

ORDER AID
PLEASE LEAVE IN STORE



Grill

BOWLS 8.19

SPICY BEEF house roast beef, avocado, spinach, mushroom, carrot, house potatoes and Sriracha aioli 1111c

CHICKEN AVOCADO baked chicken, house potatoes, avocado, Roma tomato, carrots, spinach and parmesan 681c

PALEO baked chicken, applewood bacon, avocado, wilted spinach, blackened corn, mushrooms, sunflower seeds, apple, pico de gallo 485c

TUCSON baked chicken, guajillo black beans, blackened corn, house potatoes, cheddar, pico de gallo, tortilla strips and Santa Fe dressing 757c

PANINI 8.19

Served with fruit, pickle and chips, sub fries for 1.00

TURKEY APPLE BACON turkey, applewood bacon, Roma tomato, provolone, apple slices and honey mustard 626c

CHICKEN PESTO roasted red pepper, baked chicken, provolone, spinach leaves and pesto aioli 647c

TURKEY ARTICHOKE turkey, provolone, Roma tomato, fresh avocado and house made spinach artichoke spread 782c

CUBAN baked chicken, honey ham, Swiss, dill pickle, banana pepper and yellow mustard 622c

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WE DELIVER

HATE TO WAIT? THEN SKIP THE LINE.

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We use no chemical preservatives, no artificial ingredients, and no GMOs in this restaurant. Our chicken has NEVER EVER been exposed to antibiotics and our bacon has no added nitrites. Our salmon is BAP certified and we only use organic eggs.

TACOS

house made guacamole, pico de gallo, lettuce and cheddar with choice of roast beef or chipotle chicken in a flour or corn tortilla. One 3.19 269c Two 5.69 Three 8.19

SANDWICHES

Served with fruit, pickle and chips, sub fries for 1.00

CHICKEN PARM & KALE baked chicken, balsamic grilled kale, pico de gallo, parmesan and chipotle cream cheese on ciabatta 8.19 447c

GRILLED CHEESE on sourdough bread, tomato, provolone and cheddar 5.19 538c
Add bacon, ham or tuna salad for 2.50
Add avocado, honey or apple for 1.50

REUBEN / RACHEL marble rye with corned beef or turkey, sauerkraut, Swiss and thousand island dressing 7.79 821c

PHILLY CHEESE mini baguette, roast beef, onion mushroom, green pepper and provolone 7.99 747c

CHICKEN baked, with mayo, lettuce and tomato on ciabatta 6.69 430c *Add bacon 2.50, guacamole 1.50 or .29 each: cheese, BBQ sauce, caramelized onion, jalapeños, mushroom, Sriracha aioli*

BUILD A BETTER BURGER 1/3 pound with lettuce and tomato 6.69 514c *Add bacon 2.50, guacamole 1.50 or .29 each: cheese, BBQ sauce, caramelized onion, jalapeños, mushroom, Sriracha aioli*

Breakfast All Day

BOWLS

RISE & DINE BOWL organic eggs, bacon or sausage, house potatoes, cheddar, and Roma tomato 6.39 776c

BURRITO BOWL organic eggs, bacon or sausage, guajillo black beans, house potatoes, cheddar, and house made pico de gallo 6.59 829c *Add fresh avocado for \$1.50*

SMART START BOWL 3 organic eggs, wilted spinach, Roma tomatoes, house potatoes, crumbled feta, fresh avocado, and chia seeds 6.89 782c

HANDHELDS & PLATES

NEW EGGS BENEDICT ham & eggs on English muffin with hollandaise sauce, fresh fruit 6.09 346c

AVOCADO TOAST guacamole made fresh, served on wheat toast 3.00 223c *For .29 ea. add: egg, bacon, pico, corn/black bean relish, onion, mushroom, cheddar or feta cheese*

BREAKFAST BURRITO organic eggs, guajillo black beans, hash browns, pepper jack, chipotle cream cheese, sausage and pico de gallo wrapped in a flour tortilla 7.09 652c *Add sour cream .50*

BREAKFAST SANDWICH organic eggs stacked on an English muffin with cheddar and sausage 5.59 372c

BACON AVOCADO WRAP organic eggs, bacon, fresh avocado, tomatoes, flax seed and cheddar in a flour tortilla 7.09 732c

LITE BREAKFAST 2 organic eggs, English muffin, fruit 3.59 329c

JUST BACON AND EGGS 3 organic eggs and 3 bacon 5.39 330c

BREAKFAST SPECIAL 3 organic eggs any style with choice of meat, hashbrowns and toast with butter 7.09 698c

CLASSIC OMELET 3 organic eggs, choice of meat, cheddar and Roma tomato, includes fresh cut fruit 6.39 424c
Add toast and hashbrowns for 1.60 792c

SPIN-A-CADO OMELET spinach, Roma tomato, Stella feta, hemp seeds, 3 eggs topped with avocado, fresh fruit 6.59 435c
Add toast and hashbrowns for 1.60 803c

EGG WHITE TACOS 2 small tortillas with organic egg whites, bacon, cheddar and salsa 6.09 455c

COFFEE + ANY BAKERY 3.00

ORGANIC EGG 1.09

HASHBROWNS 2.09

TOAST (2) 1.59

APPLEWOOD BACON (3) 2.59

SAUSAGE PATTY (2) 2.59

Salads free breadsticks

SALMON AVOCADO romaine and spinach, fresh avocado, BAP certified smoked salmon, egg, Roma tomato, Kalamata olives and crumbled feta 9.59 / 10.09 / 11.09 626 c
SM / MED / LG

