

Salads

All dressings & sauces included in calorie counts.



Baja Blackened Chicken

GF 15.99 | 10.29 **CAL** 600 | 300

Romaine, blackened chicken thigh, black bean, roasted corn, pickled onion, cotija, blue corn tortilla strips, avocado, lime wedge, creamy jalapeño lime dressing

Thai Coconut

GF **DF** **N+** 15.99 | 10.29 **CAL** 850 | 425

Mixed greens, roasted chicken, sweet potato, toasted coconut, cucumber, pickled onion, cilantro, toasted peanut, peanut mango dressing

Chicken Cobb

GF 14.99 | 10.69 **CALORIES** 760 | 380

Romaine, roasted chicken, blue cheese, avocado, red onion, hard boiled egg, tomato, fresh dill, scallion herb ranch dressing

NEW Jerk Tuna*

GF **N+** 17.19 **CAL** 550

Mixed greens, ahi tuna, roasted bell pepper, cucumber, mango salsa, toasted coconut, cilantro, avocado, creamy jerk dressing

NEW Urban Farmer

GF 16.29 | 8.99 **CAL** 680 | 340

Mixed greens, roasted chicken, goat cheese, roasted butternut squash, red beet, dried cranberry, toasted pepita, seasonal fruit, creamy maple mustard

EXTRAS

NEW

Blackened Chicken Thigh

GF **DF** 3.25 **CAL** 340

Line-Caught Tuna*

GF **DF** 7.10 **CAL** 140

Roasted Chicken

GF **DF** 3.25 **CAL** 240

Organic Tofu

V+ **GF** 2.75 **CAL** 150

Avocado

V+ 2.40 **CAL** 90

Sandwiches

NEW Bacon Jam Club

15.45 **CAL** 880

Herb-marinated roasted chicken, Tender Belly bacon jam aioli, nitrite-free bacon, kale jalapeño slaw on multigrain

NEW BBQ Beef 15.99 **CAL** 830

Chipotle BBQ braised beef, Cholula cabbage slaw, provolone, smoked crema on ciabatta

Basil Chicken 13.69 **CAL** 710

Roasted chicken, basil aioli, tomato, onion, provolone, arugula on ciabatta

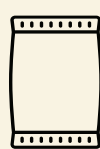


Bacon Jam Club

Blueberry Pesto

V 11.99 **CAL** 550

Fresh mozzarella, nut-free basil pesto, blueberry chia jam, tomato, arugula on ciabatta



ADD ALL NATURAL CHIPS
2.50 **CAL** 180

GF **GLUTEN-FREE** **DF** **DAIRY-FREE** **V** **VEGETARIAN** **V+** **VEGAN** **N+** **CONTAINS NUTS**

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Chef’s Grain Bowls



Smoky Chicken

GF 15.69 CAL 750

Roasted chicken, rice & quinoa, roasted sweet potato, Cholula cabbage slaw, roasted cherry tomato, cotija, avocado tomatillo salsa, smoky crema

Buddha

V+ GF N+ 13.69 CAL 600

Sesame glazed tofu, rice & quinoa, spicy roasted broccoli, carrot, citrus cabbage slaw, peanut, cilantro, peanut mango sauce

Chicken Curry

GF DF 16.99 CAL 770

Roasted chicken, rice & quinoa, marinated kale, spicy roasted broccoli, coconut sweet potato curry, toasted coconut, green onion



NEW Blackened Chicken Mango

GF DF 13.45 CAL 750
Blackened chicken thigh, rice & quinoa, mango salsa, chile sweet potato, black bean, kale, scallion, lime wedge, pineapple BBQ sauce

NEW Vegan Verde

V+ GF 12.59 CAL 580

Sesame glazed tofu, kale, rice & quinoa, spring mix, avocado apple cider vinaigrette, pickled red onion, cucumber, roasted Brussels sprout, spicy roasted broccoli

NEW Southwest BBQ Beef

GF 16.99 CAL 770

Chipotle BBQ braised beef, rice & quinoa, black bean, roasted corn, watermelon radish, smoked crema, toasted pepita, cilantro

DOUBLE YOUR PROTEIN 2.75-7.10

Mac & Cheese

V 8.95 CAL 720

Cavatappi noodles, five cheese sauce: white cheddar, muenster, asiago, parmesan, whole milk mozzarella

ADD

Roasted Chicken

GF DF 3.25 CAL 200

Green Chili 2.99

Broccoli 2.99

Toasts

Everything Toast

10.39 CAL 420

Avocado, multigrain toast, smoked salmon, cream sauce, red onion, fresh dill, everything spice



ADD A HARD BOILED EGG

1.25 CAL 70





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Pizza

Margherita  13.70 CAL 510
Fresh basil, fresh mozzarella, red sauce

Cheese  12.99 CAL 510
Whole milk mozzarella, red sauce

Pepé 15.99 CAL 600
Creminelli nitrate-free pepperoni, whole milk mozzarella, red sauce

