

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, hashbrowns, sausage, black beans, cheddar, chipotle cream cheese 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
- |                             |                           |
|-----------------------------|---------------------------|
| EGG* 1.09                   | APPLEWOOD BACON* [3] 3.79 |
| HASHBROWNS 1.99             | SAUSAGE PATTY* [2] 2.99   |
| 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 beans, 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\* beef tenderloin, 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, beef tenderloin, 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



WE DELIVER!  
SCAN TO PLACE AN ORDER



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
- 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
- HOT CLUCK BUN chicken breast, 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 10.79 806c Add bacon 2.49 or avocado 1.49
- ANGUS BURGER\* 1/3 lb. patty, cheddar, greens and tomato on a brioche bun 10.49 692c Add bacon 2.49 or avocado 1.49 Add bbq, A1, spicy ranch sauce .49

VEGAN BURGER Plant based patty, greens, tomato with Follow Your Heart vegan cheese on a brioche bun 11.79 590c

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 921c
- 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 COBBO** 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!**  
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your people.

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website for details.*



'WICHES

*Bread: choose wheat, white or ciabatta*  
*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, and tomato, served with provolone and mayo 9.99 848c

**TURKEY & BACON** turkey and bacon with cheddar, tomato, greens and mayo 9.99 869c

**PORKY'S STOP 'N GO** toasted with nitrite-free bacon, greens, tomato and mayo 9.99 1130c

**ROAST BEEF** house-cooked roast beef, seasoned with pepper and garlic, topped with cheddar, greens, tomato and Sriracha aioli 9.79 871c

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

WRAPS

*Tortilla: choose flour, spinach or tomato basil*  
*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, applewood smoked bacon, tomato, cucumber, greens, avocado and gorgonzola 10.79 1049c

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

SOUPS

*Includes your choice of breadsticks, fruit or dessert*  
12 oz. | 16 oz.

VEGAN VEGGIE	5.29/7.09 155 / 212c
CHICKEN NOODLE	5.79/7.59 200 / 273c
CHEDDAR TOMATO	5.29/7.09 234 / 319c
CHICKEN TORTILLA	5.99/7.89 166 / 227c
CHICKEN WILD RICE	5.99/7.89 475 / 648c
BEEF CHILI	5.79/7.59 221 / 301c

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*Prices subject to change.*