

## BREAKFAST

**AVOCADO TOAST** 8.75  
Wheat bread, spinach, avocado, tomato, egg, bacon

**ENGLISH MUFFIN** 6.75  
Egg, cheese, choice of sausage patty, bacon or ham

**BOWL** 10  
Scrambled eggs, bacon, sausage, spinach, tomato, avocado

**CROISSANT** 8  
Egg, cheese, choice of sausage patty, bacon or ham

Served Monday - Friday 7:00 - 11:00 am and Saturday 9:00 - 11:00 am

## APPETIZERS



**CHIPS AND SALSA** 6

**CHIPS AND QUESO** 8

**CHICKEN TENDERS** 7.25  
(Buffalo style or sweet chili + 1.50)

**GARDEN** 11.50  
Mixed lettuce, carrot, tomato, red onion, cheese, bacon, croutons

**CHICKEN CAESAR** 13.50  
Romaine, Parmesan cheese, chicken, croutons

**COBB** 14  
Mixed lettuce, tomato, turkey, ham, red onion, blue cheese crumbles, bacon, egg, croutons

**MIKE G** 15  
Spinach, grilled chicken, feta, cucumber, quinoa, tomato, red onion, carrot with a lemon vinaigrette

**STRAWBERRY** 13  
Spinach, strawberries, blue cheese crumbles, candied pecans, bacon

**SOUTHWEST CHOPPED SALAD** 13.25  
Crispy chicken, romaine, cabbage, peppers, carrots, corn, black beans, red onion, cilantro, jalapenos, tortilla chips with salsa ranch

**Dressing**  
Sriracha Ranch | Ranch  
Balsamic Vinaigrette  
Caesar | Lemon Vinaigrette  
Salsa Ranch | Italian  
Blue Cheese | 1000 Island

**Add-ons**  
Chicken +6  
Chicken tenders +4.50

## HANDHELDS

**BLT** 13  
Bacon, spinach, tomato, mayo on grain bread

**CHICKEN BACON** 14.75  
Chicken, bacon, provolone cheese, sriracha mayo, spinach, tomato, red onion on grain bread

**CHEESEBURGER** 12.25  
Lettuce, tomato, onion, mayo, ketchup on brioche bun

**CLUB** 12.25  
Turkey, ham, bacon, mayo, spinach, tomato, red onion, provolone cheese on grain bread

**BBQ BACON BURGER** 13.50  
Angus beef patty, bacon, cheddar cheese, barbecue sauce, onion straws on brioche bun

**GRILLED CHICKEN** 11.50  
Chicken breast, lettuce, tomato, onion, mayo on brioche bun

**SMOKED TURKEY** 11.50  
Turkey, grain mustard aioli, provolone cheese, lettuce, tomato on croissant

**CHICKEN SALAD** 12.75  
Made in house with shredded chicken, pecans, dried cranberries, on grain bread or croissant

**SOUTHWEST VEGGIE BURGER** 11.75  
Sriracha mayo, lettuce, tomato on brioche bun

**PESTO TURKEY SANDWICH** 12.50  
Turkey, pesto, tomatoes, spinach on ciabatta bread

**Add-ons** Bacon +2.75 Egg +1.50 Extra Beef Patty +5.50  
Avocado +2.25 Chicken Salad Scoop +6.25 Extra Grilled Chicken +5.25

## SALADS

**FOUNTAIN DRINK** 2.50  
Coke, Diet Coke, Coke Zero, Sprite, Dr. Pepper, Fanta Orange

**GATORADE** 2.75

**KOMBUCHA** 4

**MILK** 2.50

**BOTTLED WATER** 1.50

## BEER & WINE

**WINE** 7

**MIMOSA** 6

**SELTZERS & SPRITZERS** 4.50

**BEER** 4.25

**BEER BUCKET** 12  
Select beers only

**GRILLED CHEESE** 5.25

**PB&J** 5.25

**KRAFT MAC & CHEESE** 5.25

**HOT DOG** 5.25

**FRIES**  
Small 3 Large 6

**SEASONED FRIES**  
Small 3.50 Large 6.50

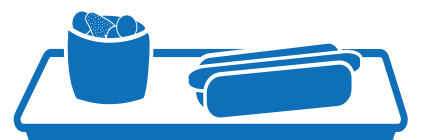
**CARROTS AND RANCH** 4

**PICKLE** .50

**FRUIT CUP** 5.50

**BANANA** 1

**BAKED GOODS** 3



## KIDS | SIDES | DESSERT



# Smoothies

## PROTEIN

### GREEN

#### GODDESS BEAUTY 11

Vanilla protein, apple, spinach, banana, mango, chia seeds, collagen

### FRANK

#### THE TANK 11.50

Vanilla plant protein, kale, spinach, almond butter, almond milk, blueberries, banana, monk fruit

### ELVIS 7.50

Chocolate whey, peanut butter, almond milk, banana

### SKINNY ELVIS 7.75

Chocolate whey, PBfit, almond milk, banana

### CUP OF JOE 8

Coffee smoothie with protein and choice of flavor - mocha, white chocolate, vanilla

## BUILD YOUR OWN 7.50

### BASE - PICK 1

Almond milk, soy milk, oat milk, orange juice

### PROTEIN - PICK 1

#### Whey:

Vanilla, strawberry, chocolate

#### Plant:

Vanilla, chocolate (vegan)

### FRUITS AND VEGGIES - PICK 2

Kale, spinach, carrot, banana, apple, blueberries, mango, strawberries, pineapple  
More than 2 +1.50 each

## ADD-INS

Collagen +4

Almonds +2

Chia seeds +1.50

Almond butter +2

Protein +3

Peanut butter +1

PBfit +1

Monk fruit | Honey

## WORKOUT BOOSTERS

### TROPICAL

#### VACATION 8.50

Post-workout recovery, mango, pineapple, banana, fruit juice

#### BERRY EXTREME 8.25

Blackberry/cherry pre-workout, blueberries, strawberries, orange juice

#### GREEN ENVY 8.25

Green energy blend, spinach, apple, banana, almond milk

## PUREBOOST TEAS

Green tea boosted with B12 and vitamins. Provides clean antioxidant energy for 4 - 6 hours. No sugar, sucralose or crash!



#### PUREBOOST 5

Citrus, berry or acai

#### PUREBOOST

#### WITH IMMUNITY 5.50

Elderberry, tropical or tangerine

#### PUREBOOST WITH

#### GREEN SUPER FOODS 6

Green Mojo