



## SIDES AND SMALL PLATES

### BOB'S RED MILL GRITS

Buttered (170 Cal) 2.39 Cheesy (180 Cal) 2.69

### FRESH, SEASONAL FRUIT

Small (100 Cal) 3.99 Large (190 Cal) 4.99

### FRESH, SEASONED POTATOES (340 Cal) 3.19

### BISCUITS & GRAVY (660 Cal) 4.99

### WHOLE GRAIN ARTISAN TOAST WITH ALL-NATURAL HOUSE PRESERVES (360 Cal) 1.99

### ENGLISH MUFFIN (290 Cal) 1.69

### UDI'S GLUTEN FREE TOAST\* (200 Cal) 1.99

### FRESH BAKED MUFFIN OF THE DAY

(460-590 Cal) 2.49

### MILLION DOLLAR BACON (530 Cal) 4.99

### HARDWOOD SMOKED BACON (160 Cal) 4.89

**SMOKED HAM** (120 Cal), **PORK SAUSAGE** (460 Cal), **SAVORY CHICKEN SAUSAGE PATTY** (180 Cal) **OR TURKEY SAUSAGE** (220 Cal) 3.89

### LEMON DRESSED ORGANIC MIXED GREENS (70 Cal) 2.49

### BOWL OF SOUP

Tomato Basil or Soup of the Day (130-570 Cal) 4.49

## SALADS

Served with artisan ciabatta toast. (80 Cal)

**SUPERFOOD KALE** Vitamin-rich kale and organic mixed greens with housemade maple-roasted carrots, warm all-natural chicken breast, dried cranberries, slivered almonds and shredded Parmesan cheese tossed in our refreshing maple-lemon vinaigrette. (840 Cal) 9.79

**CHICKEN AVOCADO CHOP** Chopped romaine and arugula, all-natural chicken breast, avocado, tomatoes, corn, black beans, Feta cheese and crispy tortilla chips with a citrus chipotle dressing. (790 Cal) 9.99

**COBB** Organic mixed greens, bacon, turkey breast, egg, tomatoes, avocado and Bleu cheese crumbles with ranch dressing. (690 Cal) 9.99

**SWEET HONEY PECAN** Organic mixed greens, romaine, all-natural chicken breast, bacon, toasted pecans, avocado, tomatoes and carrots with Cheddar and Monterey Jack. Drizzled with warm honey Dijon dressing. (860 Cal) 9.99

## SANDWICHES

Sandwiches served with lemon dressed organic mixed greens (70 Cal) or a bowl of hot soup. (130-570 Cal)

**MONTEREY CLUB** Turkey, bacon, avocado, organic mixed greens, tomato, Monterey Jack and mayo on sourdough. (1000 Cal) 10.29

**BLTE** The classic BLT plus two over-hard cage-free eggs, Monterey Jack and mayo on artisan whole grain. (1110 Cal) 9.99

**BAJA TURKEY BURGER** A lean white-meat turkey patty with avocado, organic mixed greens, housemade pico de gallo, mayo and Horseradish Havarti on a brioche bun. (880 Cal) 9.69

**MARKET VEGGIE** House-roasted Crimini mushrooms, zucchini and spinach with basil pesto, mayo and Mozzarella cheese on grilled artisan whole grain. (760 Cal) 9.39

**ROAST BEEF & HAVARTI** Roast beef, Horseradish Havarti, house-roasted onions and tomato with lemon dressed arugula on grilled Parmesan-crusting sourdough. Horseradish sauce on the side. (940 Cal) 9.99

**HAM & GRUYERE MELT** Smoked ham, tomato and melty Gruyere cheese with Dijonnaise on grilled artisan brioche. (820 Cal) 9.59

**VEGGIE BURGER** A seasoned all-natural patty of brown rice, Peppadew peppers, onions, carrots and mushrooms. Served on a brioche bun with fresh smashed avocado, organic mixed greens, tomato, red onion and a side of Dijonnaise. (600 Cal) 9.79

**CHICKEN SALAD MELT** All-natural white-meat chicken salad made with apples, raisins and celery served open-faced on grilled artisan whole grain. Topped with tomato and melted Monterey Jack. (520 Cal) 9.89

# 2 for YOU

LUNCH SPECIALS THAT ARE TWICE AS NICE **7.99**

## CHOOSE TWO FROM THE FOLLOWING

½ sandwich • ½ salad • cup of soup

### SANDWICHES

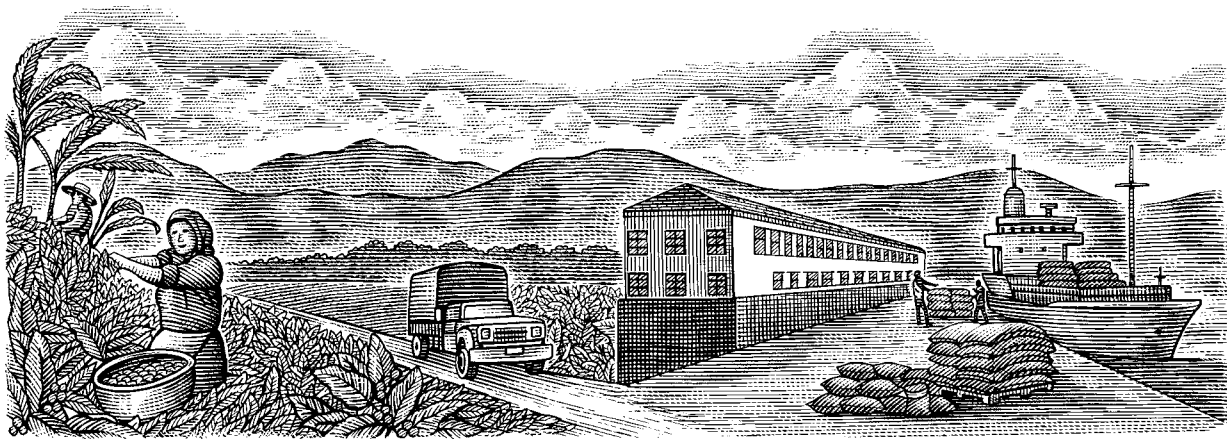
- Monterey Club (500 Cal)
- Ham & Gruyere Melt (410 Cal)
- Market Veggie (380 Cal)
- Roast Beef & Havarti (570 Cal)

### SALADS

- Cobb (340 Cal)
- Superfood Kale (420 Cal)
- Sweet Honey Pecan (430 Cal)
- Chicken Avocado Chop (400 Cal)

### SOUPS

- Soup of the Day (85-415 Cal)
- Tomato Basil (135 Cal)



## PROJECT SUNRISE

HUILA COLOMBIA

An entire pot of our premium, full-flavored coffee – freshly brewed just for you. (0 Cal)

When you drink Project Sunrise coffee, you're supporting our commitment to our partners, the Mujeres en Café, or Women in Coffee, and their mission to grow the highest quality coffee, support their families, and strengthen their communities in Huila, Colombia.

**Better Coffee. Better World.**

## JUICE BAR

# Juiced daily using all-natural ingredients.

### MORNING MEDITATION

Orange, lemon, turmeric, organic ginger, agave nectar and beet. (140 Cal) 3.99

### KALE TONIC

Kale, Fuji apple, cucumber and lemon. (130 Cal) 3.99

### SEASONAL JUICE

## BEVERAGES

### COLD BREW COFFEE

Made with 100% Organic Aztec coffee beans. (0 Cal)

### ICED COFFEE

Creamy, sweet, cold and refreshing. (160 Cal)

### DECAF COFFEE (0 Cal)

### HERBAL TEAS

A selection of hot organic herbal teas. (0 Cal)

### FRESH-BREWED ICED TEA

Unsweetened black or seasonal flavor. (free refills) (0/60 Cal)

### HOT CHOCOLATE (160 Cal)

### LOW-FAT MILK

Small or Large (100/190 Cal)

### COCA-COLA SOFT DRINKS (free refills) (0-110 Cal)

### 100% COLD SQUEEZED ORANGE JUICE

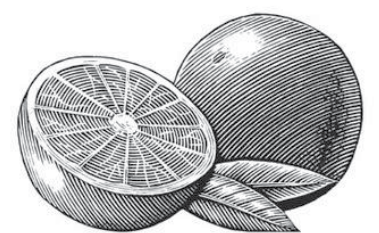
Small or Large (110/210 Cal)

### GRAPEFRUIT

Small or Large (120/230 Cal)

### APPLE, CRANBERRY, TOMATO

Small (50-110 Cal) or Large (90-210 Cal)



2000 calories a day is used for general nutrition advice, but calorie needs vary.

For our customers with food allergies and/or sensitivities, please inform your server prior to ordering. We will make every effort to accommodate your request. \*We are not a gluten-free kitchen. Our dishes are made fresh and prepared-to-order, so individual foods may come into contact with one another due to shared cooking and preparation areas/utensils. We cannot guarantee that cross-contact with foods containing gluten will not occur but will make every effort to avoid it.



4-0120