

**Nourish** 

**Balanced Nutrition + Deliciousness** 

# **Breakfast**

Crave
Classic Favorites with a Modern Twist

Vegetable Omelet* (V, GF)	18	Two Eggs Your Way*	20
Cage-free eggs, spinach, roasted red peppers, tomatoes, fontina cheese - 368 cal		Two fresh cage-free eggs, pork bacon or turkey sausage, toast - 640 cal	
Optional: *Add turkey sausage or pork bacon +3		Served with choice of one side	
Served with choice of one side		Western Poblano Omelet* (GF)	18
Egg White Brioche*	18	Cage-free eggs, roasted poblano peppers, onions,	
Cage-free egg whites, turkey sausage, fontina cheese with spicy aioli on a brioche bun - 360 cal		bacon, cheddar cheese, & a side of salsa - 377 cal Served with choice of one side	
Served with choice of one side		Bacon, Egg & Cheese Biscuit*	19
Avocado Toast (V)	13	Bacon, over-easy egg, & cheddar cheese on a	
Avocado, roasted tomatoes, arugula, & parmesan cheese on toast- 598 cal		biscuit - 696 cal Served with choice of one side	
Optional: *Add an egg +3			25
Classic Oatmeal (V, GF)	13	Steak & Egg Bowl* (GF) Hand-sliced flank steak with roasted fingerling	۷.
Oatmeal served with brown sugar, walnuts, & seasonal berries - 290 cal		potatoes, blend of cheddar cheese, over-easy egg, Hollandaise sauce, & chives - 788 cal	
•		Belgian Waffle (V)	18
		Belgian waffle with a honey citrus syrup, oranges, fresh berries, & Greek yogurt - 704 cal	
		Toast & Muffins	6
		Ask your server for today's selection	
Sides		Beverages	
Roasted Fingerling Potatoes (V, GF) - 144 c	al <b>7</b>	Freshed Brewed Coffee	6
Fresh Fruit (V, GF) - 65 cal	6	Hot Tea	6
Breakfast Salad (V, GF) - 59 cal	7	Premium Orange Juice	6

GF - Gluten-Free

V - Vegetarian



# Dinner

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## **Small Plates & Flats**

Caprese Salad* (V)	14	Roasted Chicken Wings* (GF)	19
Vine-ripened tomatoes, fresh mozzarella cheese, pesto with a balsamic drizzle & black pepper arugula salad & black pepper crostini - 566 cal  Oven-Baked Shrimp* (GF)	21	Roasted chicken wings tossed with a spicy, sweet, harissa sauce or smokey barbecue sauce - 1484 cal Served with ranch, carrots & celery	
Mediterranean seasoned shrimp with a	21	Steak Skewers*	25
parmesan crust, roasted tomatoes & a lemon garlic white wine sauce. Served with toasted		Flank steak served with an asian soy glaze, & arugula salad & black pepper crostini - 686 cal	20
guette - 540 cal	4-	Steak Flatbread*	20
Apple & Brie Flatbread (V)	17	Flank steak with roasted garlic sauce, parmesan,	
Garlic aïoli with brie, Granny Smith apples,		gorgonzola, & pesto drizzle - 1272 cal	

#### Sandwiches & Salads

Sandwiches & Satads					
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)	19 16	Original Burger* All-beef patty, cheddar cheese, romaine lettuce, tomato, red onion & spicy garlic aioli on a brioche bun - 780 cal Add bacon +4 Served with your choice of one side	18		
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 +6		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 +6	14		

### Sides & Desserts

Sides		Desserts	
Side Salad (V) - 141 cal Roasted Broccoli (V, GF) - 167 cal Fingerling Potatoes (V) - 545 cal Macaroni & Cheese (V) - 636 cal	7 7 7 7	Chocolate Mousse Cake (V)- 450 cal Apple Tart (V) - 665 cal	9

GF - Gluten-Free V - Vegetarian

\*CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS.