



NEW CLASSICS

Burger & Fries

1410–1620 cal \$9.99

Angus Beef,
Turkey or Beyond Meat 

Loaded with choice of cheese, parsley pistou,
fresh greens, cucumbers, tomato and red
onion.

Yucca Root Fries

1000–1380 cal \$4.99

Yucca root deep fried with your choice of
topping and a side of pistou aioli.

Choice of:

Parsley Pistou with Pickled Onions & Feta
Sundried Tomato Spread & Olives
Mojo & Parmesan

Chicken Tenders & Fries

3-Piece 1530–1750 cal \$8.99
5-Piece 2010–2450 cal \$10.99

Choice of sauce:
Buffalo, Chermoula, BBQ or
Sweet Chili

Add ons: Bacon 190 cal \$2 | Egg 130 cal \$2 | Avocado 70 cal \$2 | Side of Fries 500 cal \$2.50 | Side of Pickles 20 cal \$1

GRILLED FLATBREAD

Asparagus Grilled Flatbread

830 cal \$8.99

Flatbread topped with parsley pistou, ricotta,
shaved asparagus, parmesan curls and fresh
greens.

Mediterranean Grilled Flatbread

680 cal \$8.99

Flatbread topped with hummus, tomato
spread, kalamata olives, feta and tabbouleh
garnish.

Caprese Grilled Flatbread

790 cal \$8.99

Flatbread topped with tomato spread, fresh
mozzarella, basil and fresh greens.

Add ons: Lemon Chicken Pistou 180 cal \$4 | Prosciutto 120 cal \$4

FRESH FLAVORS

Teriyaki Cauliflower Bowl

370–740 cal

Mushroom  \$10.99
Chicken \$11.99
Salmon \$13.99

Your choice of protein with cauliflower
rice, sautéed squash and mushrooms,
garnished with grilled pineapple.

Buffalo Cauliflower Bowl

380–890 cal

Tofu  \$10.99
Chicken \$11.99
Salmon \$13.99

Your choice of protein with cauliflower
rice, sautéed squash and mushrooms,
garnished with parsley.

Vegetable Kabob Plate

1160–1360 cal \$10.99

Mezze sampler of marinated vegetable
kabob with hummus, tabbouleh and
flatbread.

Choice of sauce: Chermoula, Tahini
Harissa or Sweet Chili

Shrimp Kabob Plate

1240–1440 cal \$12.99

Mezze sampler of marinated shrimp kabob
with hummus, tabbouleh and flatbread.

Choice of sauce: Chermoula,
Tahini Harissa or Sweet Chili

Artichoke & Palm Cakes

1750 cal \$10.99

Two patties of shredded artichoke, hearts
of palm, breadcrumbs and kelp seasonings
served on dressed fresh greens.

Add ons: Egg 130 cal \$2 | Avocado 70 cal \$2

 Vegetarian  Vegan

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional information available upon request.



BEER BOTTLES

Goose Island IPA 5.9% ABV 190 cal \$3	Founders Brewing Porter 6.5% ABV 210 cal \$3	Blue Moon Belgian White 5.4% ABV 160 cal \$3
Lagunitas Czech Pils 6.9% ABV 160 cal \$3	Founders Brewing All Day IPA 4.7% ABV 140 cal \$3	Modelo Especial 4.4% ABV 150 cal \$3
New Belgium Fat Tire 5.2% ABV 160 cal \$3	Crispin Original Cider 6.7% ABV 210 cal \$3	Omission Lager Gluten Free 4.6% ABV 140 cal \$3
Bell's Brewing Kalamazoo Stout 6% ABV 220 cal \$3	Sierra Nevada Pale Ale 5.6% ABV 190 cal \$3	Stiegl Radler 2.5% ABV 190 cal \$3

Local Selections \$4 | *Ask a team member for current selection.*

WINE BY THE GLASS

Undaunted Malbec 130 cal \$6	Decoy Chardonnay 130 cal \$6	Joel Gott Sauvignon Blanc 130 cal \$6
Bench Pinot Noir 130 cal \$6	Presto Prosecco 130 cal \$6	

See store for full menu, including draft beer selection.