

## EARLY RISERS

### BOWLS

**RISE & DINE\*** eggs, bacon or sausage, house potatoes, cheddar and tomato 8.99 <sup>818c</sup>

**BURRITO BOWL\*** eggs, bacon or sausage, guajillo black beans, house potatoes, cheddar and house made pico de gallo 8.99 <sup>864c</sup>

**SMART START\*** eggs, wilted spinach, tomato, house potatoes, cheddar and avocado 8.79 <sup>858c</sup>

### PLATES

**EGGS N MEAT\*** 3 eggs cooked to order and 3 strips of bacon or 2 sausage patties 6.99 <sup>540c</sup>

**SUNRISE SPECIAL\*** 3 eggs, choice of meat, hashbrowns and toast with butter 9.79 <sup>787c</sup>

**CLASSIC OMELET\*** 3 eggs, choice of meat, cheddar, mushrooms and tomato with hashbrowns on the side 8.49 <sup>549c</sup> Add toast 1.29

**VEGGIE OMELET\*** 3 eggs, tomato, peppers, avocado, mushrooms, onion, and cheddar with hashbrowns on the side 7.99 <sup>600c</sup> 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 <sup>950c</sup> Add sour cream .79

**EGG WICH\*** eggs with sausage and cheddar on English muffin 6.79 <sup>500c</sup> or ciabatta or brioche 7.29 <sup>740c</sup>

**BRIOCHE HUEVOCADO\*** two runny eggs with cheddar, provolone and avocado on a soft brioche bun 7.29 <sup>630c</sup> 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 <sup>735c</sup>

**BREAKFAST SANDWICH** plant based egg, cheese and sausage on a brioche bun 8.79 <sup>520c</sup>

## 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, raisins, gorgonzola, horsey mayo 14.99 <sup>882c</sup>

**SHRIMP\*** pan fried shrimp, bacon, hot honey sauce, brown rice, greens, tomato and corn 13.99 <sup>670c</sup>

**CHICKEN AVOCADO** baked chicken, house potatoes, avocado, tomato, greens and cheddar 11.99 <sup>687c</sup>

**SANTA FE** baked chicken, house made pico de gallo, applewood bacon, guajillo black beans, corn, cheddar, house potatoes with Santa Fe dressing 11.99 <sup>923c</sup>

**BARBACOA** greens, corn, black bean, pico de gallo, cheddar, brown rice 12.49 <sup>744c</sup>

**KOREAN BEEF** brown rice, barbacoa, greens, roasted red pepper, gochujang sauce 13.99 <sup>462c</sup>

### 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 <sup>791c</sup>

**TACOS** two 6" tortillas with brown rice, pico de gallo, cheddar and greens with choice of chicken or barbacoa 7.99 <sup>634c</sup>

**QUESADILLA** large flour tortilla folded and grilled with greens, pico de gallo and cheddar with choice of chicken or barbacoa 9.99 <sup>848c</sup>

## SOUP

12 oz. | 16 oz.

Includes your choice of breadsticks, fruit or dessert

**MON CHICKEN TORTILLA** 5.99/7.89 <sup>166/227c</sup>  
**CHEDDAR TOMATO** 5.29/7.09 <sup>299/408c</sup>

**TUES CHICKEN TORTILLA** 5.99/7.89 <sup>166/227c</sup>  
**BEEF CHILI** 5.79/7.59 <sup>221/301c</sup>

**WED CHICKEN WILD RICE** 5.99/7.89 <sup>475/648c</sup>  
**CHEDDAR TOMATO** 5.29/7.09 <sup>299/408c</sup>

**THUR CHICKEN WILD RICE** 5.99/7.89 <sup>475/648c</sup>  
**BEEF CHILI** 5.79/7.59 <sup>221/301c</sup>

**FRI CHICKEN TORTILLA** 5.99/7.89 <sup>166/227c</sup>  
**CHEDDAR TOMATO** 5.29/7.09 <sup>299/408c</sup>

### SANDWICHES *[also includes a pickle]*

**CHEESY GRILLED CHEESE** yummy cheesy yummy cheddar and provolone on grilled sourdough 7.29 <sup>538c</sup> Add meat 2.49

**TUNA MELT\*** house-made tuna salad and cheese on grilled honey wheat 10.29 <sup>580c</sup>

**HOT CLUCK BUN** chicken breast with Swiss, mayo, tomato and greens on a brioche bun 10.49 <sup>712c</sup> 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 <sup>766c</sup>  
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 <sup>790c</sup>

