



SALADS

Add Protein to any Salad

Tofu or 2 Hard Boiled Eggs \$2

Organic Chicken Breast \$3

Grilled Salmon \$4

Marinated Grilled Skirt Steak \$8

Grilled Ahi Tuna \$8

QUINOA SALAD \$10

Edamame, Dried Cranberries, Roasted Peppers, Red Onions, Organic Quinoa, and Light Lemon Dijon Dressing Topped with Sunflower Seeds, on a Bed of Mixed Greens

420 Cal / 69g Carb / 15g Protein

COBB SALAD \$11

Romaine, Nitrate Free Hickory Smoked Bacon, Egg, Tomato, Chive, Avocado, Blue Cheese, Garbanzo Beans, Whole Grain Mustard Honey Vinaigrette

766 Cal / 30g Carb / 48g Protein

FIESTA PROTEIN SALAD \$10

Chopped Spinach and Kale, Roasted Garbanzo and Black Beans, Red Bell Pepper, Avocado, Cucumber, Tomatoes, and Quinoa. Lime and Agave Drizzle, Cayenne Sprinkle

590 Cal / 101g Carb / 21g Protein

DETOX SALAD

CUP \$5 BOWL \$8

Chopped Broccoli, Cauliflower, Shredded Carrots, Raisins, Parsley, Currants, Lemon Juice, Sunflower Seeds, and Pure Maple Syrup Drizzle

160 Cal / 31g Carb / 5g Protein

CAESAR SALAD \$8

Romaine, Homemade Croutons, Grated Parmesan Cheese, and Tomatoes

424 Cal / 11g Carb / 7g Protein

CUSTOM SALAD \$10

Select your Greens, 6 Ingredients, and Dressing

SOUP

VEGETABLE TOMATO SOUP

CUP \$4 BOWL \$6

Made with Vegetable Stock, Tomato, Celery, Carrots, Onion, and Light Cream

Cup 100 Cal / 17g Carb / 2g Protein

Bowl 200 Cal / 34g Carb / 4g Protein

WEEKLY SOUP SPECIAL

CUP \$4 BOWL \$6

SANDWICHES & BURGERS

Served with choice of Side Salad, French Fries, Sweet Potato Fries, Chips, Fresh Fruit, Sweet Potato, Seasonal Vegetable, or Bowl of Soup (add \$2)

Gluten Free Bread and Tortillas Available Upon Request

TUNA SANDWICH \$9

Albacore Tuna Salad, Arugula, Red Onion, on 8 Grain Country Bread, Tomato, Cucumber, Open Faced

534 Cal / 60g Carb / 40g Protein

SALMON WRAP \$11

Spinach, Dried Cranberries, Apples, Salmon, Sesame Ginger Sauce, Whole Wheat Wrap

591 Cal / 77g Carb / 34g Protein

GRILLED CHICKEN SANDWICH \$10

Organic Grilled Chicken Breast, Havarti, Honey Mustard, Lettuce, Tomato, Onion, Honey Oat Bun

674 Cal / 61g Carb / 60g Protein

ROASTED VEGETABLE QUESADILLA \$10

Roasted Vegetables, Wisconsin Cheese Blend, Side of Salsa and Sour Cream

611 Cal / 38g Carb / 35g Protein

SOUTHWEST WRAP \$10

Grilled Organic Chicken Breast, Corn, Black Beans, Onion, Roasted Red Pepper, Greens, Tomato, Cheddar Cheese and Ancho Chipotle BBQ Spread, Whole Wheat Tortilla

825 Cal / 79g Carb / 46g Protein

CAFÉ CLUB SANDWICH \$11

Organic Roasted Turkey Breast, Nitrate Free Hickory Smoked Bacon, Greens, Tomato, Muenster Cheese, Honey Mustard Spread, 8 Grain Country Bread

775 Cal / 76g Carb / 63g Protein

DELI WRAP \$9

Choose Organic Turkey, Tuna Salad, Chef's Special Salad, or BLT, Whole Wheat Wrap with Tomato and Greens

316-552 Cal / 56-64g Carb / 23-39g Protein

GRASS FED BEEF BURGER \$11

½ Pound Grass Fed Beef Burger, Red Onion, Pickle, Tomato and Lettuce, Brioche Bun

600 Cal / 31g Carb / 68g Protein

BLACK BEAN BURGER \$10

Topped with Melted Pepper Jack Cheese, Avocado, and Chili Lime Cabbage, Honey Oat Bun

588 Cal / 77g Carb / 31g Protein

TURKEY BURGER \$11

Turkey Patty, Aged Bleu Cheese, Baby Field Greens, Chopped Maple Pecans, and Shaved Apple, Honey Oat Bun

897 Cal / 64g Carb / 70g Protein

TURKEY DEL SOL \$11

Organic Turkey Breast, Baby Spinach, Mozzarella Cheese, Sundried Tomato Pesto, 8 Grain Country Bread

485 Cal / 17g Carb / 45g Protein

SMALL PLATES

Guacamole (add \$2)

