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## LIFESTYLE

### KETO

**K SALAD** spinach, bacon, avocado, tomato, walnut, feta and balsamic + evoo 9.99 <sup>716 c</sup>

**K LETTUCE WRAP** certified angus beef, applewood bacon, avocado, cheddar, tomato and leaf lettuce 9.49 <sup>616 c</sup>

**K BOWL** certified angus beef, applewood bacon, avocado, kale mix and Roma tomato 9.99 <sup>534 c</sup>

### PALEO

**P SALAD** green mix, chicken, avocado, pico de gallo, carrots and balsamic + evoo 10.49 <sup>455 c</sup>

**P LETTUCE WRAP** baked chicken, cheddar, avocado, tomato and leaf lettuce 8.49 <sup>426 c</sup>

**P BOWL** baked chicken, cheddar, kale mix, mushrooms, pico de gallo and sour cream 8.99 <sup>454 c</sup>

### VEGAN

**V SALAD** green mix, avocado, tomato, cucumber, carrot, chickpeas, apple, pear and balsamic + evoo 10.49 <sup>462 c</sup>

**V SCRAMBLE** scrambled tofu, spinach, mushroom, red pepper, pico de gallo and spices 7.79 <sup>149 c</sup>

**V BOWL** Impossible® patty, cauliflower rice, kale mix, tomatoes, carrots, miso ginger dressing 11.99 <sup>548 c</sup>

### VEGETARIAN

**IMPOSSIBLE BURGER** Impossible® patty, cheese, lettuce and tomato, served with chips and a pickle 9.99 <sup>524c</sup>

**IMPOSSIBLE TACO** Impossible® patty, house made guac, pico de gallo, lettuce and cheddar 3.99 <sup>334c</sup>

## BREAKFAST

### BOWLS 7.29

**RISE & DINE BOWL** cage-free eggs, bacon or sausage, house potatoes, cheddar and Roma tomato <sup>776 c</sup>

**BURRITO BOWL** cage-free eggs, bacon or sausage, guajillo black beans, house potatoes, cheddar and house made pico de gallo <sup>829 c</sup>

**SMART START BOWL** 3 cage-free eggs, wilted spinach, Roma tomatoes, house potatoes, cheddar and avocado <sup>782 c</sup>

### HANDHELDS

**AVOCADO TOAST** fresh guacamole, served on wheat toast 3.29 <sup>213 c</sup>  
*For .49 each add: egg, bacon, pico, cheddar or feta cheese*

**BREAKFAST BURRITO** cage-free eggs, guajillo black beans, hash browns, pepper jack, chipotle cream cheese, sausage and pico de gallo wrapped in a flour tortilla 7.29 <sup>1,012 c</sup> *Add sour cream .49*

**BREAKFAST SANDWICH** cage-free eggs stacked on an English muffin with sausage and cheddar 5.79 <sup>472 c</sup>

**EGG WHITE SANDWICH** cage-free egg whites with ham and cheddar on an English muffin 5.99 <sup>386 c</sup>

### PLATES

**LITE BREAKFAST** 2 cage-free eggs and an English muffin with grapes on the side 4.29 <sup>329 c</sup>

**BACON AND EGGS** 3 eggs and 3 strips of bacon 5.49 <sup>330 c</sup>

**BREAKFAST SPECIAL** 3 cage-free eggs, choice of meat, hashbrowns and toast with butter 7.49 <sup>678 c</sup>

**CLASSIC OMELET** 3 cage-free eggs, choice of meat, cheddar and Roma tomato with grapes on the side 6.49 <sup>483 c</sup>

**SANTA FE OMELET** 3 cage-free eggs, avocado, cheddar, corn, guajillo black beans and pico de gallo with grapes on the side 6.49 <sup>562 c</sup>  
*Add choice of meat 1.49*

**VEGGIE OMELET** 3 cage-free eggs, Roma tomato, mushrooms, onion, and cheddar with grapes on the side 5.49 <sup>376 c</sup> *Add avocado for 1.49*

### SIDES

CAGE-FREE EGG .99    APPLEWOOD BACON (3) 2.79  
HASHBROWNS 1.79    SAUSAGE PATTY (2) 2.29  
TOAST (2) 1.79

## GRILL

### SANDWICHES

*Includes pickle and chips or whole fruit, sub fries/tater tots for 1.29*

**GRILLED CHEESE** tomato, provolone and cheddar on sourdough bread 5.49 <sup>518 c</sup> *Add bacon or ham for 1.99*

**TUNA MELT** tuna with cheese on honey wheat 7.99 <sup>655 c</sup>

**REUBEN / RACHEL** corned beef or turkey, sauerkraut, Swiss and thousand island dressing on marble rye 7.99 <sup>801 c</sup>

**PHILLY CHEESE** roast beef, onion, mushroom, green pepper and provolone on a hoagie 7.99 <sup>557 c</sup>

**GRILLED CHICKEN** grilled chicken with cheese, lettuce, and tomato 7.29 <sup>390 c</sup> *Add bacon or guacamole 1.49*

**ANGUS BURGER** 1/3 lb. certified angus beef, cheese, lettuce and tomato 7.29 <sup>538 c</sup> *Add bacon or guacamole 1.49 or .49 each: BBQ sauce, onion, or mushrooms*

### BOWLS 8.49

**SPICY BEEF** certified angus beef, avocado, spinach, mushroom, carrot, house potatoes and Sriracha aioli <sup>1139 c</sup>

**CHICKEN AVOCADO** baked chicken, house potatoes, avocado, Roma tomato, spinach and cheddar <sup>677 c</sup>

**SANTA FE** baked chicken, house made pico de gallo, applewood bacon, guajillo black beans, corn, cheddar and Santa Fe dressing <sup>529 c</sup>

