

Early Risers

BREAKFAST BOWLS

- Rise & Dine*** 9.25
eggs, bacon or sausage, breakfast potatoes, cheddar and tomato
- Meat & Greet*** 9.75
eggs, bacon AND sausage, breakfast potatoes, cheddar, pico de gallo and sriracha aioli
- Smart Start*** 9.50
eggs, wilted spinach, tomato, breakfast potatoes, cheddar and avocado
- Tender in the Morn’*** 12.50
eggs, beef tenderloin, red pepper, breakfast potatoes, spinach, savory aioli

PLATES

- Perfect Pair*** 7.50
3 eggs cooked to order, 3 strips of bacon or 2 sausage patties
- Sunrise Special*** 10.50
3 eggs, choice of meat, hashbrowns and toast with butter
- Classic Omelet*** 9.25 *Add toast 1.00*
3 eggs, choice of meat, cheddar, mushrooms, tomato with hashbrowns on the side
- Veggie Omelet*** 9.25 *Add toast 1.00*
3 eggs, tomato, peppers, avocado, mushrooms, onion, cheddar with hashbrowns

HANDHELDS

- Egg ‘Wich*** 6.75
eggs with sausage or bacon and white cheddar on schiacciata bread
- ★ **Southwest Burrito*** 9.50 *Add sour cream 1.00*
eggs, hashbrowns, sausage or bacon, cheddar, chipotle cream cheese, pico de gallo, wrapped in a 12” flour tortilla with salsa on the side
- Avocado Toast** 6.00
toasted schiacciata bread with whole avocado, pico de gallo, sunflower seeds, topped with a light balsamic glaze

- SIDES**
- | | |
|---------------------|-------------------------|
| Egg* 1.50 | Sausage Patty* (2) 3.50 |
| Mornin’ Taters 3.00 | Jam & Toast 1.50 |
| Bacon* (3) 4.00 | |

★ = signature item

Something Hot

Choose your side

Choice of chips, apple, bread or cookie
Sub fries | tater tots for \$2.00

LUNCH BOWLS

- Love Me Tender*** 16.00
beef tenderloin, spinach, green power blend, mushroom, apple, red pepper, sweet cranberries, red onion with blue cheese dressing
- Chick-a-Cado** 13.00
chicken, house potatoes, avocado, tomato, spinach and cheddar
- HunnyHot Shrimp*** 15.00
pan fried shrimp, bacon, rice blend, spring greens, tomato, corn with hot honey sauce
- ★ **Cow & Goat B Jammin’*** 15.50
beef tenderloin infused with mild goat cheese, peruvian pepper jam, rice blend, red & green pepper, mushroom and green power blend
- Barbaco Arroz** 13.50
barbacoa, spring greens, corn, black beans, pico de gallo, cheddar and rice blend
- South x West** 13.00
chicken, pico de gallo, bacon, black beans, corn, cheddar, house potatoes with chipotle ranch
- Kick in Le Boeuf** 14.50
beef tenderloin, rice blend, green power blend, spinach, red pepper with gochujang sauce

PANINI on schiacciata bread

- Bangin’ Beef** 12.00
roast beef, tomato, mushroom, onion and white cheddar with sriracha aioli
- Hot Clubbin’** 11.50
turkey, bacon, spring greens, red pepper and swiss with chipotle cream cheese
- ★ **Tom & Wilbur** 11.50
turkey, bacon, tomato, provolone, apple slices with honey mustard
- Chicken Presto!** 11.00
chicken, red pepper, provolone and spring greens with pesto aioli
- Cubano** 12.50
turkey, ham, swiss, dill pickle, banana pepper with dijon mustard

SANDWICHES

- Cheezy Grilled Cheez** 7.50 *Add meat 3*
yummy cheesy yummy white cheddar and provolone on grilled sourdough
- ★ **Peppy Le Pork** 10.50
our Cheezy Grilled Cheez with ham or bacon and peruvian pepper jam
- Whistle a Hot Tuna*** 10.50
tuna salad, white cheddar on grilled wheat
- Rock-a-Rye Reuben** 11.00
corned beef, sauerkraut, swiss, thousand island on marble rye
- Philly DeeLightFull** 11.00
roast beef, onion, mushrooms, peppers, provolone on schiacciata bread
- Hot Cluck Bun** 11.00 *Add bacon 3 | avocado 2*
chicken breast, swiss, mayo, tomato and spring greens on a brioche bun
- Kickin’ Chickin’** 11.50 *Add bacon 3 | avocado 2*
chicken breast, provolone, spring greens, pico de gallo with sriracha aioli and buffalo sauce on schiacciata bread
- All Beefed Up*** 11.00 *Add bacon 3 | avocado 2*
1/3 lb. beef patty, white cheddar, spring greens, tomato on a brioche bun
- Yolkadee Oink** 12.50
ham, spring greens, white cheddar, savory aioli, and an over-medium egg on cheese-infused grilled schiacciata bread

Vegan Holy No Cow 13.00
plant based patty, spring greens, tomato with *Follow Your Heart* vegan cheese on a brioche bun

BURRITOS, TACOS & QUESADILLAS

Includes salsa on the side | Add sour cream for 1.00

- Burrito** 12” flour tortilla, rice blend, pico, cheddar, black beans, corn, spring greens
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| Chicken 10.75 | Barbacoa 11.75 |
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- Dos Tacos** two 6” flour tortillas, rice blend, pico, cheddar, spring greens
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| Chicken 8.00 | Barbacoa 9.00 |
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- Quesadilla** 12” flour tortilla folded & grilled, spring greens, pico, cheddar
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|---------------|----------------|
| Chicken 10.25 | Barbacoa 11.25 |
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WE DELIVER!



