

breakfast selections

EVERYTHING AVOCADO BAGEL VGT | 610 CALS \$6.00 PP

cage free scrambled eggs, sliced avocado, hot sauce, toasted everything bagel

CANDIED BACON BISCUIT 410 CALS \$6.00 PP

candied bacon, over hard cage free egg, avocado, hot sauce, classic biscuit

APPLE BUTTER WAFFLES VGT | 510 CALS \$6.50 PP

classic belgium waffles topped with house made granny smith apple butter

ENERGY SNACK BARS VGT | 350 CALS \$2.00 PP

peanut butter, quick oats, honey, dried cherries

FRENCH TOAST SLIDERS 390 CALS

\$4.00 PP

\$5.00 PP

\$6.00 PP

cage free egg, american cheese, crispy bacon, cinnamon swirl slider bun

CARROT CAKE OATS VGN DF | 370 CALS

rolled oats, carrots, maple syrup, almond milk, walnuts, coconut, raisins

MAPLE EGG STACK GF | 470 CALS

cage free scrambled eggs, smoked gouda, crispy bacon, adobo maple drizzle

BROCCOLI EGG BITES VGT GF 180 CAL \$5.50 PP

cage free eggs, shredded mozzarella, quinoa, broccoli, parsley

lunch selections

BASIC BOX \$13.50 PP

salad or sandwich, chips, brownie or cookie

SIGNATURE BOX \$15.75 PP

salad or sandwich, pasta salad, chips, brownie or cookie

PLATTER \$16.75 PP

includes pasta salad, chips, and cookie

SALADS

APPLE & BEET GF

romaine lettuce, roasted chicken, walnuts, celery, green onion, radish, beets, apples, parmesan

SWEET KALE VGT GF

chopped kale, shredded brussels sprouts, green cabbage, purple cabbage, broccoli florets, toasted pumpkin seeds, dried cranberries, poppyseed dressing

710 CALS **BACON CHOPPED**

mixed greens, blue cheese, cherry tomatoes, bell peppers, corn, avocado, croutons, bacon vinaigrette

TUSCAN KALE & SPINACH VGT GF

kale, spinach, shredded parmesan, chopped egg, pumpkin seeds, lemon vinaigrette

POPPYSEED CHICKEN GF

roasted chicken, mixed grape tomatoes, raspberries, goat cheese, red toasted almonds, poppyseed dressing

SANDWICHES

OKTOBERFEST REUBEN

600 CALS

hickory smoked ham, white cheddar cheese. sauerkraut, 1000 island dressing, rye bread

THE GOBBLER

roasted turkey, smoked gouda, arugula, sage butter, cranberry aioli, panini bread

PESTO CHICKEN

840 CALS

610 CALS

roasted chicken, nut free pesto, spinach, tomatoes, provolone cheese, wheat tortilla

≫ SPICED & EVERYTHING NICE

curry roasted chicken, spicy mango chutney, pea relish, tomato, turmeric & mint yogurt sauce, pita

VEG OUT VGT

\$5.50 PP

\$8.00 PP

quinoa, black beans, avocado, spinach, arugula, tomato, lime cilantro sauce, spinach tortilla

snacks

PROTEIN BENTO 690 CALS

honey drizzle

\$5.50 PP

RAINBOW QUINOA SHAKER 560 CALS

quinoa, edamame, peppers, shredded carrots, green onions, jalapenos, cilantro, pepitas, miso ginger vinaigrette

CHOCOLATE CHIA PUDDING 260 CALS \$5.50 PP

apple, smoked gouda cheese, peanut butter with

almond milk chia pudding, chocolate syrup, fresh raspberries

BLACKENED SHRIMP BENTO 200 CALS

blackened shrimp, cucumber dill salad, crostinis