

SALADS **\$5.74**

available all day, from open to close

served with choice of chicken or organic tofu

BBQ RANCH

Organic Mixed Greens, Romaine, Corn, Organic Black Beans, Pico de Gallo, Avocado, Tortilla Strips, Pepper Jack Cheese (GF w/o Tortilla Strips)

440 CAL | 6G SAT FAT | 15G PROTEIN | 55G CARBS | 14G FB

Paired with Chipotle BBQ Ranch Dressing 150 CAL

GREEK

Organic Mixed Greens, Romaine, Organic Cucumbers, Red Onions, Green Onions, Organic Tomatoes, Kalamata Olives, Feta GF

170 CAL | 2.5G SAT FAT | 9G PROTEIN | 18G CARBS | 6G FB

Paired with Creamy Greek Dressing 170 CAL

COBB

Organic Mixed Greens, Romaine, Green Onions, Organic Tomatoes, Hard Boiled Egg, Blue Cheese Crumbles, Avocado, Nitrate-free Bacon GF

350 CAL | 10G SAT FAT | 20G PROTEIN | 15G CARBS | 9G FB

Paired with Creamy Blue Cheese Dressing 210 CAL

CAESAR

Romaine, Croutons, Organic Tomatoes, Parmesan (GF w/o Croutons)

180 CAL | 1.5G SAT FAT | 9G PROTEIN | 21G CARBS | 8G FB

Paired with Caesar Dressing 245 CAL

ANTIPASTO

Romaine, Genoa Salami, Marinated Artichoke Hearts, Pepperoncini, Fresh Mozzarella, Red Onions, Organic Tomatoes, Kalamata Olives GF

380 CAL | 11G SAT FAT | 25G PROTEIN | 16G CARBS | 6G FB

Paired with Red Wine Vinaigrette 190 CAL

BRUSCHETTA CAPRESE

Organic Mixed Greens, Romaine, Fresh Mozzarella, Croutons, Pico de Gallo (Organic Roma Tomatoes Marinated w/ Red Onions and Parsley) (GF w/o Croutons)

310 CAL | 8G SAT FAT | 21G PROTEIN | 24G CARBS | 6G FB

Paired with Balsamic Vinaigrette 209 CAL

and Basil Pesto CONTAINS PINE NUTS 160 CAL

BUFFALO CHICKEN

Romaine, Buffalo Chicken, Celery, Organic Carrots, Organic Tomatoes, Jalapeños, Croutons (GF w/o Croutons)

280 CAL | 3G SAT FAT | 33G PROTEIN | 25G CARBS | 7G FB

Paired with Creamy Blue Cheese Dressing 210 CAL

JALAPEÑO RANCH

Organic Mixed Greens, Romaine, Corn, Organic Tomatoes, Pickled Red Onions, Pepper Jack Cheese, Nitrate-free Bacon GF

360 CAL | 9G SAT FAT | 23G PROTEIN | 41G CARBS | 8G FB

Paired with Jalapeño Ranch Dressing 140 CAL

FALL HARVEST

Organic Mixed Greens, Romaine, Roasted Sweet Potatoes, Organic Apples, Beets, Pecans, Organic Raisins, Feta GF

590 CAL | 8G SAT FAT | 12G PROTEIN | 72G CARBS | 16G FB

Paired with Champagne Vinaigrette 200 CAL

COWBOY COBB

Romaine, Steak, Hard Boiled Egg, Roasted Poblano Peppers, Organic Tomatoes, Corn, Red Onions, Nitrate-free Bacon GF DF

630 CAL | 10G SAT FAT | 50G PROTEIN | 43G CARBS | 10G FB

Paired with Jalapeño Ranch Dressing 140 CAL

DRESSINGS

CALORIE COUNT BASED ON 2 FL OZ

BALSAMIC VINAIGRETTE 209 CAL GF V DF

BASIL PESTO 160 CAL GF CONTAINS PINE NUTS, DAIRY

CAESAR 245 CAL GF CONTAINS DAIRY, EGGS, FISH, SOY

CHAMPAGNE VINAIGRETTE (SEASONAL) 200 CAL GF DF

CHIPOTLE BBQ RANCH 150 CAL GF CONTAINS DAIRY, SOY

CREAMY BLUE CHEESE 210 CAL GF CONTAINS DAIRY

CREAMY GREEK 170 CAL GF CONTAINS DAIRY, SOY

JALAPEÑO RANCH* 140 CAL GF CONTAINS DAIRY, SOY

RANCH 160 CAL GF CONTAINS DAIRY, SOY

RED WINE VINAIGRETTE 190 CAL GF V DF

ADD PROTEIN

CHICKEN - FREE with any salad (additional portions \$1.44 each) 130 CAL

ORGANIC TOFU - FREE with any salad (additional portions \$1.44 each) 130 CAL

STEAK \$2.39 170 CAL

SHRIMP \$2.49 100 CAL

GF=GLUTEN-FREE V=VEGAN DF=DAIRY-FREE

WHILE THE ITEMS INDICATED ARE GLUTEN-FREE, WE ARE NOT A GLUTEN-FREE FACILITY AND ITEMS ARE AT RISK FOR CROSS CONTAMINATION. CONSUMING RAW OR UNDERCOOKED MEATS, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS.