FIRE ROASTED SALSA CHIPS AND GUACAMOLE \$6

414 Cal / 8g Carb / 6g Protein

CHEESE QUESADILLA \$6

519 Cal / 24g Carb / 23g Protein

ORGANIC CHICKEN QUESADILLA \$8

613 Cal / 24g Carb / 42g Protein

ORGANIC CHICKEN TENDERS \$8

525 Cal / 40g Carb / 45g Protein

ORGANIC TERIYAKI CHICKEN SKEWERS \$9

225 Cal / 10g Carb / 39g Protein

ROASTED GARLIC HUMMUS FLAT BREAD AND VEGGIES \$8

650 Cal / 102g Carb / 70g Protein

BREAKFAST ALL DAY

Cage Free, Antibiotic Free Farm Fresh Eggs, and Organic Egg Whites - All Breakfasts Served with a Side of Seasonal Fresh Fruit or Sliced Cucumber or Tomato. Substitute Organic Egg Whites for Whole Eggs \$2

MULTIGRAIN PANCAKES \$9

Served with Fresh Fruit and Pure Maple Syrup

Plain, Blueberry, or Chocolate Chip

210 Cal / 40g Carb / 6g Protein

BREAKFAST WRAP \$10

Organic Egg Whites, Spinach, Goat Cheese, Tomato, Scallion, Avocado, Wheat Wrap

634 Cal / 70g Carb / 41g Protein

SIGNATURE BREAKFAST WRAP \$10

Two Cage Free Eggs, Baby Spinach, Roasted Red Pepper, Nitrate Free Bacon, Mozzarella Cheese, Pesto, Honey Wheat Tortilla

634 Cal / 70g Carb / 41g Protein

BREAKFAST BURRITO \$9

Cage Free Eggs, Wisconsin Cheddar, Pepper Jack, Onions, Potatoes, Organic Chicken Sausage

934 Cal / 74g Carb / 51g Protein

VEGETARIAN BURRITO \$10

Whole Wheat Tortilla, Zucchini, Mushrooms, Spinach, Potato, Havarti, Organic Egg Whites, Charred Tomato Salsa

525 Cal / 77g Carb / 36g Protein

TWO CAGE FREE EGGS ANY STYLE \$8

Served with Your Choice of Toast and Fresh Fruit

330 Cal / 12g Carb / 16g Protein

OATMEAL \$4

Choice of Blueberries, Strawberries, Raisins, or Granola Honey Drizzle Optional

200 Cal / 38g Carb / 8g Protein

SMOKED SALMON PLATTER \$13

Choice of Bagel, Red Onion, Capers, Tomatoes, Cream Cheese, Smoked Salmon, Fresh Fruit

without bagel 511 Cal / 88g Carb / 17g Protein

with whole wheat bagel 751 Cal / 133g Carb / 25g Protein

with plain bagel 801 Cal / 142g Carb / 27g Protein

CALIFORNIA CLUB SANDWICH \$11

Cage Free Eggs, Nitrate Free Bacon, Organic Turkey, Tomato, Avocado, Pepper Jack, Pesto, and Light Cream Cheese on Flatbread

505 Cal / 48g Carb / 18g Protein

3 CAGE FREE EGG CUSTOM OMELET \$10

Select 4 Ingredients

SIDES

Toast \$3

Bagel \$3

Guacamole \$2

Half Avocado \$2

Roasted Potatoes \$3

Fruit Cup \$4

Side Strawberries \$3

Side Fruit \$2

Whole Fruit \$1

Yogurt & Granola \$4

Yogurt & Strawberries \$4

Organic Chicken Breast \$5

Organic Chicken Apple Sausage Links \$4

Nitrate Free Hickory Smoked Bacon \$4

Cage Free Hard-boiled Egg \$1

Smoked Salmon \$4

KIDS MENU \$6

Choose One Entrée, One Side, and a Drink

*Gluten Free bread substitutions are available:
Sandwich Bread, Burger Roll, and Plain Bagel*

ENTRÉE

Organic Chicken Tenders

Grass Fed Cheeseburger

Grass Fed Hamburger

All Beef Kosher Hot Dog

Turkey Hot Dog

Cheese Flatbread Pizza

Pepperoni Flatbread Pizza

Mac & Cheese

Organic Turkey Deli Sandwich

Cheese Quesadilla

Grilled Cheese Sandwich

Caesar Salad

Sun Butter & Jelly Burrito

Bagel & Cream Cheese

Scrambled Eggs with Toast

Multigrain Pancakes

Plain, Blueberry, or Chocolate Chip

SIDES

Banana

Fresh Fruit

Apple Slices

Carrots & Celery

Pretzels

Chips

French Fries

Sweet Potato Fries

Sweet Potato

Seasonal Veggies

Side Salad

Animal Crackers

Chocolate Chip Cookie

DRINKS

Apple Juice

Cranberry Juice

All Natural Lemonade

Pure Orange Juice

Organic Milk

Organic Chocolate Milk

Sprite

Coke

Substitute a Kid's Smoothie for \$1.95

The Hulk

Razzleberry

Strawberry Shortcake

Junior Chocolate Frosty

PB Banana Jamma

Made with Peanuts