

FOOD IS FUEL

ALL DAY BREAKFAST

BREAKFAST WRAP 12

Eggs, Cheddar, Avocado, Potatoes & Choice of
• Bacon | Steak | Pork Sausage | Turmeric Tofu

ENGLISH MUFFIN SAMMY 10

English Muffin, Folded Egg, Cheddar, Avocado
• Choice of Bacon | Steak | Pork Sausage

PROTEIN SKILLET 14

Eggs, Spinach, Sausage Crumble, Onions, Crispy Potatoes. Finished w/ Chimichurri or Spicy Creme

FOLDED OMELETTE 14

3 Egg Omelette with Choice of Filling: Spinach, Mushroom, Onion, Tomato, Cheese, Herbs

PALEO TOAST 12

Roasted Sweet Potato Base topped with Kale, Avocado, Poached Egg, Lemon Tahini Sauce, Pumpkin Seeds

WELLNESS BOWL 12

Choose Your Base •Yogurt •Chia Pudding •Smoothie Base
Toppings: Granola, Berries, Honey/Maple Syrup, Almond Butter, Cacao Nibs

LUNCH

WRAP 12

Choose up to 4 fillings •Chicken •Bacon •Tomato •Lettuce •Avocado •Caesar Salad •Short Ribs •Rice •Salsa •Sauce
Options: Chipotle Crème or Guac

SOURDOUGH SANDWICH 12

Your choice of filling •Chicken •Avocado •Bacon •Tomato •Lettuce •Cheddar Cheese •Served w/greens & potatoes

STEAK SALAD 16

Grilled Steak tossed with Lime, Soy, Rice Vinegar, Fresh Herbs, & topped with Red Onion, Toasted Rice, Chilli Oil & Crispy Shallots

CHICKEN SALAD 16

Chicken, Lettuce, Bacon, Sourdough Croutons & Cheese.
Option to make it CAESAR or YOGURT-DRESSED FENNEL

SEASONAL SALAD 14

Kale, Butternut Squash, Green Apples, Feta or Goat Cheese, Toasted Pecans, Kale Crisps, Maple-Balsamic Vinaigrette

WEEKLY PASTA ROTATION 20

Ask Your Server!

BUILD YOUR OWN BOWL - 16

CHOOSE YOUR OWN:

PROTEIN
VEGETABLE
CARB
SAUCE

PROTEIN

1. Thyme Roasted Chicken with Natural Jus
2. Short Ribs with Demi
3. Steak with Chimichurri & Natural Jus Demi
4. Salmon/Cod
5. Falafel with Lemon Tahini & Hummus

VEGETABLE

CHOOSE UP TO 2

1. Roasted Broccoli
2. Roasted Carrots
3. Roasted Squash
4. Roasted Brussels
5. Cabbage & Carrot Slaw
6. Tabbouleh salad

CARBS

CHOOSE YOUR BASE

1. Rice
2. Quinoa
3. Roasted Potatoes
4. Butter Beans
5. Roasted Sweet Potatoes

SAUCE

1. Demi (Natural Jus)
2. Chimichurri
3. Cashew Dressing
4. Lemon Butter
5. Maple Balsamic
6. Caesar
7. Yogurt

Make it a COMBO by
adding any Juice or
Smoothie

+ 6