



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

**NOURISH**

- Roasted Asparagus Frittata** 14  
Cage-free eggs, oven-roasted asparagus, & goat cheese with a drizzle of Hollandaise sauce, served with arugula salad, roasted tomatoes, & balsamic vinaigrette- 567 cal (GF)
- Green Goddess Breakfast Wrap** 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)- 696 cal served with choice of roasted fingerling potatoes, fresh fruit, or breakfast salad
- Avocado Toast** 12  
Avocado, sprouted wheatberry bread, roasted tomatoes, arugula, and parmesan cheese- 598 cal (V) add an over-easy egg 2
- Sweet Oatmeal** 8  
Fresh oatmeal with roasted pears, salted caramel drizzle and Greek yogurt garnished with cinnamon- 377 cal (V, GF)

**GRAVE**

- Two Eggs Your Way** 13  
Two fresh cage-free eggs, bacon or turkey sausage, toast and choice of roasted fingerling potatoes, fresh arugula, or fresh fruit - 640 cal
- Western Poblano Omelet** 14  
Cage-free eggs, roasted poblano peppers, onions, bacon, and Cheddar cheese served with choice of fresh arugula, roasted fingerling potatoes, or fresh fruit- 377 cal (GF)
- Bacon, Egg, & Cheese Biscuit** 12  
Bacon, over-easy egg, and Cheddar cheese served on a biscuit with your choice of fresh arugula, roasted fingerling potatoes, or fresh fruit.- 696 cal
- Steak & Egg Bowl** 16  
Hand-sliced flank steak with roasted fingerling potatoes, blend of Mozzarella, Cheddar, & Monterey Jack cheeses, over-easy egg, Hollandaise sauce, & chives- 788 cal (GF)
- Pearl Sugar Citrus Waffle** 11  
Pearl sugar Belgian waffle with a honey citrus glaze, oranges, fresh berries, and Greek yogurt-704 cal (V)
- Toast** 3  
Choice of brioche, multigrain or sourdough
- Muffins** 3  
Ask your server for today's muffin flavors

**BEVERAGES**

- Fresh Brewed Coffee** 3
- Hot Tea** 3
- Premium Orange Juice** 6

**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.

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



## SMALL PLATES

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

### NOURISH

**Caprese Salad** 8  
Vine-ripened tomatoes, fresh mozzarella cheese, pesto with a balsamic drizzle & black pepper crostini- 566 cal (V)

**Oven-Baked Shrimp** 16  
Mediterranean seasoned shrimp with a parmesan crust, roasted tomatoes & a lemon garlic white wine sauce garnished with fresh chives- 540 cal (GF)  
Served w/ toasted baguette

### CRAVE

**Steak Skewers** 16  
Flank steak served with an asian soy glaze, arugula salad & black pepper crostini- 686 cal

**Sweet Harissa or Balsamic Dijon Wings** 14  
Roasted chicken wings tossed with a spicy, sweet, harissa sauce or savory Balsamic Dijon reduction sauce- 1484 cal (GF) Served w/ pesto ranch, carrots & celery

## SANDWICHES & FLATS

### NOURISH

**Mozzarella Chicken Sandwich** 16  
Toasted Brioche Bun with seasoned chicken breast, roasted red peppers, fresh mozzarella cheese, spinach & garlic mayo- 606 cal  
Served w/ your choice of one side

**Apple & Brie Flatbread** 14  
Garlic aioli with Brie, Granny Smith apples, arugula, & a balsamic fig glaze- 1115 cal

### CRAVE

**Herbed Turkey Club** 16  
Wheat Bread with oven-roasted turkey, pesto mayo, fontina cheese, bacon, tomato, & spinach- 875 cal  
Served w/ your choice of side

**Steak Flatbread** 16  
Flank steak with roasted garlic sauce, parmesan, blue cheese, & pesto drizzle- 1272 cal

### NOURISH

**Signature Salad** 12  
Arugula with hard-boiled egg, lemon herb roasted fingerling potatoes, cherry tomatoes, haricot verts, & Kalamata olives with balsamic vinaigrette- 429 cal (V, GF)  
Add Chicken 4, Steak 5 or Shrimp 6

## SALADS

### CRAVE

**Mediterranean Avocado Salad** 13  
Mixed greens, diced tomatoes, hard-boiled eggs, roasted corn, fontina cheese, avocado, and spicy tahini dressing- 435 cal (V, GF)  
Add Chicken 4, Steak 5, Shrimp 6

## BOWL

### CRAVE

**Macaroni & Cheese** 11  
Three-cheese cavatappi macaroni- 736 cal  
Add Chicken 4, Steak 5, Shrimp 6

## SIDES

**Side Salad**- 141 cal 5

**Roasted Broccoli**- 167 cal 5

**Fingerling Potatoes**- 545 cal 5

**Macaroni and Cheese**- 636 cal 5

## DESSERTS

**Chocolate Mousse Cake**- 450 cal 8

**Apple Tart**- 675 cal 9

**Coffee** 3

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