



LIGHTER BITES

HAND-CUT FRIES	ORIGINAL 4 TRUFFLE 6	QUESADILLAS	CHEESE 8 CHICKEN 9 VEGGIE 8
CHICKEN WINGS	10 PIECES 10 20 PIECES 19	SPICY FISH TACOS	12
<i>choice of</i> teriyaki or bbq or buffalo celery bleu cheese or ranch dipping sauce		beer battered cod lime mango avocado salsa siracha mayo	
CAPRESE SALAD	9	SOUP OF THE DAY	CUP 3 BOWL 5
balsamic tomato basil fresh mozzarella			

FRESH SALADS *choice of dressing* balsamic, ceaser, bleu cheese, ranch, or sesame ginger

QUINOA	11	COBB SALAD	13
edamame cranberries red peppers red onion choice of dressing		romaine chicken applewood smoked bacon egg tomato avocado blue cheese crumbles	
FIESTA PROTEIN	12	THAI CHICKEN	14
chopped spinach kale garbanzo beans black beans red peppers quinoa avocado lime agave drizzle		mixed greens edamame mandarin oranges crispy wontons cashews choice of dressing	
DETOX	10	CLASSIC CAESAR	8 ADD CHICKEN 11
broccoli cauliflower carrots raisins parsley lemon juice sunflower seeds mixed greens		crisp romaine parmesan anchovies caesar dressing	
ROASTED BABY BEETS	12	CUSTOM SALAD BOWL	11
goats cheese caramelized pecans choice of dressing			

SANDWICHES & WRAPS *choice of side* hand-cut fries*, sweet potato mash, or broccoli

SOUTHWEST CHICKEN WRAP	11	THE GIBSTER	11
grilled chicken breast corn black beans onion red pepper chipotle ailo honey wheat wrap		grilled chicken breast pineapple onions sriracha mayo toasted bun	
TUNA SANDWICH	10	MIDTOWN CLUB	12
albacore tuna salad spring mix red onion tomato choice of bread		all-natural turkey breast mozzarella spinach sundried tomato applewood smoked bacon choice of bread	
SALMON WRAP	11	CHICKEN CEASAR WRAP	12
cold poached atlantic salmon spinach fresh apples light wasabi mayo honey wheat wrap		grilled chicken romaine diced tomato grated parmesan cheese ceasar dressing	

**Substitute hand-cut-fries for sweet potato fries \$1,
fresh fruit \$2, or side salad \$2*



ENTRÉES *choice of side* hand-cut fries*, sweet potato mash, or broccoli

MIDTOWN SIGNATURE BURGER 15
6oz certified black angus beef | sautéed onions
applewood smoked bacon | wisconsin cheddar
brioche bun | hand-cut fries*

TURKEY BURGER 11
butterball turkey burger | choice of cheese
avoacdo | grilled brioche bun | hand-cut fries*

GRILLED ATLANTIC SALMON 16
6oz grilled atlantic salmon | edamame puree
roasted carrots

ENGLISH STYLE FISH & CHIPS 14
guinness beer-battered cod | hand-cut fries*
tartar sauce | malt vinegar

PORTABELLA MUSHROOM STACK 12
Vegan and Vegetarian approved
stuffed with quinoa | spinach | roasted
vegetables | cashew alfredo

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fresh fruit \$2, or side salad \$2*

ALL-DAY BREAKFAST *choice of side* roasted potatoes or fresh fruit

THREE-EGG CUSTOM OMELET 10

OATMEAL BOWL 7
choice of blueberries or strawberries
raisins | brown sugar

BREAKFAST EXPRESS 9
choice of
applewood smoked bacon or chicken sausage
eggs | whole wheat toast

MIDTOWN SIGNATURE WRAP 9
choice of bacon or sausage
eggs | cheddar

CROISSANT SANDWICH 10
eggs | wisconsin cheddar
applewood smoked bacon | croissant

GLUTEN-FREE POWER PANCAKES 8
greek yogurt | low carb vanilla whey protein
oatmeal | almond milk | egg whites

SIDES

BAGEL OR TOAST 3

FRENCH BUTTER CROISSANT 4

ROASTED POTATOES 3

FRESH FRUIT 3

CHICKEN SAUSAGE 4

APPLEWOOD SMOKED BACON 4