



Rise and Shine (Served until 11:00am)



Mojo Burrito SCRAMBLED EGGS, CHICKEN CHORIZO, SWEET POTATOES, CORN, SPINACH & PEPPER JACK CHEESE___ 13.00

Breakfast Burrito SCRAMBLED EGGS, HAM, POTATOES, AGED CHEDDAR & GARDEN SALSA_____ 12.00

Traditional Breakfast* THREE EGGS, BACON & CHOICE OF TOAST_____ 10.75

Tacos 2 TACOS, FLOUR TORTILLA, SCRAMBLED EGGS, CHICKEN CHORIZO, POTATOES, CABBAGE, PICO DE GALO, QUESO FRESCO & SOUR CREAM___ 11.00

Quinoa Breakfast Bowl SCRAMBLED EGGS, QUINOA, SWEET POTATOES, AVOCADO, SUN DRIED TOMATO, MUSHROOMS, SPINACH & SWEET CHILI SAUCE_____ 12.75

Skinny Omelet EGG WHITE, KALE, MUSHROOMS, TOMATOES, PEPPERS & CHEDDAR CHEESE_____ 11.00

Turkey and Brie Omelet SCRAMBLED EGGS, TURKEY, SPINACH, MUSHROOMS, AVOCADO & BRIE_____ 13.00

Fried Egg Sandwich FRIED EGG, RED PEPPER, CRISPY BACON, ARUGULA, CHIPOTLE AIOLI, TOASTED POTATO BUN___ 12.00

Hitchiker Sandwich (CHOICE OF BACON, HAM, TURKEY OR AVOCADO) ENGLISH MUFFIN, SCRAMBLED EGG, TOMATO, CHEDDAR CHEESE & HERB MAYO_____ 12.00

Avocado Toast (ADD EGG OR BACON FOR AN ADDITIONAL CHARGE) FRESH AVOCADO, EDAMAME, SWEET CORN KERNELS, TOMATOES & CILANTRO_____ 10.00

Belgian Waffles (THE REAL DEAL) YOUR CHOICE: STRAWBERRY AND POWDERED SUGAR, NUTELLA AND STRAWBERRY OR PEANUT BUTTER AND BANANA_____ 10.00

French Toast Sticks FRENCH TOAST STICKS WITH WARM MAPLE SYRUP_____ 9.00
KIDS PORTION 6.00

Power Bowls & Parfaits

Prots & Oats STEAL CUT OATS, WITH PLANT BASED PROTEIN, HONEY, TOPPED WITH, STRAWBERRIES, BLUEBERRIES, BANANA, SLICED ALMONDS AND BROWN SUGAR_____ 11.00

Greek Yogurt Parfait SERVED OVER LAURA'S GRANOLA, TOPPED WITH BANANA, BLUEBERRY AND STRAWBERRY___ 5.00

Acai Bowls

Berry Bomb Acai Bowl ACAI BLEND, SERVED WITH LAURA'S GRANOLA, TOPPED WITH BLUEBERRY, STRAWBERRY, RAW COCONUT FLAKES, AND SLICED ALMONDS_____ 9.50

Coco Loco ACAI BLEND MIXED WITH PEANUT BUTTER, SERVED WITH LAURA'S GRANOLA, TOPPED WITH BANANA AND CACAO___ 9.50

* These items may be cooked to order and/or may contain raw ingredients. Consuming raw or uncooked eggs may increase your risk of foodborne illness. *A 25% tax inclusive prop 206 fee will be applied to all food and beverage purchases



Nooner (Served at 11:00am)

Cup of Soup: SOUP OF THE DAY 5 / NAVAJO CORN CHOWDER 6

Bowls

Quinoa Bowl (ADD PROTEIN FOR AN ADDITIONAL CHARGE)

QUINOA, KALE, SWEET SRIRACHA, CARROTS, BLACK BEANS, CORN & RED PEPPERS _____ 12.00

Teriyaki Chicken Bowl

BROWN RICE, QUINOA, GRILLED PINEAPPLE, SHAVED CARROTS, SNAP PEAS, & EDAMAME _____ 14.00

Salads

Filet Mignon Chop Salad*

SEARED BEEF TIPS, MIXED GREENS, CHOPPED EGG, BLEU CHEESE CRUMBLES, TOMATOES, AVOCADO, BACON, CRISPY ONIONS & BLEU CHEESE VINAIGRETTE _____ 17.00

Grayhawk

GRILLED CHICKEN, GARDEN GREENS, ANGEL HAIR PASTA, TORTILLA STRIPS, CARROTS, CILANTRO LIME DRESSING & THAI PEANUT SAUCE _____ 15.00

Super Greens and Quinoa Salad

QUINOA, SLICED CHICKEN, CABBAGE, CHICKORY, BROCCOLI, BRUSSELS SPROUTS, DRIED CRANBERRIES, CINNAMON ALMONDS & POPPY SEED DRESSING _____ 15.50

Buffalo Cauliflower Wedge

ROASTED CAULIFLOWER TOSSED IN BUFFALO SAUCE, ICEBERG LETTUCE, RANCH, BLEU CHEESE CRUMBLES, CRISPY ONIONS _____ 12.00

Tuscan Kale Salad*

SWEET POTATO, PARMESAN, POMEGRANATE SEEDS, OATMEAL AND HONEY GRANOLA, CHAMPAGNE MUSTARD VINAIGRETTE _____ 15.00

Sandwiches

Tuna Salad

SHREDDED LETTUCE, TOMATO, TOASTED WHOLE WHEAT BREAD _____ 14.00

The Club

TURKEY, HAM, APPLEWOOD SMOKED BACON, LETTUCE, TOMATO, MUSTARD GRAIN MAYO, WHOLE WHEAT TOAST

Turkey Apple Brie Wrap

WHOLE WHEAT TORTILLA, OVEN ROASTED TURKEY, MIXED GREENS, BRIE, APPLES, SUGARED PECANS, SUN-DRIED CRANBERRIES, CRANBERRY SAUCE

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