COBB AVOCADO romaine, baked chicken, applewood smoked bacon, Roma tomato, cucumber, egg, fresh avocado and gorgonzola 8.39 / 8.89 / 9.89 563 c

SANTA FE romaine, baked chicken, applewood bacon, guajillo black beans, organic corn, pico de gallo, cheddar and tortilla strips 8.59 / 9.09 / 10.09 434 c

CHICKEN CAESAR romaine, baked chicken, Roma tomato, house made croutons and Parmesan 7.09 / 7.59 / 8.59 234 c

CHICKEN BENEFICIAL romaine and spinach, baked chicken, dried sweet cranberries, walnuts, Roma tomato, and parmesan 7.89 / 8.39 / 9.39 504 c

CHEF romaine, cheddar, egg, cucumber, carrot, Roma tomato, mushroom, oven roasted turkey and honey ham 7.89 / 8.39 / 9.39 351 c

GARDEN AVOCADO romaine, avocado, egg, cucumber, Roma tomato, carrot, button mushroom, flax seeds, cheddar and sunflower seeds 7.09 / 7.59 / 8.59 405 c

CRAN-ALMOND CHICKEN romaine, house made cran-almond chicken salad, strawberries, and grapes 9.59 / 10.09 / 11.09 566 c

CREATE YOUR OWN with romaine or spinach, five non-protein ingredients and a dressing 6.09 / 6.59 / 7.59
Add \$1.50 for avocado, \$2.50 for protein, .29 per extra ingredient

Dressings (calories: 1.6 oz. serving)

Fat Free Citrus 30c, Sundried Tomato Pesto 96c, Santa Fe 118c, Balsamic Vinaigrette 161c, French 189c, Poppyseed 190c, Bleu Cheese 202c, Caesar 208c, Buttermilk Ranch 220c, Olive Oil 384c

Sandwiches HALF / WHOLE 5.99 / 7.29

Includes fresh cut fruit and pickle.

TURKEY BREAST and Swiss on wheat bread with vine ripened tomatoes, leaf lettuce, and honey mustard 326 / 573c

B.L.T. with nitrite-free bacon, green leaf lettuce, and vine ripened tomatoes on toasted wheat with mayo 480 / 700c

ROAST BEEF on whole grain bread, house-cooked roast beef, seasoned with pepper and garlic, topped with cheddar, lettuce, tomatoes and mayo 501 / 793c

HONEY HAM on marble rye with Swiss, lettuce, vine ripened tomatoes, and Dijon mustard 280 / 536c

VEGGIE AVOCADO includes avocado, mushrooms, sprouts, provolone, green leaf lettuce, tomatoes and house made hummus on whole grain bread 539 / 719c

TUNA SALAD made with pole caught tuna, green leaf lettuce, and vine ripened tomatoes, served on wheat bread with provolone and mayo 581 / 953c

CORNED BEEF with green leaf lettuce, vine ripened tomatoes, red onion, Swiss and Dijon on marble rye 289 / 555c

CRAN-ALMOND CHICKEN SALAD house made from Gold'n Plump Just Bare chicken with raisins and candied almonds. Served on wheat bread with lettuce and vine ripened tomatoes 405 / 799c

CLUB includes turkey and ham with provolone on wheat bread with vine ripened tomatoes, green leaf lettuce, and mayo 346 / 526c

Soup with free breadsticks

Small 3.99 Medium 4.99 Large 5.99

SPICY CHICKEN TORTILLA 120 / 180 / 240c

VEGAN VEGGIE 74 / 112 / 149c

CHICKEN NOODLE 130 / 194 / 259c

BEEF AND BEAN CHILI 150 / 225 / 300c

CHEDDAR TOMATO 218 / 327 / 435c

CHICKEN WILD RICE 330 / 495 / 660c

plus two
featured
soups every
month

Wraps 7.49

Includes fresh cut fruit and pickle.

A+ BLT romaine, Roma tomato, applewood bacon, avocado and mayo 933c

BUFFALO CHICKEN romaine, baked chicken, Roma tomato, bleu cheese dressing and buffalo sauce 484c

SANTA FE romaine, baked chicken, house made pico de gallo, applewood bacon, guajillo black beans, cheddar and Santa Fe dressing 687c

CHICKEN CAESAR romaine, baked chicken, house made croutons, shredded Parmesan, Roma tomato, and Caesar dressing 572c

CUCUMBER TURKEY spinach, thin sliced turkey, cucumber, flax seeds, roasted red pepper and house made cucumber tzatziki sauce 381c

AVOCADO RANCH spinach, Roma tomato, cucumber, carrot, chia seeds, fresh avocado, button mushroom, house made hummus, cheddar and ranch dressing 750c

CRAN-ALMOND CHICKEN romaine, house made cran-almond chicken salad, Roma tomato and cucumber 681c

CASHEW CHICKEN romaine, house made peanut sauce, baked chicken, roasted red pepper, carrot and cashews 650c

Calories based on 12" whole wheat tortilla.

PICK ANY 2 SIDES FOR \$2

**SOUP COMBO:
1.00 OFF WITH ANY ENTRÉE**