

## 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

## Crave

Classic Favorites with a Modern Twist

13	<b>Two Eggs Your Way*</b>	13
	Two fresh cage-free eggs, pork bacon or turkey sausage, toast - 640 cal Served with choice of one side	
13	<b>Western Poblano Omelet* (GF)</b>	13
	Cage-free eggs, roasted poblano peppers, onions, bacon, salsa, & cheddar cheese - 377 cal Served with choice of one side	
10	<b>Bacon, Egg &amp; Cheese Biscuit*</b>	12
	Bacon, over-easy egg, & cheddar cheese on a biscuit - 696 cal Served with choice of one side	
8	<b>Steak &amp; Egg Bowl* (GF)</b>	15
	Hand-sliced flank steak with roasted fingerling potatoes, blend of cheddar cheese, over-easy egg, Hollandaise sauce, & chives - 788 cal	
	<b>Belgian Waffle (V)</b>	11
	Belgian waffle with a honey citrus syrup, oranges, fresh berries, & Greek yogurt - 704 cal	
	<b>Toast &amp; Muffins</b>	3
	Ask your server for today's selection	

## Sides

<b>Roasted Fingerling Potatoes (V, GF)</b> - 144 cal	5
<b>Fresh Fruit (V, GF)</b> - 65 cal	3
<b>Breakfast Salad (V, GF)</b> - 59 cal	5

## Beverages

<b>Freshed Brewed Coffee</b>	3
<b>Hot Tea</b>	3
<b>Premium Orange Juice</b>	3
<b>Latte</b>	4
<b>Single Shot Espresso</b>	3
<b>Double Shot Espresso</b>	4

GF - Gluten-Free

V - Vegetarian

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## Crave

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### Small Plates & Flats

<b>Caprese Salad* (V)</b>	<b>8</b>	<b>Roasted Chicken Wings* (GF)</b>	<b>14</b>
Vine-ripened tomatoes, fresh mozzarella cheese, pesto with a balsamic drizzle & black pepper arugula salad & black pepper crostini - 566 cal		Roasted chicken wings tossed with a spicy, sweet, harissa sauce or smokey barbecue sauce - 1484 cal Served with ranch, carrots & celery	
<b>Oven-Baked Shrimp* (GF)</b>	<b>14</b>	<b>Steak Skewers*</b>	<b>14</b>
Mediterranean seasoned shrimp with a parmesan crust, roasted tomatoes & a lemon garlic white wine sauce. Served with toasted baguette - 540 cal		Flank steak served with an asian soy glaze, & black pepper arugula salad & black pepper crostini - 686 cal	
<b>Apple &amp; Brie Flatbread (V)</b>	<b>14</b>	<b>Steak Flatbread*</b>	<b>14</b>
Garlic aioli with brie, Granny Smith apples, arugula, & a balsamic glaze - 1115 cal		Flank steak with roasted garlic sauce, parmesan, gorgonzola, & pesto drizzle - 1272 cal	

### Sandwiches & Salads

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

### Sides & Desserts

#### Sides

<b>Side Salad (V)</b> - 141 cal	<b>5</b>
<b>Roasted Broccoli (V, GF)</b> - 167 cal	<b>5</b>
<b>Fingerling Potatoes (V)</b> - 545 cal	<b>5</b>
<b>Macaroni &amp; Cheese (V)</b> - 636 cal	<b>5</b>

#### Desserts

<b>Chocolate Mousse Cake (V)</b> - 450 cal	<b>9</b>
<b>Apple Tart (V)</b> - 665 cal	<b>8</b>

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