



AVAILABLE IN THE MARKETPLACE	Whole Fruit	2
	Fruit Cup	4
	Boiled Eggs	3
	Yogurt Parfait	6
	Soft Drinks & Other Beverages	3-8

NOURISH

- Roasted Asparagus Frittata** 13
Cage-free eggs, oven-roasted asparagus, & goat cheese with a drizzle of Hollandaise sauce, served with arugula salad, roasted tomatoes, & balsamic vinaigrette (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) served with choice of roasted fingerling potatoes, fresh fruit, or breakfast salad
- Avocado Toast** 10
Avocado, sprouted wheatberry bread, roasted tomatoes, arugula, and parmesan cheese (V) add an over-easy egg 2
- Sweet Oatmeal** 8
Fresh oatmeal with roasted pears, salted caramel drizzle and Greek yogurt garnished with cinnamon (V, GF)

CRAVE

- 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
- Western Poblano Omelet** 13
Cage-free eggs, roasted poblano peppers, onions, bacon, and Cheddar cheese served with choice of fresh arugula, roasted fingerling potatoes, or fresh fruit (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.
- 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 (GF)
- Pearl Sugar Citrus Waffle** 11
Pearl sugar Belgian waffle with a honey citrus glaze, oranges, fresh berries, and Greek yogurt (V)
- Toast** 3
Choice of brioche, multigrain or sourdough
- Muffins** 3
Choice of walnut streusel or buttermilk blueberry

BEVERAGES

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

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.



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 (V)

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

CRAVE

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

Sweet Harissa or Balsamic Dijon Wings 14
Roasted chicken wings tossed with a spicy, sweet, harissa sauce or savory Balsamic Dijon reduction sauce (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
Served w/ your choice of one side

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

CRAVE

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

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

NOURISH

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

SALADS

CRAVE

Mediterranean Avocado Salad 12
Mixed greens, diced tomatoes, hard-boiled eggs, roasted corn, fontina cheese, avocado, and spicy tahini dressing (V, GF)
Add Chicken 4, Steak 5, Shrimp 6

BOWL

CRAVE

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

SIDES

Side Salad 5
Roasted Broccoli 5
Fingerling Potatoes 5
Macaroni and Cheese 5

DESSERTS

Chocolate Mousse Cake 8
Apple Tart 9
Coffee 3

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