

Power Up.



enhance

Greek Yogurt & Granola Bowl | \$8

Greek yogurt topped with sliced bananas, toasted coconut, strawberries, and granola.

382 cal *contains nuts*

Avocado Toast | \$8

Fresh avocado, Everything Seasoning, extra virgin olive oil and ripe cherry tomatoes on toasted multi-grain bread.

472 cal +hardboiled egg | \$1

Açai Bowl | \$8

Açai with slices of bananas, strawberries, toasted coconut, and granola, drizzled with honey.

390 cal

contains nuts

Bagels, Muffins, and Pastries | \$3-\$6

Select one baked good and choice of preserves or cream cheese.

cal vary

recharge

Frittata | \$12

Your choice of cage-free eggs or egg whites combined with baby spinach, roasted pepper, gouda, pecorino cheese, red onion, sundried tomatoes and turkey sausage, served with fresh fruit. 590 cal

Egg & Bacon Breakfast Bowl | \$10

Crispy, tri-color potatoes topped with cage-free eggs, bacon, cheddar cheese and green onions, served with multi-grain toast. 951 cal

Egg White Breakfast Bowl | \$12

Light and fluffy, cage-free egg whites on baby spinach, quinoa and brown rice, with roasted cherry tomatoes, fresh avocado and feta cheese, served with multi-grain toast. 504 cal

Bacon, Egg & Cheese Sandwich | \$10

Bacon, cage-free eggs, cheddar cheese, and chipotle mayo on a breakfast roll, served with a side of seasonal fruit. 812 cal

Egg White & Avocado Wrap | \$12

Fluffy, cage-free egg whites, fresh avocado, mozzarella cheese and cilantro cabbage slaw on a whole grain wheat tortilla, served with a side of herb dip and seasonal fruit. 554 cal

Salmon Board | \$12

Toasted bagel with thinly sliced smoked salmon, sliced hard-boiled egg, capers, red onion and cream cheese. 500 cal

Morning Refuel Board | \$10

Hard-boiled egg, crispy bacon, fresh fruit, and choice of toast with strawberry preserves. 370 cal



invigorate

Immunity | \$8

Smoothie with baby spinach, mango, banana, and pineapple juice. 210 cal

Superfood | \$8

Smoothie with açai, berries, banana, and orange juice. 260 cal

Fresh Orange Juice | \$4

110 cal

*Add Whey Protein to any Smoothie | \$2

Bean-to-Cup Coffee | \$4

5 cal

Espresso or Latte | \$6

5 cal

Premium Hot Teas | \$4

5 cal

Wind Down.

entice

Charcuterie Board | \$14

Salami, pepperoni and prosciutto with fresh mozzarella, gouda, grapes, fig jam and olives, served with multi-grain bread and crackers. 703 cal

Hummus & Veggies | \$10

Fire-roasted red pepper hummus with crunchy carrot, celery, cucumbers and warm pita bread. 614 cal

Unfries | \$6

Crispy baked potato wedges, served with sriracha ketchup. 444 cal

Baked Wings | \$12

Crispy baked chicken wings on a bed of green goddess slaw with carrot, celery and cucumber sticks. Choice of either seasoned or with buffalo sauce. 705 cal



inspire

Margherita Fresca Flatbread | \$10

Roasted tomatoes, fresh mozzarella and basil on artisan flatbread. Garnished with fresh parmesan cheese. 711 cal +pepperoni | \$2

Chicken & Roasted Red Pepper Flatbread | \$12

Chicken, roasted red peppers and fresh basil topped with mozzarella and pecorino cheeses on artisan flatbread, brushed with olive oil. 430 cal

Kale Krunch Salad | \$12

Kale, sliced dates, fresh radish, toasted hazelnuts and pecorino cheese tossed in lemon vinaigrette dressing. 590 cal + chicken | \$2 contains nuts

Chopped Cobb Salad | \$14

Fresh romaine lettuce with diced chicken, bacon, cucumber, cherry tomatoes, feta cheese, red onion, avocado and hardboiled eggs, served with light ranch dressing. 465 cal



fulfill

*Burger served with your choice of unfries (290 cal) or side kale salad (180 cal)

C&K Burger* | \$12

All natural beef burger on a brioche bun with cheddar cheese, pickles, tomato, romaine, ketchup and mayo, served with your choice of side. 640 cal

Beyond C&K Burger* | \$14

Plant-based Beyond Meat burger on a brioche bun with roasted garlic aioli, spinach, roasted tomatoes and swiss cheese. 690 cal

Chicken Tacos | \$12

Chicken tacos with zesty slaw, fresh avocado, pico de gallo, chipotle crema and fresh cilantro. 609 cal

Protein Power Bowl | \$14

Seasoned chicken, black beans, peppers, onions, guacamole, served on a quinoa and rice mix with a warm vinaigrette. 675 cal

indulge

Sweets | \$4

One of our seasonal mini mousse indulgences. under 300 cal may contain nuts

