

## Nourish

Balanced Nutrition + Deliciousness

- Roasted Asparagus Frittata\* (V, GF)** 16  
 Cage-free eggs, asparagus, goat cheese, & hollandaise sauce; served with arugula salad, roasted tomatoes, & vinaigrette - 567 cal
- Green Goddess Breakfast Wrap\* (V or GF)** 16  
 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)** 15  
 Avocado, everything seasoned bread, roasted tomatoes, arugula, & parmesan cheese. - 598 cal  
 Optional: \*Add an egg +2
- Sweet Oatmeal (V, GF)** 11  
 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 5
- Breakfast Salad (V, GF)**- 59 cal 5

## Crave

Classic Favorites with a Modern Twist

- Two Eggs Your Way\*** 20  
 Two fresh cage-free eggs, pork bacon or turkey sausage, toast - 640 cal  
 Served with choice of one side
- Western Poblano Omelet\* (GF)** 19  
 Cage-free eggs, roasted poblano peppers, onions, bacon, salsa, & cheddar cheese - 377 cal  
 Served with choice of one side
- Bacon, Egg, & Cheese Biscuit\*** 16  
 Bacon, over-easy egg, & cheddar cheese on a biscuit - 696 cal  
 Served with your choice of one side
- Steak & Egg Bowl\* (GF)** 18  
 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, & Greek yogurt - 704 cal
- Toast and Muffins** 4  
 Ask your server for today's selection

## Beverages

- Freshed Brewed Coffee** 4
- Hot Tea** 4
- Premium Orange Juice** 4
- Single Shot Espresso** 4
- Double Shot Espresso** 6
- Latte** 5

GF - Gluten-Free

V - Vegetarian

## Nourish

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## 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

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| <p><b>Caprese Salad* (V)</b> 15<br/>         Vine-ripened tomatoes, fresh mozzarella cheese, pesto with a balsamic drizzle &amp; black pepper arugula salad &amp; black pepper crostini. - 566 cal</p> <p><b>Oven-Baked Shrimp* (GF)</b> 21<br/>         Mediterranean seasoned shrimp with a parmesan crust, roasted tomatoes &amp; a lemon garlic white wine sauce. Served with toasted baguette. - 540 cal</p> <p><b>Apple &amp; Brie Flatbread (V)</b> 16<br/>         Garlic aioli with brie, Granny Smith apples, arugula, &amp; a balsamic glaze. - 1115 cal</p> | <p><b>Steak Skewers*</b> 13<br/>         Flank steak served with an asian soy glaze, &amp; black pepper arugula salad &amp; black pepper crostini. - 686 cal</p> <p><b>Sweet Harissa or Balsamic Dijon Wings* (GF)</b> 13<br/>         Roasted chicken wings tossed with a spicy, sweet, harissa sauce or smokey barbecue sauce. - 1484 cal<br/>         Served with pesto ranch, carrots &amp; celery.</p> <p><b>Steak Flatbread*</b> 23<br/>         Flank steak with roasted garlic sauce, parmesan, gorgonzola, &amp; pesto drizzle. - 1272 cal</p> |
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### Sandwiches & Bowls

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| <p><b>Mozzarella Chicken Sandwich*</b> 16<br/>         Toasted brioche bun with seasoned chicken breast, roasted red peppers, fresh mozzarella cheese, spinach &amp; garlic mayo. - 606 cal<br/>         Served with your choice of one side.</p> <p><b>Signature Salad* (V, GF)</b> 13<br/>         Mixed greens, hard-boiled eggs, herb-roasted fingerling potatoes, roasted tomatoes, haricot verts kalamata olives, &amp; goat cheese with a balsamic vinaigrette. - 429 cal<br/>         Add chicken - 130 cal (4), steak- 250 cal (5) or shrimp- 90 cal (6)</p> | <p><b>Herbed Turkey Club*</b> 17<br/>         Everything seasoned bread with oven-roasted turkey, pesto mayo, fontina cheese, bacon, tomato, &amp; spinach -875 cal<br/>         Served with your choice of one side.</p> <p><b>Mediterranean Avocado Salad* (V, GF)</b> 18<br/>         Mixed greens, diced tomatoes, hard-boiled eggs, roasted corn, fontina cheese, avocado, and spicy tahini dressing. - 435 cal<br/>         Add chicken - 130 cal (4), steak- 250 cal (5) or shrimp- 90 cal (6)</p> <p><b>Macaroni &amp; Cheese Bowl</b> 11<br/>         Three-cheese macaroni with bread crumbs - 736 cal<br/>         Add chicken - 130 cal (4), steak- 250 cal (5) or shrimp- 90 cal (6)</p> |
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### Sides & Desserts

#### Sides

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| <b>Side Salad (V)</b> - 141 cal            | 6 |
| <b>Roasted Broccoli (V, GF)</b> - 167 cal  | 6 |
| <b>Fingerling Potatoes (V)</b> - 545 cal   | 6 |
| <b>Macaroni &amp; Cheese (V)</b> - 636 cal | 6 |

#### Desserts

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| <b>Chocolate Mousse Cake (V)</b> - 450 cal | 9 |
| <b>Apple Tart (V)</b> - 665 cal            | 8 |

GF - Gluten-Free

V - Vegetarian