

# Chromium

## breakfast

**omelet** \$14

*choice of three items*

mushrooms, peppers, onions, spinach, cheese, bacon, sausage, served with breakfast potato

**two eggs, any way** \$12

choice of bacon or sausage, served with breakfast potato

**loaded avocado toast** \$14

bacon, charred tomato, arugula, mushrooms, pickled onion, sunny side up egg

**breakfast burrito** \$12

bacon or sausage, eggs, peppers, onions, cheddar cheese, potato

**oatmeal** \$6

*choice of two items*

berries, sliced banana, cinnamon, brown sugar, walnuts

## salads

**three grain salad** \$11

barley, quinoa, couscous, roasted butternut squash, cherry tomatoes, dried cranberries, pumpkin seed, red cabbage, parmesan cheese, dijon mustard poppyseed vinaigrette

**quinoa, spinach + kale salad** \$11

roasted brussel sprouts, garbanzo beans, tomatoes, roasted sweet potatoes, extra virgin olive oil lime vinaigrette

**autumn salad** \$11

greens, apples, pomegranate seeds, roasted sweet potatoes, goat cheese, candied walnuts, maple vinaigrette

**roasted red beet salad** \$11

greens, apples, avocado, candied walnuts, goat cheese, balsamic vinaigrette

**southwest salad** \$11

greens, tomatoes, black beans, corn, crispy tortilla strips, shredded mozzarella cheese, avocado, cilantro lime vinaigrette

*add chicken \$4, salmon \$6, shrimp \$6, marinated tofu \$4*

## sandwiches *choice of fries, sweet potato fries, fruit, or side salad*

**turkey club sandwich** \$13

whole wheat bread

**chicken caesar wrap** \$15

tomatoes, croutons, parmesan reggiano

**grilled chicken sandwich** \$15

pickles, tomatoes, lettuce, brioche bun

**beef burger** \$15

lettuce, tomato, onion, choice of cheese, sesame bun

**impossible burger** \$15

lettuce, tomato, onion, choice of cheese, sesame bun

**tuna salad sandwich** \$13

tomato, lettuce, whole wheat toast

**cheese quesadilla** \$9

guacamole, sour cream  
*add chicken \$4, shrimp \$6*

**roast beef sandwich** \$16

roasted red peppers, melted provolone cheese, lettuce, tomato, ciabatta bun

## sides

**truffle fries** \$6

parmesan, parsley

**fries** \$4

**sweet potato fries** \$4

**avocado** \$3

**breakfast potatoes** \$4

**bacon** \$3

**toast** \$3

## *smoothies*

**organic simply greens** \$6

270 calories  
organic pineapple puree, banana, kale,  
spinach, avocado, vanilla whey protein

**organic berry trim** \$6

250 calories  
organic berry puree, banana, get lean,  
vanilla whey protein

**organic strawberry** \$6

250 calories  
organic strawberry puree, banana,  
strawberries, vanilla whey protein

**skinny minny** \$6

260 calories  
banana, pb lite, vanilla whey protein,  
choice of milk

**peanut butter cup** \$7

580 calories  
peanut butter or pb lite, choice of protein,  
chocoholic's choice, choice of milk

**body builder** \$7

370 calories  
banana, choice of protein, creatine,  
choice of milk

**banana nut blast** \$7

540 calories  
banana, peanut butter or pb lite,  
vanilla protein, choice of milk

## **kids smoothies**

**chocolate frosty** \$4

150 calories  
chocoholic's choice, chocolate protein,  
choice of milk

**organic strawberry shortcake** \$4

140 calories  
strawberries, banana, vanilla whey protein

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## *soft drinks*

**fountain drink** \$2

**brewed iced tea** \$3

**canned soda** \$2

## *beer seltzer wine*

**domestic beer** \$6

**imported beer** \$8

**hard seltzer** \$6

**cut water** \$7

**canned wine** \$8

**glass wine** \$10

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## *coffee*

**grand riserva premium coffee** \$3

**americano** \$3.5

**cappuccino** \$4.5

**latte** \$4.5

**espresso** \$3.5

**iced coffee** \$3

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## **kids menu**

**kids burger** \$8

lettuce, tomato, choice of cheese  
choice of fries or fruit

**mac + cheese** \$5

**hot dog** \$5

choice of fries or fruit

**grilled cheese sandwich** \$6

choice of fries or fruit

**cheese quesadilla** \$6

**chicken tender** \$8

choice of fries or fruit