Wraps

All wraps come with choice of 1 traditional side Choice of flour or spinach tortilla Sub a gluten-free wrap 2

BUFFALO CHICKEN(570 cal) Grilled chicken tossed in spicy buffalo and blue cheese dressing

BLACKENED CHICKEN CAESAR(730 cal) Blackened grilled chicken breast, parmesan, and crisp romaine lettuce tossed in Caesar dressing

GRILLED CHICKEN & BACON(1180 cal) Grilled chicken breast, thick-cut bacon, and pepper jack tossed in honey mustard dressing

HARVEST WRAP(670 cal) Öven-roasted veggies, quinoa, spinach, artichoke hearts, creamy goat cheese, and pecans tossed in our lemon garlic dressing

SPINACH, BACON & BLUE(860 cal) Grilled chicken breast, spinach, chopped bacon, and tomatoes tossed in blue cheese dressing

Sandwiches

All sandwiches come with choice of 1 traditional side

LEFT COAST B.L.T.(710 cal) Thick-cut bacon, lettuce, tomato, fresh avocado, brie & pesto mayo on whole wheat toast



CRAB ROLLS(600 cal) Housemade crab salad over a bed of lettuce in two toasted New England rolls 13.2

B.L.T.(670 cal) Thick-cut bacon, lettuce, tomato & mayo on white toast

CLUB(640 cal) Roasted turkey, thick-cut bacon, Black Forest ham, lettuce, tomato & mayo on sourdough toast

EGG SALAD(460 cal) Our signature recipe of eggs, mayo, lemon juice, celery, and onion tossed together with lettuce on white toast

TUNA SALAD(820 cal) Housemade albacore tuna salad with lettuce & tomato served on toasted rye

From the Grill

All grill entrees come with a side of chips

1/2 POUND HAND CRAFTED BURGER*(890 cal) BURGER*(1060 cal) Juicy all-beef burger topped with lettuce & tomato on a toasted bun **Add Cheese** Add Thick-Cut Bacon

Add Candied Bacon

GRILLED CHICKEN SANDWICH(550 cal) Marinated grilled chicken breast topped with lettuce, tomato & finished with our honey mustard on a toasted bun

SOUTHWESTERN

Blackened all-beef burger piled high with pepper jack, diced jalapeños, mashed avocado, and pico de gallo on a toasted bun

REUBEN(630 - 670 cal) Housemade corned beef or roasted turkey, kraut, 1,000 island dressing, and melted Swiss on toasted rye

(V)3 CHEESE MELT(710 cal) A blend of cheddar, swiss, and pepper jack cheese served on sourdough toast **Add Grilled Tomato Add Thick-Cut Bacon Add Candied Bacon**

CRAB SALAD **MELT**(720 cal) Our housemade crab salad and melted pepper jack on Texas toast

TUNA SALAD **MELT**(1070 cal) Housemade albacore tuna salad and melted pepper jack * served on toasted rye

Salads

Our Signature Dressings are: ranch, honey mustard, blue cheese, raspberry, 1,000 island, balsamic vinaigrette

Add chicken · Add shrimp

CALIFORNIA (660 cal) Grilled chicken breast, fresh avocado, strawberries, mandarin oranges, and creamy goat cheese on a bed of field greens with our raspberry dressing served on the side



CAESAR (580 cal) Crisp romaine, parmesan, and housemade croutons, tossed in Caesar dressing

COBB(810 cal) Grilled chicken breast, fresh avocado, chopped bacon, tomato, and a hard-boiled egg on a bed of field greens. Choice of dressing

TOAST(220 cal) Tomato, cucumber, mozzarella & cheddar on a bed of field greens Add tuna or egg salad

GREEK(310 cal) Kalamata olives, tomatoes, cucumbers, red onions, feta, and field greens tossed with balsamic vinaigrette

Premium Sides

CUCUMBER SALAD (60 cal)

ROASTED VEGGIES (230 cal

CANDIED BACON (320 cal)

MAC N CHEESE (720 cal)

FRESH BERRY CUP (100 cal)

GREEK YOGURT PARFAIT (210 cal)

Bottomless Drinks

FRESH GROUND COFFEE OR DECAF (0 cal)







ICED TEA (0 cal)







SOFT DRINKS (5 - 100 cal)

Specialty Coffees

ESPRESSO (5 cal) **AMERICANO** (5 cal) MACCHIATO (15 cal) LATTE (100 cal)

CAPPUCCINO (80 cal)

Traditional Sides

BREAKFAST POTATOES (310 cal)

TRESH FRUIT (60 cal)

STONE-GROUND GRITS(250 cal)

SALAD(350 cal)

(Hormel) BREAKFAST **MEATS**(160 - 360 cal)

MHOUSEMADE POTATO SALAD

VARTISANAL TOASTS(100 - 200 cal)

WBAGEL WITH SCHMEAR (380 cal)

Drinks By the Glass

** FAMOUS FRESH-SQUEEZED ORANGE **JÜİCE** (170/110 cal) regular • small

HOT TEA (0 cal)

COLD BREW **COFFEE** (0 cal)

HOT CHOCOLATE (90 cal)

CHOCOLATE MILK (260/160 cal) regular • small

MILK

(260/160 cal) regular • small

JUICE (50 - 270cal)

regular • small Apple, tomato, grapefruit, pineapple, or cranberry

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness. While we offer gluten-free products and gluten-sensitive menu items, we are not a gluten-free environment. Our kitchen does not have a separate prep surface, cook tops or equipment to ensure gluten particles do not come in contact with gluten-sensitive dishes. Chefs prep and cook to order in common areas, and menu items may come in contact with other food products.

^{**} This product has not been pasteurized & therefore may contain harmful bacteria that can cause serious illness in children, the elderly, & persons with weakened immune systems. * This product may be served undercooked