

Nourish

Balanced Nutrition + Deliciousness

Roasted Asparagus Frittata* (V, GF) 13

Cage-free eggs, asparagus, goat cheese, & hollandaise sauce; served with arugula salad, roasted tomatoes, & vinaigrette - 567 cal

Green Goddess Breakfast Wrap* (V or GF) 13

Cabbage slaw with Green Goddess dressing scrambled egg whites, avocado, & mozzarella cheese in a whole-wheat tortilla wrap (V) or gluten-free wrap (GF) - 600-696 cal
 Served with choice of one side

Avocado Toast (V) 10

Avocado, everything seasoned bread, roasted tomatoes, arugula, & parmesan cheese. - 598 cal
 Optional: *Add an egg +2

Sweet Oatmeal (V, GF) 10

Fresh oatmeal with roasted pears, almond milk, salted caramel drizzle, & Greek yogurt, garnished with cinnamon- 377 cal

Sides

Roasted Fingerling Potatoes (V, GF) - 144 cal 5

Fresh Fruit (V, GF)- 65 cal 3

Breakfast Salad (V, GF)- 59 cal 5

Crave

Classic Favorites with a Modern Twist

Two Eggs Your Way* 13

Two fresh cage-free eggs, pork bacon or turkey sausage, toast - 640 cal
 Served with choice of one side

Western Poblano Omelet* (GF) 13

Cage-free eggs, roasted poblano peppers, onions, bacon, salsa, & cheddar cheese - 377 cal
 Served with choice of one side

Bacon, Egg, & Cheese Biscuit* 12

Bacon, over-easy egg, & cheddar cheese on a biscuit - 696 cal
 Served with your choice of one side

Steak & Egg Bowl* (GF) 15

Hand-sliced flank steak with roasted fingerling potatoes, blend of cheddar cheese, over-easy egg, Hollandaise sauce, & chives - 788 cal

Pearl Sugar Citrus Waffle (V) 11

Pearl sugar Belgian waffle with a honey citrus glaze, oranges, fresh berries, & Greek yogurt - 704 cal

Toast and Muffins 3

Ask your server for today's selection

Beverages

Freshed Brewed Coffee 3

Hot Tea 3

Premium Orange Juice 3

Latte 4

Single Espresso Shot 3

Double Espresso Shot 4

GF - Gluten-Free

V - Vegetarian

Nourish

Balanced Nutrition + Deliciousness

Crave

Classic Favorites with a Modern Twist

Small Plates & Flats

Make it a Meal: Add a house salad + your choice of a side to any of the below for 5 more

<p>Caprese Salad* (V) Vine-ripened tomatoes, fresh mozzarella cheese, pesto with a balsamic drizzle & black pepper arugula salad & black pepper crostini. - 566 cal</p> <p>Oven-Baked Shrimp* (GF) Mediterranean seasoned shrimp with a parmesan crust, roasted tomatoes & a lemon garlic white wine sauce. Served with toasted baguette. - 540 cal</p> <p>Apple & Brie Flatbread (V) Garlic aioli with brie, Granny Smith apples, arugula, & a balsamic glaze. - 1115 cal</p>	<p>8</p> <p>14</p> <p>14</p>	<p>Steak Skewers* Flank steak served with an asian soy glaze, & black pepper arugula salad & black pepper crostini. - 686 cal</p> <p>Sweet Harissa or Balsamic Dijon Wings* (GF) Roasted chicken wings tossed with a spicy, sweet, harissa sauce or smokey barbecue sauce. - 1484 cal Served with pesto ranch, carrots & celery.</p> <p>Steak Flatbread* Flank steak with roasted garlic sauce, parmesan, gorgonzola, & pesto drizzle. - 1272 cal</p>	<p>14</p> <p>14</p> <p>14</p>
--	------------------------------	--	-------------------------------

Sandwiches & Bowls

<p>Mozzarella Chicken Sandwich* Toasted brioche bun with seasoned chicken breast, roasted red peppers, fresh mozzarella cheese, spinach & garlic mayo. - 606 cal Served with your choice of one side.</p> <p>Signature Salad* (V, GF) Mixed greens, hard-boiled eggs, herb-roasted fingerling potatoes, roasted tomatoes, haricot verts kalamata olives, & goat cheese with a balsamic vinaigrette. - 429 cal Add chicken - 130 cal (5), steak- 250 cal (6) or shrimp- 90 cal (6)</p>	<p>14</p> <p>12</p>	<p>Herbed Turkey Club* Everything seasoned bread with oven-roasted turkey, pesto mayo, fontina cheese, bacon, tomato, & spinach -875 cal Served with your choice of one side.</p> <p>Mediterranean Avocado Salad* (V, GF) Mixed greens, diced tomatoes, hard-boiled eggs, roasted corn, fontina cheese, avocado, and spicy tahini dressing. - 435 cal Add chicken - 130 cal (5), steak- 250 cal (6) or shrimp- 90 cal (6)</p> <p>Macaroni & Cheese Bowl Three-cheese macaroni with bread crumbs - 736 cal Add chicken - 130 cal (5), steak- 250 cal (6) or shrimp- 90 cal (6)</p>	<p>16</p> <p>12</p> <p>11</p>
---	---------------------	--	-------------------------------

Sides & Desserts

Sides

Side Salad (V) - 141 cal	5
Roasted Broccoli (V, GF) - 167 cal	5
Fingerling Potatoes (V) - 545 cal	5
Macaroni & Cheese (V) - 636 cal	5

Desserts

Chocolate Mousse Cake (V) - 450 cal	9
Apple Tart (V) - 665 cal	8

GF - Gluten-Free

V - Vegetarian