BBQ Chicken 15.99 CAL 960
Herb-marinated roasted chicken, red & green onion, cilantro, fresh jalapeño, whole milk mozzarella, smoky BBQ sauce

***NEW* Garlic Mushroom**
 14.89 CAL 990 | 495
Roasted cremini mushroom, red onion, whole milk mozzarella, provolone, kale, cheddar cream sauce, balsamic glaze



GLUTEN-FREE?
 **BANZA® CHICKPEA CRUST**
  3.39 ADD CAL 280

Drinks

Seasonal Lemonade
3.97 CAL 40-80

Rowdy Mermaid Kombucha
5.18 CAL 55-105

Eldorado Water
3.49 | 4.69 CAL 0

Bottled Drinks
2.99-6.29 CAL 0-255

Organic Iced Tea
3.97 CAL 5-90



Beer & Wine

Local Craft Brew
7.99 CAL 160-280

House Wine
7.50 CAL 140-190



Soups

Green Chicken Chili
  6.79 CAL 170

Curry Sweet Potato
  6.79 CAL 240

Tomato Basil
  6.79 CAL 180

Sides

All Natural Chips
2.50 CAL 180

Brussel Sprouts

Gluten-Free Bread
1.95 CAL 80

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Breakfast Sandwiches

Chipotle Egg 9.99 CAL 690

Cage-free eggs, bacon, SPICY chipotle aioli, tomato & white cheddar on ciabatta

Sausage 9.29 CAL 660

Cage-free eggs, sausage patty & provolone on ciabatta

Bacon 9.29 CAL 650

Cage-free eggs, bacon & provolone on ciabatta

Egg & Cheese 7.29 CAL 490

Cage-free eggs & provolone on ciabatta

The Rocket 9.89 CAL 680

Cage-free eggs, basil aioli, arugula, tomato & provolone on ciabatta

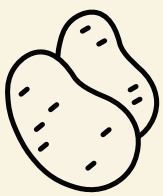


Chipotle Egg



The Rocket

EXTRAS



ROASTED POTATOES

  2.20 CAL 180



SAUSAGE PATTY

1.99 CAL 160





GLUTEN-FREE BREAD

1.95 CAL 140



FRESH FRUIT SALAD

  5.19 CAL 110



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Breakfast Bowls & Plates



Southwest Tofu Scramble **10.69** CAL 970
Organic tofu, roasted corn, black bean, pepper jack, red sauce, avocado, roasted breakfast potatoes, multigrain toast

Market Scramble **10.99** CAL 890
Cage-free eggs, broccoli, caramelized onions, aged white cheddar, roasted breakfast potatoes, multigrain toast

Bacon & Greens Scramble **10.99** CAL 910
Cage-free eggs, kale, bacon, aged white cheddar, roasted breakfast potato, multigrain toast



Chili & Eggs **10.69** CAL 740
Cage-free scrambled eggs smothered in green chicken chili, roasted breakfast potatoes, multigrain toast

Bacon & Eggs **10.39** CAL 850
Cage-free scrambled eggs, bacon, roasted breakfast potatoes, multigrain toast

Eggs & Toast **9.49** CAL 690
Cage-free scrambled eggs, roasted breakfast potatoes, multigrain toast

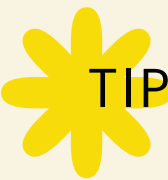
Lox & Eggs^{*} **13.99** CAL 750
Smoked salmon, cage-free fried eggs, breakfast potatoes, tomato, arugula, red onion, everything spice, sour cream, multigrain toast

Toasts

Everything Toast **10.39** CAL 420
Avocado, multigrain toast, smoked salmon, cream sauce, red onion, fresh dill, everything spice



ADD A HARD BOILED EGG
1.25 CAL 70



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Drinks

Organic Coffee

3.29 CAL 0

Organic Iced Tea

3.89 CAL 5-90

Organic Hot Tea

2.99 CAL 0

Orange Juice

3.99 CAL 190

Tangerine Lemonade

3.99 CAL 40-80

Naked Juice

6.99 CAL 120-140

Rowdy Mermaid Kombucha

6.25 CAL 55-105

Eldorado Water

3.40-4.59 CAL 0

Bottled Drinks

2.99-6.29 CAL 0-255

Beer & Wine

Local Craft Brew

7.99 CAL 160-280

House Wine

7.50 CAL 140-190



Oatmeal

Super Berry

  6.89 CAL 430

Organic steel cut oats, blueberry chia jam, almonds, coconut

Peanut Butter Banana



  6.89 CAL 597

Organic steel cut oats, all natural peanut butter, banana, brown sugar, golden raisins

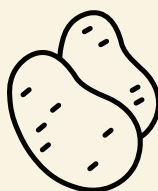
Sides





Fresh Fruit Salad

  5.19 CAL 110

Fresh cut fruit, orange



Roasted Potatoes

  2.20 CAL 160



Sausage Patty

1.99 CAL 160



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