SCAN TO PLACE AN ORDER

Wraps & Green Bowls

Make it a wrap or a bowl. Your choice!

Includes a side of chips, apple, bread or cookie

wrap | bowl

Feta U Betcha 12.75 | 14.00

chicken, strawberries, cucumber, tomato, spring greens, pickled onion and feta with balsamic vinaigrette

Spicy Cockadoodle 11.25 | 12.50

chicken, spring greens, tomato, carrot, cheddar, buffalo sauce and ranch

Hail Caesar 11.25 | 12.50

chicken, spring greens, tomato, parmesan with caesar

Garden Lyfe 10.75 | 12.00

avocado, spring greens, cucumber, tomato, carrot, mushroom, red pepper, cheddar, sunflower seeds with ranch

★ **Santa Fe** 11.50 | 12.75

chicken, bacon, black beans, corn, pico de gallo, spring greens and cheddar with chipotle ranch

Pig Meets Chicken 11.50 | 12.75

chicken, bacon, tomato, spring greens and cheddar with ranch

Cobb Almighty 11.50 | 12.75

chicken, bacon, avocado, tomato, cucumber, spring greens and cheddar with blue cheese and ranch

Dressings

Honey Vinaigrette, Fat Free Citrus, Caesar, Ranch, Poppyseed, Chipotle Ranch, Bleu Cheese, Balsamic Vinaigrette, Olive Oil

We do catering!

Share good food
with your people.

Just ask us or check our
website for details.



Choose your side

Choice of chips, apple, bread or cookie
Sub fries | tater tots for \$2.00

wrap | bowl

Thai Thai Again 11.25 | 12.50

chicken, spring greens, carrot, red onion, cucumber, green power blend, red pepper with peanut sauce

Cluckin' Berry Nut 12.25 | 13.50

cranberry chicken salad, spring greens, red grapes, strawberry, honey vinaigrette (contains walnuts)

Fa-La-Full Good 12.25 | 13.50

hummus, rice blend, falafel, feta, spring greens, tomato, cucumber, and pickled onion with ranch

Turkey Avo (wrap only) 11.25

turkey breast, avocado, spring greens, tomato, cucumber and cheddar with mayo

★ **Smokin' Salmon (bowl only)*** 15.00

smoked salmon, avocado, spring greens, tomato and feta with balsamic vinaigrette

Smoothies

Sub vanilla soy yogurt 1.00 | almond milk .50

Blue By You 7.50 pea protein, blueberries, strawberries, banana, vanilla yogurt and milk

Yo-Berry 7.50 strawberries, banana, vanilla yogurt and milk

★ **Nancy's Fancy** 8.00 pea protein, pineapple, banana, strawberry, spinach, cucumber, vanilla yogurt and milk

Go Bananas 7.50 pea protein, banana, vanilla yogurt and milk

Choco-Nana 8.00 peanut butter, banana, medjool date, milk, cacao powder and pea protein

'Wiches

Includes a side of chips, apple, bread or cookie

Salami Mommi 10.50 genoa salami, goat cheese, banana pepper, tomato, spring greens mayo on wheat

Gobble Gobble 10.00 turkey, white cheddar, tomato, cucumber, spring greens and mayo on wheat bread

Ham I Am 10.25 ham, swiss, tomato, spring greens, dijon mustard on sourdough

★ **Chick 'n Cran** 10.00 our house made chicken salad, provolone, spring greens and tomato on wheat bread (contains walnuts)

Qurkey Turkey 11.00 turkey, avocado, white cheddar, spring greens, with peruvian pepper jam, savory aioli on schiacciata bread

Vegalicious 9.50 avocado, cucumber, carrots, mushroom, tomato, provolone and hummus with spring greens on schiacciata bread

Whistle a Tuna* 10.50 tuna salad, tomato, provolone, spring greens and mayo on wheat bread

Go Clubbin' 10.50 turkey and bacon, white cheddar, tomato, spring greens, mayo on sourdough bread

Hamalami 11.50 ham, salami, provolone, swiss, tomato, pickled onion and spring greens with honey mustard on schiacciata bread

Porky's Stop 'n Go 10.00 bacon, spring greens, tomato and mayo on toasted sourdough bread

Let it Beef 11.50 roast beef, white cheddar, spring greens, tomato, savory aioli on schiacciata bread

EZee Capreeze 10.25 fresh mozzarella, pesto aioli, cucumber, tomato, spring greens with balsamic glaze on schiacciata bread

Soup

Includes a side of chips, apple, bread or cookie

12 oz. | 16 oz.

Soup'r Vegastrone 5.50 | 7.50

Cockadoodle Noodle 5.50 | 7.50

Cheddar Tomato 5.50 | 7.50

Chicken Tortilla 6.50 | 8.50

★ **Wild Chick in Rice** 6.25 | 8.25

Beef Chili 6.25 | 8.25

★ = signature item

FOOD ITEMS WITH AN ASTERISK COULD BE SERVED RAW OR UNDERCOOKED. CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS.
THE FOLLOWING ITEMS CONTAIN NUTS - CLUCKIN' BERRY NUT AND CHICK 'N CRAN.

Prices subject to change.