

## 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 **6**

**Fresh Fruit (V, GF)** - 65 cal **6**

**Breakfast Salad (V, GF)** - 59 cal **6**

## Crave

Classic Favorites with a Modern Twist

**12 Two Eggs Your Way\*** **12**

Two fresh cage-free eggs, pork bacon or turkey sausage, toast - 640 cal  
 Served with choice of one side

**12 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\*** **11**

Bacon, over-easy egg, & cheddar cheese on a biscuit - 696 cal  
 Served with choice of one side

**10 Steak & Egg Bowl\* (GF)** **13**

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 & Muffins** **3**

Ask your server for today's selection

## Beverages

**Freshed Brewed Coffee** **2**

**Hot Tea** **2**

**Premium Orange Juice** **3**

**Latte** **4**

**Single Espresso Shot** **3**

**Double Espresso Shot** **5**

GF - Gluten-Free

V - Vegetarian

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### Small Plates & Flats

<p><b>Caprese Salad* (V)</b> 12          Vine-ripened tomatoes, fresh mozzarella cheese, pesto with a balsamic drizzle &amp; black pepper arugula salad &amp; black pepper crostini - 566 cal</p> <p><b>Oven-Baked Shrimp* (GF)</b> 15          Mediterranean seasoned shrimp with a parmesan crust, roasted tomatoes &amp; a lemon garlic white wine sauce. Served with toasted baguette - 540 cal</p> <p><b>Apple &amp; Brie Flatbread (V)</b> 14          Garlic aioli with brie, Granny Smith apples, arugula, &amp; a balsamic glaze - 1115 cal</p>	<p><b>Roasted Chicken Wings* (GF)</b> 13          Roasted chicken wings tossed with a spicy, sweet, harissa sauce or smokey barbecue sauce - 1484 cal          Served with ranch, carrots &amp; celery</p> <p><b>Steak Skewers*</b> 14          Flank steak served with an asian soy glaze, &amp; black pepper arugula salad &amp; black pepper crostini - 686 cal</p> <p><b>Steak Flatbread*</b> 14          Flank steak with roasted garlic sauce, parmesan, gorgonzola, &amp; pesto drizzle - 1272 cal</p>
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### Sandwiches & Salads

<p><b>Mozzarella Chicken Sandwich*</b> 15          Toasted brioche bun with seasoned chicken breast, roasted red peppers, fresh mozzarella cheese, spinach &amp; garlic mayo - 606 cal          Served with your choice of one side</p> <p><b>Southwest Salad* (GF)</b> 15          Chopped romaine, Southwest seasoned chicken breast, corn, black bean &amp; tomato salsa, shredded fontina, avocado, shaved red onions, fresh cilantro, lime garnish, served with an avocado ranch dressing &amp; crispy tortilla strips - 380 cal          Add steak- 250 cal (5) or shrimp- 90 cal (6)</p>	<p><b>Original Burger*</b> 15          All-beef patty, cheddar cheese, romaine lettuce, tomato, red onion &amp; spicy garlic aioli on a brioche bun - 780 cal          Add bacon (2)          Served with your choice of one side</p> <p><b>Cobb Salad* (GF)</b> 14          Chopped romaine, hard-boiled egg, fresh tomatoes, spicy brown sugar bacon, gorgonzola cheese, &amp; creamy poblano dressing - 529 cal          Add chicken - 130 cal (4), steak- 250 cal (5) or shrimp- 90 cal (6)</p>
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### Sides & Desserts

#### Sides

<b>Side Salad (V)</b> - 141 cal	7
<b>Roasted Broccoli (V, GF)</b> - 167 cal	7
<b>Fingerling Potatoes (V)</b> - 545 cal	7
<b>Macaroni &amp; Cheese (V)</b> - 636 cal	12

#### Desserts

<b>Chocolate Mousse Cake (V)</b> - 450 cal	9
<b>Apple Tart (V)</b> - 665 cal	9

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