

BREAKFAST

ACAI BOWL (gf/v) acai berries, chia seed, banana, seasonal fruit, toasted almonds 11

YOGURT PARFAIT almond-vanilla yogurt, homemade granola, fresh berries 7

GRANOLA homemade granola and almond milk, bananas, fresh berries (v) 8

CINNAMON FRENCH TOAST Spring Mill cinnamon chip bread in cage-free egg batter, 100% pure maple syrup 11

GRANOLA PANCAKES pancakes, homemade granola, fresh fruit, 100% pure maple syrup 11

BREAKFAST SANDWICH cage free eggs, nitrite free bacon, cheddar cheese, fresh baked croissant 8

BREAKFAST BURRITO cage-free scrambled eggs, cheese, black bean and corn salsa, potatoes O'Brien 11

ROASTED VEGGIE OMELETTE Irish cheddar, potatoes O'Brien, Spring Mill toast 12 egg whites only 14

BREAKFAST SKILLET (gf) scrambled eggs, cheddar cheese, sautéed veggies, sweet potatoes 11

EGG WHITE OMELETTE spinach, feta, caramelized onions, potatoes O'Brien, Spring Mill toast 14

AVOCADO "TOAST" (gf) smashed avocado, cauliflower toast, poached cage-free eggs, potatoes O'Brien 15

BACON AND CHEDDAR OMELETTE potatoes O'Brien, Spring Mill toast 13

EGGS YOUR WAY choice of eggs, nitrate free bacon, potatoes O'Brien, Spring Mill toast 11

BREAKFAST QUESADILLA scrambled eggs, nitrite free bacon, cheddar cheese, guacamole 14

LUNCH

SOUP OF THE DAY 5

MANDARIN SALAD sesame chicken, blue cheese, cabbage, toasted almonds, mandarin oranges, soy vinaigrette 13

SOUTHWEST SALAD (gf) blackened chicken, black bean and corn salsa, cheddar jack cheese, avocado, cilantro vinaigrette 13

COBB SALAD (gf) grilled chicken, bacon, avocado, tomato, blue cheese crumbles and dressing 13

CAESAR SALAD grilled chicken, homemade croutons, parmesan cheese, caesar dressing 11

SIGNATURE SALAD (gf) grilled chicken, apples, pistachios, cran raisins, blue cheese, strawberry vinaigrette 13

CHOPPED SALAD (gf) Norwegian salmon, cucumbers, corn, feta, peppers, tomatoes, red onion, chickpeas, citrus vinaigrette 16

BUFFALO FLATBREAD chicken, blue cheese 12

ROASTED VEGGIE FLATBREAD herbed goat cheese 12

CHICKEN QUESADILLA chicken, peppers, onions, cheddar-jack cheese, homemade salsa, sour cream 12

BEEF BURRITO with Mexican rice, ranchero sauce 12

CHICKEN BURRITO with Mexican rice, ranchero sauce 12

Served with our famous homemade potato chips

CALIFORNIA TURKEY bacon, lettuce, avocado, tomato, basil mayo, blue cheese, whole wheat bread 12

BLACKENED CHICKEN WRAP black bean and corn salsa, cheddar jack cheese, cilantro aioli 12

FRENCH KISS ham, brie, spinach, apple, bistro mustard, marble rye 12

NANCY'S TUNA SALAD lettuce, tomato, marble rye 11

ROASTED VEGGIE WRAP pesto aioli, mozzarella 12

RICHARDS CHICKEN SALAD lettuce, fresh baked croissant 12

Served with choice of hand cut fries or garden salad

BLACK BEAN BURGER (v) mango chutney, leafy greens, chipotle aioli 12

TURKEY BURGER lettuce, sharp cheddar, tomato, caramelized onion 14

GRILLED CHEESE PANINI nitrite free bacon, tomato, avocado, herb butter 13

TURKEY PANINI apple, brie, cranberry butter 14