

## Nourish

Balanced Nutrition + Deliciousness

### Vegetable Omelet\* (V, GF)

Cage-free eggs, spinach, roasted red peppers, tomatoes, fontina cheese - 368 cal  
 Optional: \*Add turkey sausage or pork bacon +3  
 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, roasted tomatoes, arugula, & parmesan cheese on toast- 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 4

GF - Gluten-Free

## Crave

Classic Favorites with a Modern Twist

- 15 Two Eggs Your Way\*** 14  
 Two fresh cage-free eggs, pork bacon or turkey sausage, toast - 640 cal  
 Served with choice of one side
- 14 Western Poblano Omelet\* (GF)** 15  
 Cage-free eggs, roasted poblano peppers, onions, bacon, cheddar cheese, & a side of salsa - 377 cal  
 Served with choice of one side
- 13 Bacon, Egg & Cheese Biscuit\*** 13  
 Bacon, over-easy egg, & cheddar cheese on a biscuit - 696 cal  
 Served with choice of one side
- 9 Steak & Egg Bowl\* (GF)** 17  
 Hand-sliced flank steak with roasted fingerling potatoes, blend of cheddar cheese, over-easy egg, Hollandaise sauce, & chives - 788 cal
- Belgian Waffle (V)** 12  
 Belgian waffle with a honey citrus syrup, oranges, fresh berries, & Greek yogurt - 704 cal
- Toast** 4  
 Ask your server for today's selection
- Muffins** 5  
 Ask your server for today's selection

## Beverages

- Freshed Brewed Coffee** 5
- Hot Tea** 5
- Fountain Beverages** 5
- Premium Juice** 6  
 Orange, Cranberry, or Apple
- Latte** 5
- Single Espresso Shot** 4
- Double Espresso Shot** 5

V - Vegetarian

## Nourish

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## Crave

Classic Favorites with a Modern Twist

### Small Plates & Flats

#### Caprese Salad\* (V)

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

#### 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

#### Apple & Brie Flatbread (V)

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

8

#### 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

#### Steak Skewers\*

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

#### Steak Flatbread\*

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

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### Sandwiches & Salads

#### 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

#### Southwest Salad\* (GF)

Chopped romaine, Southwest seasoned chicken breast, corn, black bean & tomato salsa, shredded fontina, avocado, shaved red onions, lime garnish, served with an avocado ranch dressing & crispy tortilla strips - 380 cal  
Add steak- 250 cal +6 or shrimp- 90 cal +7

16

14

#### Original Burger\*

All-beef patty, cheddar cheese, romaine lettuce, tomato, red onion & spicy garlic aioli on a brioche bun - 780 cal  
Add bacon +3  
Served with your choice of one side

#### 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 +5, steak- 250 cal +6 or shrimp- 90 cal +7

16

14

### Sides & Desserts

Side Salad (V) - 141 cal

Roasted Broccoli (V, GF) - 167 cal

Fingerling Potatoes (V) - 545 cal

Macaroni & Cheese (V) - 636 cal

Chocolate Mousse Cake (V) - 450 cal

Apple Tart (V) - 665 cal

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6

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6

10

10

### Beverages

Freshed Brewed Coffee

Hot Tea

Fountain Beverages

Premium Juice

Orange, Cranberry, or Apple

Latte

Single Espresso Shot

Double Espresso Shot

5

5

5

5

5

4

5

GF - Gluten-Free

V - Vegetarian