



# BREAKFAST

## AVAILABLE IN THE MARKETPLACE

<b>Whole Fruit</b>	1
<b>Fruit Cup</b>	4
<b>Boiled Eggs</b>	3
<b>Soft Drinks &amp; Other Beverages</b>	3-8

## NOURISH

<b>Roasted Asparagus Frittata</b>	12
Cage-free eggs, oven-roasted asparagus, & goat cheese with a drizzle of Hollandaise sauce, served with arugula salad, roasted tomatoes, & balsamic vinaigrette (GF)	
<b>Green Goddess Breakfast Wrap</b>	12
Cabbage slaw with Green Goddess dressing, scrambled egg whites, avocado, and Mozzarella cheese in a whole-wheat tortilla wrap (V) or gluten-free wrap (GF) served with choice of roasted fingerling potatoes, fresh fruit, or breakfast salad	
<b>Avocado Toast</b>	9
Avocado, sprouted wheatberry bread, roasted tomatoes, arugula, and parmesan cheese (V) add an over-easy egg 2	
<b>Sweet Oatmeal</b>	8
Fresh oatmeal with roasted pears, salted caramel drizzle and Greek yogurt garnished with cinnamon (V, GF)	

## CRAVE

<b>Two Eggs Your Way</b>	10
Two fresh cage-free eggs, bacon or turkey sausage, toast and choice of roasted fingerling potatoes, fresh arugula, or fresh fruit	
<b>Western Poblano Omelet</b>	11
Cage-free eggs, roasted poblano peppers, onions, bacon, and Cheddar cheese served with choice of fresh arugula, roasted fingerling potatoes, or fresh fruit (GF)	
<b>Bacon, Egg, &amp; Cheese Biscuit</b>	10
Bacon, over-easy egg, and Cheddar cheese served on a biscuit with your choice of fresh arugula, roasted fingerling potatoes, or fresh fruit.	
<b>Steak &amp; Egg Bowl</b>	14
Hand-sliced flank steak with roasted fingerling potatoes, blend of Mozzarella, Cheddar, & Monterey Jack cheeses, over-easy egg, Hollandaise sauce, & chives (GF)	
<b>Pearl Sugar Citrus Waffle</b>	9
Pearl sugar Belgian waffle with a honey citrus glaze, oranges, fresh berries, and Greek yogurt (V)	
<b>Toast</b>	2
Choice of brioche, multigrain or sourdough	
<b>Muffins</b>	3
Choice of walnut streusel or buttermilk blueberry	

## BEVERAGES

<b>Fresh Brewed Coffee</b>	3
<b>Hot Tea</b>	3
<b>Premium Orange Juice</b>	3

**Nourish:** Balanced Nutrition + Deliciousness  
**Crave:** Classic Favorites with a Modern Twist

Vegetarian (V) | Gluten-Free (GF)

Our guiding principle is to craft crave-able foods that are balanced and nutritious through the use of ingredients that are fresh, wholesome, and minimally processed.



# DINNER

## SMALL PLATES

Make it a meal, add a house salad+your choice of side for 5 more

### NOURISH

#### Caprese Salad

8

Vine-ripened tomatoes, fresh mozzarella cheese, pesto with a balsamic drizzle & black pepper crostini (V)

#### Oven-Baked Shrimp

14

Mediterranean seasoned shrimp with a parmesan crust, roasted tomatoes & a lemon garlic white wine sauce garnished with fresh chives (GF)  
Served w/ toasted baguette

### CRAVE

#### Steak Skewers

14

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

#### Sweet Harissa or Balsamic Dijon Wings

12

Roasted chicken wings tossed with a spicy, sweet, harissa sauce or savory Balsamic Dijon reduction sauce (GF)  
Served w/ pesto ranch, carrots & celery

## SANDWICHES & FLATS

### NOURISH

#### Mozzarella Chicken Sandwich

14

Toasted Brioche Bun with seasoned chicken breast, roasted red peppers, fresh mozzarella cheese, spinach & garlic mayo  
Served w/ your choice of one side

#### Apple & Brie Flatbread

14

Garlic aioli with Brie, Granny Smith apples, arugula, & a balsamic fig glaze

### CRAVE

#### Herbed Turkey Club

14

Wheat Bread with oven-roasted turkey, pesto mayo, fontina cheese, bacon, tomato, & spinach  
Served w/ your choice of side

#### Steak Flatbread

14

Flank steak with roasted garlic sauce, parmesan, blue cheese, & pesto drizzle

## SALADS

### NOURISH

#### Signature Salad

12

Arugula with hard-boiled egg, lemon herb roasted fingerling potatoes, cherry tomatoes, haricot verts, & Kalamata olives with balsamic vinaigrette (V, GF)  
Add Chicken 4, Steak 5 or Shrimp 6

#### Mediterranean Avocado Salad

12

Mixed greens, diced tomatoes, hard-boiled eggs, roasted corn, fontina cheese, avocado, and spicy tahini dressing (V, GF)  
Add Chicken 4, Steak 5, Shrimp 6

## BOWL

### CRAVE

#### Macaroni & Cheese

9

Three-cheese cavatappi macaroni  
Add Chicken 4, Steak 5, Shrimp 6

## SIDES

### NOURISH

#### Side Salad

7

#### Roasted Broccoli

7

#### Fingerling Potatoes

7

#### Macaroni and Cheese

7

### DESSERTS

#### Chocolate Mousse Cake

7

#### Apple Tart

8

#### Coffee

3

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