



# BREAKFAST

<b>AVAILABLE IN THE MARKETPLACE</b>	<b>Whole Fruit</b>	1
	<b>Fruit Cup</b>	4
	<b>Boiled Eggs (2)</b>	3
	<b>Yogurt Parfait</b>	6
	<b>Soft Drinks &amp; Other Beverages</b>	3-8

## NOURISH

- Roasted Asparagus Frittata** 12  
Cage-free eggs, oven-roasted asparagus, & goat cheese with a drizzle of Hollandaise sauce, served with arugula salad, roasted tomatoes, & balsamic vinaigrette (GF)
- Green Goddess Breakfast Wrap** 12  
Cabbage slaw with Green Goddess dressing scrambled egg whites, avocado, and Mozzarella cheese in a whole-wheat tortilla wrap (V) or gluten-free wrap (GF) served with choice of roasted fingerling potatoes, fresh fruit, or breakfast salad
- Avocado Toast** 9  
Avocado, sprouted wheatberry bread, roasted tomatoes, arugula, and parmesan cheese (V) add an over-easy egg 2
- Sweet Oatmeal** 9  
Fresh oatmeal with roasted pears, salted caramel drizzle and Greek yogurt garnished with cinnamon (V, GF)

## CRAVE

- Two Eggs Your Way** 11  
Two fresh cage-free eggs, bacon or turkey sausage, toast and choice of roasted fingerling potatoes, fresh arugula, or fresh fruit
- Western Poblano Omelet** 12  
Cage-free eggs, roasted poblano peppers, onions, bacon, and Cheddar cheese served with choice of fresh arugula, roasted fingerling potatoes, or fresh fruit (GF)
- Bacon, Egg, & Cheese Biscuit** 11  
Bacon, over-easy egg, and Cheddar cheese served on a biscuit with your choice of fresh arugula, roasted fingerling potatoes, or fresh fruit.
- Steak & Egg Bowl** 14  
Hand-sliced flank steak with roasted fingerling potatoes, blend of Mozzarella, Cheddar, & Monterey Jack cheeses, over-easy egg, Hollandaise sauce, & chives (GF)
- Pearl Sugar Citrus Waffle** 9  
Pearl sugar Belgian waffle with a honey citrus glaze, oranges, fresh berries, and Greek yogurt (V)
- Toast** 3  
Choice of brioche, multigrain or sourdough
- Muffins** 3  
Ask your server for today's muffin flavors

## BEVERAGES

- |                             |   |                             |   |
|-----------------------------|---|-----------------------------|---|
| <b>Fresh Brewed Coffee</b>  | 3 | <b>Latte</b>                | 4 |
| <b>Single Shot Espresso</b> | 3 | <b>Hot Tea</b>              | 3 |
| <b>Double Shot Espresso</b> | 5 | <b>Premium Orange Juice</b> | 3 |

**Nourish:** Balanced Nutrition + Deliciousness  
**Crave:** Classic Favorites with a Modern Twist

Vegetarian (V) | Gluten-Free (GF)

Our guiding principle is to craft crave-able foods that are balanced and nutritious through the use of ingredients that are fresh, wholesome, and minimally processed.



**SMALL PLATES**

Make it a meal, add a house salad+your choice of side for 5 more

**NOURISH**

**Caprese Salad** 11  
Vine-ripened tomatoes, fresh mozzarella cheese, pesto with a balsamic drizzle & black pepper crostini (V)

**Oven-Baked Shrimp** 15  
Mediterranean seasoned shrimp with a parmesan crust, roasted tomatoes & a lemon garlic white wine sauce garnished with fresh chives (GF)  
Served w/ toasted baguette

**CRAVE**

**Steak Skewers** 14  
Flank steak served with an asian soy glaze, arugula salad & black pepper crostini

**Sweet Harissa or Balsamic Dijon Wings** 12  
Roasted chicken wings tossed with a spicy, sweet, harissa sauce or savory Balsamic Dijon reduction sauce (GF)  
Served w/ pesto ranch, carrots & celery

**SANDWICHES & FLATS**

**NOURISH**

**Mozzarella Chicken Sandwich** 15  
Toasted Brioche Bun with seasoned chicken breast, roasted red peppers, fresh mozzarella cheese, spinach & garlic mayo  
Served w/ your choice of one side

**Apple & Brie Flatbread** 14  
Garlic aioli with Brie, Granny Smith apples, arugula, & a balsamic fig glaze

**CRAVE**

**Herbed Turkey Club** 15  
Wheat Bread with oven-roasted turkey, pesto mayo, fontina cheese, bacon, tomato, & spinach  
Served w/ your choice of side

**Steak Flatbread** 14  
Flank steak with roasted garlic sauce, parmesan, blue cheese, & pesto drizzle

**NOURISH**

**Signature Salad** 12  
Arugula with hard-boiled egg, lemon herb roasted fingerling potatoes, cherry tomatoes, haricot verts, & Kalamata olives with balsamic vinaigrette (V, GF)  
Add Chicken 4, Steak 5 or Shrimp 6

**SALADS**

**CRAVE**

**Mediterranean Avocado Salad** 12  
Mixed greens, diced tomatoes, hard-boiled eggs, roasted corn, fontina cheese, avocado, and spicy tahini dressing (V, GF)  
Add Chicken 4, Steak 5, Shrimp 6

**BOWL**

**CRAVE**

**Macaroni & Cheese** 11  
Three-cheese cavatappi macaroni  
Add Chicken 4, Steak 5, Shrimp 6

**SIDES**

**Side Salad** 5

**Roasted Broccoli** 5

**Fingerling Potatoes** 5

**Macaroni and Cheese** 5

**DESSERTS**

**Chocolate Mousse Cake** 9

**Apple Tart** 8

**Coffee** 3

**Specialty Espresso Drinks** 4

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