna

### SPICY SHRIMP BOWL 11

seasoned wild rice, cucumbers, edamame, carrots, wakame salad, spicy mayo, yuzu glaze, sesame seeds, spicy shrimp

### COLD NOODLE BOWL 9

### RAMEN BOWL 11

house chicken broth, soy sauce, garlic, chili, smoked pork, egg, scallion

### TRE BURGER 10

local beef patty, pickled onion, jalapeño, Tre sauce, american, shaved lettuce

### VEGAN BURGER 9.5

multigrain toast, guacamole, shaved lettuce, pickled jalapeños, ranchero sauce

### PORK BELLY TACOS 10

smoked pork belly, chipotle sauce, shaved lettuce, crema, corn salsa

### TUNA NACHOS 11

raw marinated tuna, cucumbers, wakame salad, spicy mayo, sesame seeds, corn tortilla chips

### SEASONAL FLATBREAD 10

apple jam, crumbled blue cheese, local mushrooms, spinach, pickled red onions



The Tre Locally Sourced Food Truck is available for corporate catering service, weddings, private parties & events.

## La COLOMBE

COFFEE ROASTERS



### LOCAL PURVEYORS:

wild fox farm | the nesting box | valley milkhouse.

## DORM DELIVERY AVAILABLE

2301 Liberty St, Allentown, PA 18104

484-221-9654

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GRUBHUB

seamless