

Nourish

Balanced Nutrition + Deliciousness

- Roasted Asparagus Frittata (GF)** 14
 Cage-free eggs, oven-roasted asparagus, & goat cheese with a drizzle of Hollandaise sauce, served with arugula salad, roasted tomatoes, & olive oil vinaigrette - 567 cal
- Green Goddess Breakfast Wrap (V or GF)** 13
 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) - 600-696 cal served with choice of roasted fingerling potatoes, fresh fruit, or breakfast salad
- Avocado Toast (V)** 10
 Avocado, sprouted wheatberry bread, roasted tomatoes, arugula, and parmesan cheese. - 598 cal
 Optional: Add an over-easy egg or scrambled egg white +2
- Sweet Oatmeal (V,GF)** 10
 Fresh oatmeal with roasted pears, almond milk, salted caramel drizzle and Greek yogurt garnished with cinnamon - 377 cal

Crave

Classic Favorites with a Modern Twist

- Two Eggs Your Way** 12
 Two fresh cage-free eggs, bacon or turkey sausage, toast - 640 cal.
 served with choice of roasted fingerling potatoes, fresh fruit, or breakfast salad
- Western Poblano Omelet (GF)** 13
 Cage-free eggs, roasted poblano peppers, onions, bacon, salsa and Cheddar cheese - 377 cal.
 served with choice of roasted fingerling potatoes, fresh fruit, or breakfast salad
- Bacon, Egg & Cheese Biscuit** 12
 Bacon, over-easy egg, and Cheddar cheese on a biscuit - 696 cal
 served with your choice of roasted fingerling potatoes, fresh fruit, or breakfast salad
- Steak & Egg Bowl (GF)** 14
 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)** 12
 Pearl sugar Belgian waffle with a honey citrus glaze, oranges, fresh berries, and Greek yogurt - 704 cal
- Toast** 4
 Sprouted Wheatberry, Brioche, Sourdough
- Muffins** 4
 Ask your server for today's muffin flavors

Beverages

- Freshed Brewed Coffee** 3
- Hot Tea** 3
- Latte** 4.5
- Single Espresso Shot** 4.5
- Double Espresso Shot** 9

G - Gluten-Free

V - Vegan

Veg - Vegetarian

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Small Plates & Flats

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

Caprese Salad* (V) 14

Vine-ripened tomatoes, fresh mozzarella cheese, pesto with a balsamic drizzle & black pepper crostini. - 566 cal

Oven-Baked Shrimp* (GF) 16

Mediterranean seasoned shrimp with a parmesan crust, roasted tomatoes & a lemon garlic white wine sauce garnished with fresh chives. Served w/ toasted baguette. - 540 cal

Apple & Brie Flatbread 12

Garlic aioli with brie, Granny Smith apples, arugula, & a balsamic fig glaze. - 1115 cal

Steak Skewers* (V) 15

Flank steak served with an asian soy glaze, arugula salad & black pepper crostini. - 686 cal

Sweet Harissa or Balsamic Dijon Wings* (GF) 13

Roasted chicken wings tossed with a spicy, sweet, harissa sauce or savory balsamic dijon reduction sauce (GF). - 1484 cal
 Served with pesto ranch, carrots & celery.

Steak Flatbread 15

Flank steak with roasted garlic sauce, parmesan, blue cheese, & pesto drizzle - 1272 cal

Sandwiches & Bowls

Mozzarella Chicken Sandwich 15

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.

Signature Salad (V, GF) 13

Arugula, hard-boiled eggs, lemon herb-roasted fingerling potatoes, cherry tomatoes, haricot verts, & kalamata olives with a balsamic vinaigrette. - 429 cal

Herbed Turkey Club 14

Wheat bread with oven-roasted turkey, pesto mayo, fontina cheese, bacon, tomato, & spinach. - 875 cal
 Served with your choice of side.

Mediterranean Avocado Salad (V, GF) 13

Mixed greens, diced tomatoes, hard-boiled eggs, roasted corn, fontina cheese, avocado, and spicy tahini dressing. - 435 cal
 Add chicken (4), steak (5) or shrimp (6).

Macaroni & Cheese 12

Three-cheese cavatappi macaroni. - 736 cal
 Add chicken (4), steak (5) or shrimp (6).

Sides & Desserts

Sides

Side Salad - 141 Cal 6

Roasted Broccoli - 167 cal 6

Fingerling Potatoes - 545 cal 6

Macaroni & Cheese - 636 cal 6

Dessert

Chocolate Mousse Cake - 450 Cal 9

Apple Tart - 675 cal 8

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CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS.