

EARLY RISERS

BOWLS

- RISE & DINE*** eggs, bacon or sausage, house potatoes, cheddar and tomato 8.99 ^{818c}
- BURRITO BOWL*** eggs, bacon or sausage, guajillo black beans, house potatoes, cheddar and house made pico de gallo 8.99 ^{864c}
- SMART START*** eggs, wilted spinach, tomato, house potatoes, cheddar and avocado 8.79 ^{858c}

PLATES

- EGGS N MEAT*** 3 eggs cooked to order and 3 strips of bacon or 2 sausage patties 6.99 ^{540c}
- SUNRISE SPECIAL*** 3 eggs, choice of meat, hashbrowns and toast with butter 9.79 ^{787c}
- CLASSIC OMELET*** 3 eggs, choice of meat, cheddar, mushrooms and tomato with hashbrowns on the side 8.49 ^{549c} *Add toast 1.29*
- VEGGIE OMELET*** 3 eggs, tomato, peppers, avocado, mushrooms, onion, and cheddar with hashbrowns on the side 7.99 ^{600c} *Add toast 1.29*

HANDHELDS

- SOUTHWEST BURRITO*** eggs, black beans, breakfast potatoes, cheddar, chipotle cream cheese, sausage and pico de gallo wrapped in a flour tortilla 8.99 ^{950c} *Add sour cream .79*
- EGG WICH*** eggs with sausage and cheddar on English muffin 6.79 ^{500c} or ciabatta or brioche 7.29 ^{740c}
- BRIOCHE HUEVOCADO*** two runny eggs with cheddar, provolone and avocado on a soft brioche bun 7.29 ^{630c} *Add meat 1.49*

- SIDES** BREAKFAST POTATOES 1.99 SAUSAGE PATTY* (2) 2.99
APPLEWOOD BACON* (3) 3.79 TOAST 1.29 *Add avocado 1.49*

- VEGAN** *plant based products from Beyond, Follow Your Heart and Just Egg*
- BREAKFAST BURRITO** plant based egg, cheese and sausage with black bean, Pico de Gallo and salsa wrapped in a tortilla 10.79 ^{735c}
- BREAKFAST SANDWICH** plant based egg, cheese and sausage on a brioche bun 8.79 ^{520c}

SOMETHING HOT

Includes your choice of chips, fruit or dessert Sub fries/tater tots for 2.49

LUNCH BOWLS

- LOVE ME TENDER*** roast beef, spinach kale mix, brussels sprouts, roasted red pepper, apple, craisins, gorgonzola, horsey mayo 14.99 ^{882c}
- SHRIMP*** pan fried shrimp, bacon, hot honey sauce, brown rice, greens, tomato and corn 13.99 ^{670c}
- CHICKEN AVOCADO** baked chicken, house potatoes, avocado, tomato, greens and cheddar 11.99 ^{687c}
- SANTA FE** baked chicken, house made pico de gallo, applewood bacon, guajillo black beans, corn, cheddar, house potatoes with Santa Fe dressing 11.99 ^{923c}
- BARBACOA** greens, corn, black bean, pico de gallo, cheddar, brown rice 12.49 ^{744c}
- KOREAN BEEF** brown rice, barbacoa, greens, roasted red pepper, gochujang sauce 13.99 ^{462c}

BURRITOS, TACOS & QUESADILLAS

- Includes salsa on the side. Add sour cream for .79*
- BURRITO** 12” tortilla with brown rice, pico de gallo, cheddar, black beans, corn and greens with choice of chicken or barbacoa 10.29 ^{791c}
- TACOS** two 6” tortillas with brown rice, pico de gallo, cheddar and greens with choice of chicken or barbacoa 7.99 ^{634c}
- QUESADILLA** large flour tortilla folded and grilled with greens, pico de gallo and cheddar with choice of chicken or barbacoa 9.99 ^{848c}

SOUP

12 oz. | 16 oz.

Includes your choice of breadsticks, fruit or dessert

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|-------------|---|-------------|--|------------|---|
| MON | CHICKEN TORTILLA 5.99/7.89 ^{166/227c} | WED | CHICKEN WILD RICE 5.99/7.89 ^{475/648c} | FRI | CHICKEN TORTILLA 5.99/7.89 ^{166/227c} |
| | CHEDDAR TOMATO 5.29/7.09 ^{299/408c} | | CHEDDAR TOMATO 5.29/7.09 ^{299/408c} | | CHEDDAR TOMATO 5.29/7.09 ^{299/408c} |
| TUES | CHICKEN TORTILLA 5.99/7.89 ^{166/227c} | THUR | CHICKEN WILD RICE 5.99/7.89 ^{475/648c} | | |
| | BEEF CHILI 5.79/7.59 ^{221/301c} | | BEEF CHILI 5.79/7.59 ^{221/301c} | | |

SANDWICHES *[also includes a pickle]*

- CHEESY GRILLED CHEESE** yummy cheesy yummy cheddar and provolone on grilled sourdough 7.29 ^{538c} *Add meat 2.49*
- TUNA MELT*** house-made tuna salad and cheese on grilled honey wheat 10.29 ^{580c}
- HOT CLUCK BUN** chicken breast with Swiss, mayo, tomato and greens on a brioche bun 10.49 ^{712c} *Add bacon 2.49 or avocado 1.49*
- KICKIN’ CHICKIN’** chicken breast, provolone, greens, Pico de Gallo and sriracha aioli on a brioche bun 9.99 ^{766c} *Add bacon 2.49 or avocado 1.49*
- ROCK-A-RYE REUBEN** corned beef, sauerkraut, Swiss and thousand island dressing on marble rye 10.29 ^{790c}
- PHILLY CHEESE** slow cooked roast beef, onion, mushroom, pepper and provolone on ciabatta 10.29 ^{720c}

PANINI 10.79 *[also includes a pickle]*

- BANGIN’ BEEF** roast beef, tomato, mushroom, onion, cheddar, horsey mayo and sriracha aioli on panini pressed ciabatta ^{1161c}
- SPICY CLUB** turkey, applewood bacon, greens, red pepper, Swiss and chipotle cream cheese on panini pressed ciabatta ^{912c}
- CHICKEN PESTO** roasted red pepper, baked chicken, provolone, greens and pesto aioli on panini pressed ciabatta ^{869c}
- CUBAN** baked chicken, honey ham, Swiss, dill pickle, banana pepper and Dijon mustard on panini pressed ciabatta ^{627c}
- TURKEY APPLE BACON** turkey, applewood bacon, tomato, provolone, apple slices and honey mustard on panini pressed ciabatta ^{1009c}

*CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS.

GREEN BOWLS

*Includes your choice of breadsticks,
fruit or dessert*

BUFFALO CHICKEN greens, chicken, tomato, carrot, celery, gorgonzola and buffalo sauce *[ranch]* 11.49 ^{527c}

SALMON AVOCADO* BAP certified smoked salmon, greens, avocado, egg, tomato and crumbled feta *[balsamic vinaigrette]* 13.99 ^{708c}

AVO CABBO baked chicken, greens, applewood smoked bacon, tomato, cucumber, egg, avocado and gorgonzola *[ranch]* 11.99 ^{871c}

TUCSON baked chicken, greens, applewood bacon, guajillo black beans, corn, pico de gallo, cheddar and tortilla strips *[spicy santa fe]* 11.99 ^{640c}

CHICKEN CAESAR baked chicken, greens, tomato, parmesan and house made croutons *[caesar]* 11.49 ^{557c}

CHICKEN BENEFICIAL baked chicken, greens, raisins, walnuts, tomato and parmesan *[balsamic vinaigrette]* 11.99 ^{756c}

GARDEN AVOCADO avocado, egg, greens, cucumber, tomato, carrot, mushroom, cheddar and sunflower seeds *[ranch]* 11.49 ^{663c}

CREATE YOUR OWN greens + five ingredients and a dressing 8.99
Add protein 2.49 or avocado 1.49

DRESSINGS [calories: 1.6 oz. serving]

Honey Vinaigrette 257c, Fat Free Citrus 30c, Santa Fe 118c, Bleu Cheese 202c, Balsamic Vinaigrette 161c, Poppyseed 190c, Caesar 208c, Olive Oil 384c, Buttermilk Ranch 220c

WE DO CATERING!

**Share good food
with your people.**

*Just ask us or check our
website for details.*



'WICHES

*Choose wheat, white or ciabatta bread
Includes a pickle and your choice of chips, fruit or dessert*

ROASTED TURKEY and Swiss with tomato, greens and mayo 9.79 ^{677 c}

APPLEWOOD HAM with Swiss, tomato, greens and Dijon mustard 9.99 ^{448c}

CRUNCHY CHICK N CRAN house made from baked chicken with raisins and candied almonds topped with provolone, greens and tomato 9.49 ^{715c}

VEGGIE AVOCADO avocado, mushrooms, cucumber, carrots, provolone, greens, tomato and hummus 9.49 ^{599c}

WHISTLE A TUNA* made with pole caught tuna, greens, tomato, provolone and mayo 9.99 ^{848c}

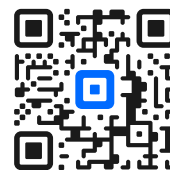
TURKEY & BACON turkey and bacon with cheddar, tomato, greens and mayo 9.99 ^{1130c}

PORKY'S STOP 'N GO toasted with nitrite-free bacon, greens, tomato and mayo 9.99 ^{730c}

ROAST BEEF roast beef topped with cheddar, greens, tomato and Sriracha aioli 9.79 ^{871c}



WE DELIVER!



SCAN TO PLACE AN ORDER

WRAPS

*Choose flour, spinach or tomato basil tortilla
Includes a pickle and your choice of chips, fruit or dessert*

FRESH VEGGIE greens, avocado, tomato, mushrooms, carrots, cucumber, cheddar, house made hummus and ranch 9.49 ^{860c}

TURKEY AVO turkey breast, avocado, greens, tomato, cucumber, cheddar and mayo 10.49 ^{881c}

CAESAR'S CHICKEN baked chicken, greens, house made croutons, shredded Parmesan, tomato and caesar dressing 10.49 ^{754c}

BUFFALO CHICKEN baked chicken, greens, tomato, bleu cheese dressing and buffalo sauce 10.49 ^{647c}

SANTA FE baked chicken, applewood bacon, greens, house made pico de gallo, guajillo black beans, corn, cheddar and Santa Fe dressing 10.79 ^{852c}

CHICKEN BACON baked chicken, nitrite-free bacon, greens and cheddar with ranch dressing 10.49 ^{859c}

COBB AVOCADO baked chicken, greens, applewood smoked bacon, tomato, cucumber, avocado and gorgonzola 10.79 ^{964 c}

CREATE YOUR OWN 7.99
greens + four ingredients and a dressing *Add protein 2.49, avocado 1.49*

SMOOTHIES 8.29

Dairy free or substitute regular milk and yogurt

YO-BERRY strawberries, banana, vanilla soy yogurt, almond milk

MORNING GLORY orange, banana, vanilla soy yogurt, almond milk, pea protein

BRIGHT AWAKENING pineapple, banana, ginger, almond milk, pea protein

CHOCO-NANA peanut butter, banana, medjool date, almond milk, cacao powder, pea protein

NANCY'S FANCY pineapple, banana, strawberry, spinach, cucumber, vanilla soy yogurt, almond milk, pea protein

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Prices subject to change.