SEASONAL SOUP

CHICKEN POT PIE SOUP \$3.99

Chicken, Potatoes, Carrots, Celery, Onions and Peas GF
220 CAL | 1.5G SAT FAT | 19G PROTEIN | 23G CARBS | 4G FB

KIDS ITEMS

KIDS SALAD \$3.00

Romaine, Croutons, Organic Carrots, Organic Cucumbers DF

38 CAL | 2G PROTEIN | 8G CARBS

Paired with Ranch Dressing 160 CAL

PROTEIN BOX \$4.00

Includes all-natural Chicken or Organic Tofu, any 2 items from the salad menu, and choice of Dressing

BREAKFAST BURRITOS

available during breakfast hours
MON-FRI. 6:30am - 10:30am, SAT-SUN 8am - 12pm

served with house-made salsa

TRADITIONAL

Whole Eggs, Breakfast Potatoes, Nitrate-free Bacon, Pepper Jack Cheese

White Tortilla: 760 CAL | 14G SAT FAT | 24G PROTEIN | 57G CARBS | 4G FB

Honey Wheat: 680 CAL | 14G SAT FAT | 23G PROTEIN | 53G CARBS | 7G FB

FIESTA

Whole Eggs, Breakfast Potatoes, House-made Turkey Sausage, Pepper Jack Cheese, Pico de Gallo, Tortilla Strips

White Tortilla: 590 CAL | 8G SAT FAT | 25G PROTEIN | 55G CARBS | 4G FB

Honey Wheat: 510 CAL | 8G SAT FAT | 24G PROTEIN | 51G CARBS | 7G FB

SOUTHWEST

Whole Eggs, House-made Turkey Sausage, Pepper Jack Cheese, Roasted Poblano Peppers

White Tortilla: 540 CAL | 7G SAT FAT | 24G PROTEIN | 48G CARBS | 3G FB

Honey Wheat: 460 CAL | 7G SAT FAT | 23G PROTEIN | 44G CARBS | 6G FB

BACON, EGG & CHEESE

Whole Eggs, Nitrate-free Bacon, Pepper Jack Cheese

White Tortilla: 770 CAL | 15G SAT FAT | 30G PROTEIN | 45G CARBS | 2G FB

Honey Wheat: 690 CAL | 15G SAT FAT | 29G PROTEIN | 41G CARBS | 5G FB

TURKEY SAUSAGE, EGG & CHEESE

Whole Eggs, House-made Turkey Sausage, Pepper Jack Cheese

White Tortilla: 630 CAL | 9G SAT FAT | 34G PROTEIN | 45G CARBS | 2G FB

Honey Wheat: 550 CAL | 9G SAT FAT | 33G PROTEIN | 41G CARBS | 5G FB

Salsa 10 CAL

ORGANIC SMOOTHIES **\$4.50**

ORGANIC BREAKFAST SMOOTHIE

Apples, Banana, Rolled Oats with a Dash of Cinnamon, Peanut Butter, blended with Low-fat Chocolate Milk (all organic, CONTAINS NUTS) GF

544 CAL | 5.6G SAT FAT | 20G PROTEIN | 68G CARBS | 9G FB

ORGANIC TROPICAL GREEN SMOOTHIE

Pineapple, Mango, Kale, Spinach, Ginger and Apple Juice (all organic) GF V DF

210 CAL | 0.1G SAT FAT | 2G PROTEIN | 49G CARBS | 3G FB

PUMPKIN CHAI SMOOTHIE

Pumpkin, Organic Banana, Organic Carrots, Chai Spices, Almond Milk (organic ingredients as indicated, CONTAINS NUTS) GF V DF

210 CAL | 0.2G SAT FAT | 4G PROTEIN | 43G CARBS | 6G FB

BEVERAGES **\$1**

All Day, Every Day

Any Size - 16 oz or 24 oz

HOUSE-MADE LEMONADE

Traditional, Cucumber Mint, Seasonal Sangria (non-alcoholic) GF V DF

ORGANIC ICED TEA (Black, Mango Green)

Also available as an Arnold Palmer

ORGANIC COLD BREW COFFEE

FREE add-ins: ALMOND MILK, COCONUT MILK (both carrageenan-free, GMO-free), HALF & HALF, sweetened (simple syrup) or unsweetened

Flavor Shots 50¢

CARAMEL

HAZELNUT

VANILLA

SUGAR-FREE VANILLA

SIGNIFIES SEASONAL MENU ITEM