### PANINI 8.49

*Includes pickle and chips or whole fruit, sub fries/tater tots for 1.29*

**TURKEY APPLE BACON** turkey, applewood bacon, Roma tomato, provolone, apple slices and honey mustard <sup>626 c</sup>

**CHICKEN PESTO** roasted red pepper, baked chicken, provolone, spinach and pesto aioli <sup>637 c</sup>

**CUBAN** baked chicken, honey ham, Swiss, dill pickle, banana pepper and Dijon mustard <sup>612 c</sup>

### TACOS

House made guac, pico de gallo, lettuce and cheddar with choice of meat: certified angus, chipotle chicken, or Impossible Burger (.49) *Choice of flour or corn tortilla.* One 3.49 <sup>269 c</sup> Two 5.99 Three 8.49

## SALADS

*Includes free breadsticks.*

*Calories based on small size with dressing noted.*

**AHI TUNA** sushi-grade ahi tuna, kale mix, avocado and carrots  
*[miso ginger]* 10.49 / 10.99 / 11.99 471 / 476 / 586 c

**SALMON CAESAR** BAP certified smoked salmon, kale mix, Roma tomato, parmesan, croutons *[caesar]* 10.49 / 10.99 / 11.99 475 / 480 / 640 c

**SALMON AVOCADO** BAP certified smoked salmon, romaine, spinach, avocado, egg, Roma tomato and crumbled feta *[balsamic vinaigrette]*  
10.49 / 10.99 / 11.99 634 / 641 / 785 c

**COBB AVOCADO** baked chicken, romaine, applewood smoked bacon, Roma tomato, cucumber, egg, avocado and gorgonzola *[ranch]*  
8.99 / 9.49 / 10.49 774 / 777 / 950 c

**SANTA FE** baked chicken, romaine, applewood bacon, guajillo black beans, corn, pico de gallo, cheddar and tortilla strips *[spicy santa fe]*  
8.99 / 9.49 / 10.49 547 / 549 / 705 c

**CHICKEN CAESAR** baked chicken, romaine, Roma tomato, parmesan and house made croutons *[caesar]* 7.49 / 7.99 / 8.99 432 / 435 / 594 c

**CHICKEN BENEFICIAL** baked chicken, romaine and spinach, raisins, walnuts, Roma tomato and parmesan *[balsamic vinaigrette]*  
7.99 / 8.49 / 9.49 665 / 668 / 942 c

**GARDEN AVOCADO** avocado, egg, romaine, cucumber, Roma tomato, carrot, mushroom, cheddar and sunflower seeds *[ranch]*  
7.49 / 7.99 / 8.99 616 / 618 / 829 c

**CREATE YOUR OWN** with romaine or spinach, five non-protein ingredients and a dressing 6.49 / 6.99 / 7.99  
*Add \$1.49 for avocado, \$1.99 for protein, .49 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 5.99 / 7.29

*Includes pickle and chips or whole fruit.*

**VEGGIE AVOCADO** avocado, mushrooms, cucumber, carrots, provolone, green leaf lettuce, tomatoes and house made hummus on whole grain bread 460 / 630 c

**TUNA SALAD** made with pole caught tuna, green leaf lettuce, and vine ripened tomatoes, served on honey wheat bread with provolone and mayo 533 / 856 c

**CRAN-ALMOND CHICKEN SALAD** house made from baked chicken with raisins and candied almonds. On honey wheat bread with lettuce and vine ripened tomatoes 344 / 678 c

**CLUB** turkey and ham with provolone on honey wheat bread with tomatoes, green leaf lettuce and mayo 336 / 506 c

**TURKEY BREAST** and Swiss on honey wheat bread with tomatoes, leaf lettuce and honey mustard 316 / 553 c

**B.L.T.** nitrite-free bacon, green leaf lettuce, and vine ripened tomatoes on toasted honey wheat with mayo 470 / 680 c

**ROAST BEEF** house-cooked roast beef seasoned with pepper and garlic on whole grain bread, topped with cheddar, lettuce, tomatoes and mayo 491 / 773 c

**HONEY HAM** on marble rye with Swiss, lettuce, vine ripened tomatoes, and Dijon mustard 270 / 516 c

## SOUPS

*Includes free breadsticks.*

**CLASSIC** Small 3.99 Medium 4.99 Large 5.99

**VEGAN VEGGIE** 74 / 112 / 149c

**CHICKEN NOODLE** 130 / 194 / 259c

**CHEDDAR TOMATO** 218 / 327 / 435c

**SOUP COMBO**  
\$1 off with  
any entrée

**PREMIUM** Small 4.29 Medium 5.29 Large 6.29

**SPICY CHICKEN TORTILLA** 120 / 180 / 240c

**CHICKEN WILD RICE** 330 / 495 / 660c

**FEATURED CHILI** 150 / 225 / 300c

**PLUS chef specials at each store...**

## WRAPS 7.49

*Includes pickle and chips or whole fruit.*

*Calories based on 12" whole wheat tortilla.*

**VEGGIE AVOCADO** romaine, avocado, Roma tomato, mushrooms, carrots, cucumber, cheddar and house made hummus 530 c

**TURKEY AVOCADO** turkey breast, avocado, romaine, tomato, cucumber, cheddar and mayo 707 c

**CHICKEN BACON** baked chicken, nitrite-free bacon, romaine and cheddar with ranch dressing 694 c

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

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

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

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

**CREATE YOUR OWN** romaine or spinach, 4 non-protein ingredients and a dressing 5.99 *Add \$1.49 for avocado, \$1.99 for protein, .49 per extra ingredient*

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