

Nourish

Balanced Nutrition + Deliciousness

Vegetable Omelet* (V, GF)

Cage-free eggs, spinach, roasted red peppers, tomatoes, fontina & parmesan cheese - 368 cal
 Optional: *Add turkey sausage or pork bacon +2
 Served with choice of one side

Egg White Brioche*

Cage-free egg whites, turkey sausage, fontina cheese with spicy aioli on a brioche bun - 360 cal
 Served with choice of one side

Avocado Toast (V)

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

Classic Oatmeal (V, GF)

Oatmeal served with brown sugar, walnuts, & seasonal berries - 290 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

- 14 Two Eggs Your Way*** **12**
 Two fresh cage-free eggs, pork bacon or turkey sausage, toast - 640 cal
 Served with choice of one side
- 15 Western Poblano Omelet* (GF)** **13**
 Cage-free eggs, roasted poblano peppers, onions, bacon, salsa, & cheddar cheese - 377 cal
 Served with choice of one side
- 10 Bacon, Egg & Cheese Biscuit*** **13**
 Bacon, over-easy egg, & cheddar cheese on a biscuit - 696 cal
 Served with choice of one side
- 11 Steak & Egg Bowl* (GF)** **12**
 Hand-sliced flank steak with roasted fingerling potatoes, blend of cheddar cheese, over-easy egg, Hollandaise sauce, & chives - 788 cal
- Belgian Waffle (V)** **11**
 Belgian waffle with a honey citrus syrup, oranges, fresh berries, & Greek yogurt - 704 cal
- Toast & Muffins** **4**
 Ask your server for today's selection

Beverages

- Freshed Brewed Coffee** **4**
- Hot Tea** **4**
- Latte** **4.5**
- Single Espresso Shot** **4.5**
- Double Espresso Shot** **9**

GF - Gluten-Free

V - Vegetarian

Nourish

Balanced Nutrition + Deliciousness

Crave

Classic Favorites with a Modern Twist

Small Plates & Flats

<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>9</p> <p>14</p> <p>14</p>	<p>Roasted Chicken Wings* (GF) Roasted chicken wings tossed with a spicy, sweet, harissa sauce or smokey barbecue sauce - 1484 cal Served with ranch, carrots & celery</p> <p>Steak Skewers* Flank steak served with an asian soy glaze, & black pepper arugula salad & black pepper crostini - 686 cal</p> <p>Steak Flatbread* Flank steak with roasted garlic sauce, parmesan, gorgonzola, & pesto drizzle - 1272 cal</p>	<p>18</p> <p>15</p> <p>16</p>
---	---	--	--

Sandwiches & Salads

<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>Southwest Salad* (GF) Chopped romaine, Southwest seasoned chicken breast, corn, black bean & tomato salsa, shredded fontina, avocado, shaved red onions, fresh cilantro, lime garnish, served with an avocado ranch dressing & crispy tortilla strips - 380 cal Add steak- 250 cal (5) or shrimp- 90 cal (6)</p>	<p>14</p> <p>16</p>	<p>Original Burger* All-beef patty, cheddar cheese, romaine lettuce, tomato, red onion & spicy garlic aioli on a brioche bun - 780 cal Add bacon (2) Served with your choice of one side</p> <p>Cobb Salad* (GF) Chopped romaine, hard-boiled egg, fresh tomatoes, spicy brown sugar bacon, gorgonzola cheese, & creamy poblano dressing - 529 cal Add chicken - 130 cal (4), steak- 250 cal (5) or shrimp- 90 cal (6)</p>	<p>16</p> <p>14</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