



LIGHTER BITES

HAND-CUT FRIES

ORIGINAL 4
TRUFFLE 6

CHICKEN WINGS

10 PIECES 10
20 PIECES 19

choice of mild | medium | spicy
celery | blue cheese sauce

BUFFALO MOZZARELLA

balsamic | basil

9

SOUP OF THE DAY

CUP 3
BOWL 5

TERIYAKI CHICKEN SKEWERS

szechuan sauce

9

QUESADILLAS

CHEESE 8
CHICKEN 9
VEGGIE 8

SPICY FISH TACOS

cod | lime | cilantro | avocado cream

9

GRILLED FLATBREAD

bbq chicken | red onion | apple butter

10

FRESH SALADS

QUINOA

edamame | cranberries | roasted peppers
red onion | light lemon dijon dressing

11

COBB SALAD

romaine | chicken | applewood smoked bacon
egg | tomato | avocado | blue cheese dressing

13

FIESTA PROTEIN

chopped spinach | kale | garbanzo beans
black beans | red peppers | quinoa | avocado
lime agave drizzle | cayenne sprinkle

12

THAI CHICKEN

mixed greens | edamame | mandarin oranges
crispy wontons | cashews | thai dressing

14

DETOX

broccoli | cauliflower | carrots | raisins
parsley lemon juice | sunflower seeds
mixed greens | apple cider vinaigrette

10

CLASSIC CAESAR

crisp romaine | parmesan | anchovies
caesar dressing

8
ADD CHICKEN 11
ADD SHRIMP 13

ROASTED BABY BEETS

goats cheese | caramelized pecans
balsamic dressing

12

CUSTOM SALAD BOWL

11

SANDWICHES & WRAPS

SOUTHWEST CHICKEN WRAP

grilled chicken breast | corn | black beans
onion | roasted red pepper
chipotle bbq spread | whole wheat wrap

11

THE GIBSTER

grilled chicken breast | pineapple | onions
sriracha mayo | toasted bun

10

TUNA SANDWICH

albacore tuna salad | arugula | red onion
tomato | rustic grain bread

10

MIDTOWN CLUB

all-natural turkey breast | mozzarella | spinach
sundried tomato | applewood smoked bacon
rustic grain bread

11

SALMON WRAP

cold poached atlantic salmon | spinach
granny smith apples | light wasabi mayo
whole wheat wrap

11



ENTRÉES

MIDTOWN SIGNATURE BURGER 14

6oz certified black angus beef | sautéed onions
applewood smoked bacon | wisconsin cheddar
grilled brioche bun | hand-cut fries

TURKEY BURGER 12

choice of american | wisconsin cheddar
mozzarella avocado
grilled brioche bun | hand-cut fries

GRILLED ATLANTIC SALMON 14

6oz grilled atlantic salmon | avocado mango salsa
mediterranean orzo | garlic sautéed spinach

ENGLISH STYLE FISH & CHIPS 14

guinness beer-battered cod | hand-cut fries
tartar sauce | malt vinegar

SHANGHAI NOODLE BOWL 12

wok fried noodles | beef | bok-choy | onions
asian sauces

ALL-DAY BREAKFAST

THREE-EGG CUSTOM OMELET 10

GLUTEN-FREE POWER PANCAKES 8

greek yogurt | low carb vanilla whey protein
oatmeal | almond milk | egg whites | fresh fruit

OATMEAL BOWL 7

choice of blueberries | strawberries
raisins & brown sugar

GREEK YOGURT POT 4

choice of banana | strawberry | honey drizzle

BREAKFAST EXPRESS 9

choice of chicken sausage
applewood smoked bacon | two eggs
roasted potatoes | whole wheat toast

CLASSIC EGGS BENEDICT 9

two poached eggs | canadian bacon
roasted potatoes | hollandaise sauce
english muffin

MIDTOWN SIGNATURE WRAP 7

organic whole eggs | cheddar | chicken sausage
applewood smoked bacon | fresh fruit

CROISSANT SANDWICH 8

scrambled eggs | wisconsin cheddar
applewood smoked bacon | croissant | fresh fruit

SIDES

TOASTED BAGEL 3

WHITE OR WHEAT TOAST 3

FRENCH BUTTER CROISSANT 3

PORK SAUSAGE LINKS 3

CARVED HONEY HAM 3

CHICKEN SAUSAGE 4

APPLEWOOD SMOKED BACON 4

LAVAZZA PREMIUM ROAST COFFEE 3

(Complimentary until 12 Noon)