Sandwiches

Turkey Bacon Swiss
Turkey, bacon, Swiss cheese, romaine, tomatoes, mayonnaise on ciabatta 9.77

Mozzarella & Tomatoes
Fresh mozzarella, tomatoes, basil pesto on crusty baguette 9.24

Chicken Avocado
Grilled chicken, bacon, avocado, tomatoes, romaine, and chipotle spread on ciabatta 9.94

Tuna Salad
Our classic recipe served with mayonnaise, romaine, and tomatoes on sliced multigrain 9.24

Cranberry Almond Chicken Salad
Grilled chicken, cranberries, almonds, mayonnaise, romaine, tomatoes on brioche bun 9.24

Roast Beef & Cheddar
Roast beef, cheddar, mayonnaise, onions, romaine, tomatoes on crusty baguette 9.94

Ham and Swiss
Ham, Swiss, mayonnaise, mustard, pickles, romaine, tomatoes on sliced multigrain 9.94

Wraps

Served on wheat or white wrap

Chicken Caesar
Grilled chicken, asiago cheese, romaine, and Caesar dressing 9.11

Mediterranean
Romaine, hummus, roasted red peppers, onions, cucumbers, olives, feta cheese, and sundried tomato pesto 9.11

Turkey Cranberry
Turkey, cranberry sauce, brie cheese, mixed greens, and honey mustard 9.11

Salads

Thai Shrimp
Romaine, red cabbage, green cabbage, carrots, cilantro, scallions, red peppers, diced shrimp, crispy noodles, and a house made peanut dressing 10.69

Greek
Romaine, tomatoes, feta cheese, kalamata olives, pepperoncini, red onions, cucumbers, and Greek dressing 9.24

Chicken Caesar
Grilled chicken, romaine, asiago cheese, croutons, and creamy Caesar dressing 9.24

Kale & Grains
Kale, romaine, feta, grape tomatoes, cucumbers, red and white quinoa, and toasted almonds with Greek dressing 9.59

California Chicken
Mixed greens, grilled chicken, grape tomatoes, avocado, red onions, tortilla chips, and a house made cilantro lime vinaigrette 10.07

The Harvest
Grilled Chicken, mixed greens, dried cranberries, toasted almonds, gorgonzola cheese, green apples, and fat free raspberry vinaigrette 9.73

Turkey Cobb
Turkey, hard boiled eggs, corn, bacon, gorgonzola cheese, mixed greens, and balsamic vinaigrette 9.73

Veggie Burger on Brioche
Black bean burger, pepper Jack cheese, chipotle mayo, guacamole, lettuce, tomatoes, red onions on brioche roll 8.27

Create Your Own Salad

Served with fresh bread 9.27

Choose your greens
- Mix Greens
- Romaine
- Spinach
- Kale

Choose a protein
- Chicken
- Turkey
- Steak
- Tuna

Additional protein 2.76
- Avocado 2.48

Choose four toppings
- Cucumbers
- Gorgonzola
- Tomatoes
- Walnuts
- Green Apples
- Feta Cheese
- Corn
- Kalamata Olives
- Roasted Peppers
- Dried Cranberries
- Fresh Mozzarella
- Cheddar Cheese

Dressings and vinaigrettes
- Balsamic
- Cilantro Lime
- Honey Mustard
- Thai Peanut
- Ranch
- Greek
- Caesar
- Fat Free Raspberry

Before placing your order, please inform your server if a person in your party has a food allergy.
**BREAKFAST**

Available until 11am

**Egg & Cheddar**
Two freshly cracked eggs and cheddar on your choice of bagel or bread 4.50. With Bacon, Ham or Sausage 5.21

**Avocado, Egg & Swiss**
Two freshly cracked eggs, avocado, Swiss on your choice of bagel or bread 5.55

**Egg Whites Caprese**
Three egg whites, roasted tomatoes, basil pesto, fresh mozzarella, spinach on a skinny wheat bread 5.55

**Turkey Swiss and Egg Whites**
Three egg whites, turkey, Swiss on a wheat wrap 5.55

**Chorizo Egg Burrito**
Eggs, chorizo sausage, roasted potatoes, pepper jack cheese, and avocado 8.24

**Southwest Breakfast Burrito**
Eggs, crumbled black bean burger, roasted potatoes, pepper jack cheese, avocado, and Pico de Gallo 8.24

**Steak Egg and Cheese Burrito**
Eggs, steak, roasted potatoes, cheddar cheese, and chipotle spread 8.24

**Toasted Bagel with cream cheese**
Cream cheese flavors: Plain, veggie, honey walnut 2.99

**RICE BOWLS & BURRITOS**

**Tender chicken or steak marinated in a mixture of spices and aromatics. Served with brown or white jasmine rice, black beans, Pico de Gallo, corn salsa, cheddar cheese, and sour cream**

- **Bowl** 10.31
- **Burrito** 9.71
- Add fresh guacamole 2.48

**PANINI**

- **Southwest Chicken**
  Grilled chicken, pepper jack cheese, caramelized onions, roasted red peppers, chipotle sauce on country white 9.95

- **Roast Beef Melt**
  Roast beef, cheddar cheese, caramelized onions, oven-roasted tomatoes, and horseradish aioli on baguette 9.95

- **Turkey Pesto**
  Turkey, fresh mozzarella, oven roasted tomatoes, and basil pesto on ciabatta 9.73

- **Avocado Grilled Cheese**
  American, cheddar and Swiss cheeses, Avocado, tomatoes on country white 9.10

**KATHI ROLLS**

- **Chicken Kathi Roll**
  Grilled chicken marinated in aromatic spices served with cilantro and tamarind chutneys, peppers and onions 9.85

- **Paneer Kathi Roll**
  Mild milky cheese marinated in aromatic spices served with cilantro and tamarind chutneys, peppers and onions 9.85

**SMOOTHIES**

- **Strawberry Banana** 5.83 7.48
  Strawberry, banana, vanilla yogurt and milk

- **Mango Orange** 5.83 7.48
  Mango, orange juice, vanilla yogurt and milk

- **Green Smoothie** 5.83 7.48
  Spinach, green apple, avocado, banana, and almond milk
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Three egg whites, roasted tomatoes, basil pesto, fresh mozzarella, spinach on a skinny wheat bread 5.55

Turkey Swiss and Egg Whites
Three egg whites, turkey, Swiss on a wheat wrap 5.55

TOasted Bagel with cream cheese
Cream cheese flavors: Plain, veggie, honey walnut 2.99

Organic Steel Cut Oatmeal

Peanut Butter & Banana
Steel cut oatmeal served with banana slices, peanut butter, Honey, cinnamon and walnuts 5.79

Fresh Berries
Steel cut oatmeal served with fresh strawberries, blueberries, maple syrup, and granola 5.79

Apples Cinnamon
Organic steel cut oatmeal with granny smith apple, cinnamon, honey and sliced almonds 5.79

Breakfast Burritos

Chorizo Egg Burrito
Eggs, chorizo sausage, roasted potatoes, pepper jack Cheese, and avocado 8.24

Southwest Breakfast Burrito
Eggs, crumbled black bean burger, roasted potatoes, pepper jack cheese, avocado, Pico de Gallo 8.24

Steak Egg and Cheese Burrito
Eggs, steak, roasted potatoes, cheddar cheese and chipotle spread 8.24