**PHILLY CHEESE** slow cooked roast beef, onion, mushroom, pepper and provolone on ciabatta 10.29 <sup>720c</sup>

### PANINI 10.79 *[also includes a pickle]*

**BANGIN' BEEF** roast beef, tomato, mushroom, onion, cheddar, horsey mayo and sriracha aioli on panini pressed ciabatta <sup>1161c</sup>

**SPICY CLUB** turkey, applewood bacon, greens, red pepper, Swiss and chipotle cream cheese on panini pressed ciabatta <sup>912c</sup>

**CHICKEN PESTO** roasted red pepper, baked chicken, provolone, greens and pesto aioli on panini pressed ciabatta <sup>869c</sup>

**CUBAN** baked chicken, honey ham, Swiss, dill pickle, banana pepper and Dijon mustard on panini pressed ciabatta <sup>627c</sup>

**TURKEY APPLE BACON** turkey, applewood bacon, tomato, provolone, apple slices and honey mustard on panini pressed ciabatta <sup>1009c</sup>

## GREEN BOWLS

*Includes your choice of breadsticks, fruit or dessert*

**BUFFALO CHICKEN** greens, chicken, tomato, carrot, celery, gorgonzola and buffalo sauce *[ranch]* 11.49 <sup>527c</sup>

**SALMON AVOCADO\*** BAP certified smoked salmon, greens, avocado, egg, tomato and crumbled feta *[balsamic vinaigrette]* 13.99 <sup>708c</sup>

**AVO CABBO** baked chicken, greens, applewood smoked bacon, tomato, cucumber, egg, avocado and gorgonzola *[ranch]* 11.99 <sup>871c</sup>

**TUCSON** baked chicken, greens, applewood bacon, guajillo black beans, corn, pico de gallo, cheddar and tortilla strips *[spicy santa fe]* 11.99 <sup>640c</sup>

**CHICKEN CAESAR** baked chicken, greens, tomato, parmesan and house made croutons *[caesar]* 11.49 <sup>557c</sup>

**CHICKEN BENEFICIAL** baked chicken, greens, raisins, walnuts, tomato and parmesan *[balsamic vinaigrette]* 11.99 <sup>756c</sup>

**GARDEN AVOCADO** avocado, egg, greens, cucumber, tomato, carrot, mushroom, cheddar and sunflower seeds *[ranch]* 11.49 <sup>663c</sup>

**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 <sup>677c</sup>

**APPLEWOOD HAM** with Swiss, tomato, greens and Dijon mustard 9.99 <sup>448c</sup>

**CRUNCHY CHICK N CRAN** house made from baked chicken with raisins and candied almonds topped with provolone, greens and tomato 9.49 <sup>715c</sup>

**VEGGIE AVOCADO** avocado, mushrooms, cucumber, carrots, provolone, greens, tomato and hummus 9.49 <sup>599c</sup>

**WHISTLE A TUNA\*** made with pole caught tuna, greens, tomato, provolone and mayo 9.99 <sup>848c</sup>

**TURKEY & BACON** turkey and bacon with cheddar, tomato, greens and mayo 9.99 <sup>1130c</sup>

**PORKY'S STOP 'N GO** toasted with nitrite-free bacon, greens, tomato and mayo 9.99 <sup>730c</sup>

**ROAST BEEF** roast beef topped with cheddar, greens, tomato and Sriracha aioli 9.79 <sup>871c</sup>



### 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 <sup>860c</sup>

**TURKEY AVO** turkey breast, avocado, greens, tomato, cucumber, cheddar and mayo 10.49 <sup>881c</sup>

**CAESAR'S CHICKEN** baked chicken, greens, house made croutons, shredded Parmesan, tomato and caesar dressing 10.49 <sup>754c</sup>

**BUFFALO CHICKEN** baked chicken, greens, tomato, bleu cheese dressing and buffalo sauce 10.49 <sup>647c</sup>

**SANTA FE** baked chicken, applewood bacon, greens, house made pico de gallo, guajillo black beans, corn, cheddar and Santa Fe dressing 10.79 <sup>852c</sup>

**CHICKEN BACON** baked chicken, nitrite-free bacon, greens and cheddar with ranch dressing 10.49 <sup>859c</sup>

**COBB AVOCADO** baked chicken, greens, applewood smoked bacon, tomato, cucumber, avocado and gorgonzola 10.79 <sup>964c</sup>

**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