



recharge

Frittata |

Your choice of whole eggs or egg whites combined with baby spinach, roasted pepper, gouda and pecorino cheeses, red onion, sundried tomatoes and turkey sausage, served with fresh fruit

Quinoa & Spinach Breakfast Hash |

Over hard egg topped with tomatillo salsa verde, served over black beans, and crispy potato hash with quinoa, spinach and cheddar

Egg & Canadian Bacon Sandwich |

Scrambled egg, red pepper sauce, aged cheddar, and Canadian bacon on a brioche roll, served with fresh fruit

Egg & Turkey Sausage Sandwich |

Scrambled eggs, turkey sausage, fresh tomato, baby spinach and whole grain mustard sauce on a brioche roll, served with fresh fruit

Egg White & Avocado Wrap |

Scrambled egg whites, avocado, fresh mozzarella, cilantro slaw and salsa verde wrapped in a whole wheat tortilla, served with fresh fruit

Salmon Board |

Toasted bagel with thinly sliced smoked salmon, sliced hard-boiled egg, capers, red onion and cream cheese

Morning Refuel Board |

Hard-boiled egg, crispy turkey bacon, fresh fruit, and choice of toast with strawberry preserves

enhance

Power Yogurt |

Greek yogurt with house made granola
contains nuts

Oatmeal |

Steel cut oats topped with brown sugar & raisins, served warm with your choice of milk

Hash |

Crispy potato hash with quinoa and spinach

Fresh Fruit |

Açai Bowl |

Topped with fresh fruit, coconut and house made granola
contains nuts

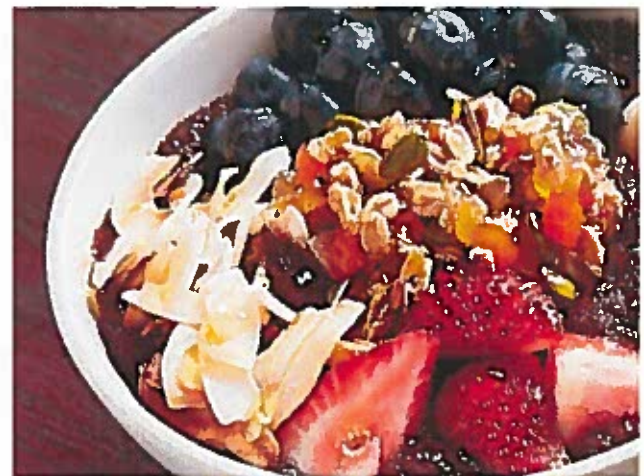
Toast & Bagels* |

Choose 1: Whole Grain, Cinnamon Raisin, Sourdough or Whole Grain Bagel

Croissants & Muffins* |

Choose 1 from our Chef's selection

**Choice of almond butter, strawberry preserves, cream cheese or butter*



Fresh Orange Juice

small | large

Organic Bean-to-Cup Coffee

small | large

Premium Teas

small | large

Milk |

Whole, Skim, Soy, or Almond

invigorate

**Add Whey Protein to any Smoothie |*

Intervention |

Smoothie with berries, peaches, banana, yogurt, orange and pineapple juice

Immunity |

Smoothie with baby spinach, mango, banana, and pineapple juice

Superfood |

Smoothie with açai, berries, banana, and orange juice

entice

Baked Wings |

Crispy chicken wings tossed in BBQ seasoning, served with baby carrots and choice of buffalo or BBQ sauce

Brussels Sprouts |

Roasted Brussels sprouts, turkey bacon, pecorino cheese, and whole grain mustard sauce

Bruschetta |

Whole grain toast topped with fresh mozzarella, house made tomato jam, basil and balsamic glaze

Hummus |

Hummus, extra virgin olive oil and paprika served with fresh cucumber, carrots and warm naan bread

Guacamole |

Fresh made guacamole served with blue corn chips

Spinach Artichoke Dip |

Spinach mixed with artichoke hearts, cream cheese and smoked gouda, served hot with naan bread and blue corn chips



inspire

Margherita Flatbread |

Tomatoes, fresh basil, and tomato sauce topped with mozzarella cheese on flatbread crust, brushed with olive oil

Chicken & Roasted Red Pepper Flatbread |

Chicken, roasted red peppers and fresh basil topped with mozzarella and pecorino cheeses on flatbread crust brushed with olive oil

Ultimate Flatbread |

Turkey sausage, Canadian bacon, red onions, balsamic marinated mushrooms and tomato sauce topped with mozzarella and pecorino cheeses on flatbread crust, brushed with olive oil

Kale Krunch |

Lacinato kale, sliced medjool dates, fresh radish, toasted hazelnuts and pecorino cheese tossed in our house made lemon vinaigrette dressing.
contains nuts

Shrimp & Spinach Salad |

Seasoned shrimp, turkey bacon, roasted cherry tomatoes, red onions and baby spinach tossed in sweet vinaigrette dressing



fulfill

Chopped Cobb |

Fresh romaine lettuce topped with diced chicken, turkey bacon, cherry tomatoes, edamame, goat cheese, red onion, avocado and chopped hardboiled egg, served with vinaigrette dressing

C&K Burger |

All natural beef burger on a brioche bun with cheddar cheese, pickles, tomato, romaine, ketchup and mayo, served with sweet potato fries

Roasted Turkey Sandwich |

Roasted turkey, turkey bacon, cheddar, romaine lettuce, mayo and tomato jam on toasted sourdough, served with sweet potato fries

Chicken Wrap |

Chicken salad with red grapes, pecans and romaine lettuce wrapped in a whole wheat tortilla, served with sweet potato fries
contains nuts

Shrimp Tacos |

Fresh corn tortillas filled with guacamole, cilantro slaw, salsa verde, red onion, and marinated shrimp, topped with sriracha mayo

Chicken Fajita Bowl |

Spice rubbed chicken, black beans, peppers, onions, guacamole and toasted pumpkin seeds over four whole grains, dressed with a warm vinaigrette and served with a side of salsa verde

Roasted Vegetable Skewers & Four Grain Salad |

Marinated and roasted vegetable skewers, served with cucumber, blueberry and whole grain salad

indulge

Chocolate Bundt Cake |

Topped with chocolate frosting, raspberry sauce, and fresh berries

Pineapple Coconut Cake |

Drizzled with sweet mango sauce