

Nourish

Balanced Nutrition + Deliciousness

Vegetable Omelet* (VEG, 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 roasted fingerling potatoes, fresh fruit, or breakfast salad

Egg White Brioche*

Cage-free egg whites, turkey sausage, fontina cheese with spicy aioli on a brioche bun - 360 cal
served with choice of roasted fingerling potatoes, fresh fruit, or breakfast salad

Avocado Toast (VEG)

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

Fresh Fruit (V, GF) - 65 cal

Breakfast Salad (V, GF) - 59 cal

Arugula, roasted tomatoes, drizzled with vinaigrette

Bacon

Pork Sausage

Turkey Sausage

Flank Steak

Boiled Eggs

Single Egg

15

16

11

10

6

4

5

5

5

7

4

4

2

Crave

Classic Favorites with a Modern Twist

Two Eggs Your Way *

Two fresh cage-free eggs, bacon or turkey sausage, toast - 640 cal.
served with choice of roasted fingerling potatoes, fresh fruit, or breakfast salad

Western Poblano Omelet* (GF)

Cage-free eggs, roasted poblano peppers, onions, bacon, salsa, & cheddar cheese - 377 cal. served with choice of roasted fingerling potatoes, fresh fruit, or breakfast salad

Bacon, Egg & Cheese Croissant*

Bacon, over-easy egg, & cheddar cheese on a croissant- 696 cal
served with choice of roasted fingerling potatoes, fresh fruit, or breakfast salad

Steak & Egg Bowl* (GF)

Hand-sliced flank steak with roasted fingerling potatoes, blend of cheddar cheese, over-easy egg, Hollandaise sauce, & chives - 788 cal

Belgian Waffle (VEG)

Belgian waffle with a honey citrus syrup, oranges, fresh berries, & Greek yogurt -704 cal

Toast

White sour dough or wheat

Blueberry Muffin

Beverages

Fresh Brewed Coffee

Hot Tea

Juice

Apple, Orange, or Cranberry

14

16

14

16

15

4

5

3

3

4

GF - Gluten-Free

V - Vegan

VEG - Vegetarian