

# Chromium

**Breakfast** • served until 11:30

**Midtown Breakfast** : Pasture Raised Egg any style with fruit or potatoes and toast.

**One egg \$5.75 Two eggs \$7.25**

Choose hickory-smoked bacon, turkey sausage, or smoked tofu **\$8.75**

## **Breakfast Sandwiches, Burritos & Omelets**

Add roasted potatoes, or fruit salad to any breakfast entrée. + **\$2.00**

Breads - Country French, multigrain or English muffin

gluten-free bread, grilled brioche rolls + **\$2.00**

**Egg & Cheese** - Egg, cheese, on an English muffin **\$5.00**

**Average Joe** – Egg, cheese, hickory-smoked bacon, or turkey sausage on English muffin **\$5.95**

**Breakfast BLT** - Egg, hickory-smoked bacon, leaf lettuce, tomato, avocado, sriracha aioli, on multi-grain toast **\$7.50**

**Breakfast Burrito** - scrambled eggs, choice of bacon, turkey sausage or avocado, cheddar cheese and chipotle ranch in a wheat tortilla with salsa and sour cream **\$7.95**

**Breakfast Quesadilla:** scrambled eggs, choice of bacon, turkey sausage, or grilled veggies cheddar cheese w/ Sriracha aioli in a jalapeno tortilla with salsa and sour cream **\$7.95**

**Avocado Toast** - Avocado, lemon juice, olive oil, ground pepper and organic micro-greens. Served opened face on toasted multi grain bread **\$8.00/\$5.00half**

## **Omelets**

**Three organic egg omelet \$11.00 Five organic egg-white omelet \$13.00**

**Choose 4 items, 1 of which can be a protein**

*Proteins* - hickory-smoked bacon, turkey sausage, slow-roasted chicken, smoked tofu.

cheddar, swiss, american, feta. spinach, mushrooms, tomatoes, red onions, peppers, .

*We use locally grown, organic, or organic practice, vegetables & fruit where applicable*

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## **Sandwiches & Wraps**    Deli - \$9.95/\$6.95 half • Grilled Melt - \$10.50/\$7.00 half

Topped with cheese, tomato, lettuce • Served with choice of house made chips or fruit salad • Side salad + \$1.00

### **-Choose from-**

**Proteins** - Sliced Turkey breast, slow roasted chicken, hickory smoked bacon, albacore tuna salad, smoked tofu

**Breads** - Country french, multigrain • For gluten free bread + \$2.00

**Wraps** - Whole wheat, spinach, jalapeño • **Cheeses** - White cheddar, swiss, american, blue cheese, feta

**Town Royal** - Freshly roasted turkey, avocado, cheddar, sriracha aioli, lettuce, and tomato on toasted multigrain bread **\$10.95/\$7.50 half**

**ROC Tuna** - Albacore tuna, spinach, carrots, apple, alfalfa sprouts, honey dijon on multigrain bread **\$10.95/\$7.50 half**

**Midtown Spring Roll** - Hummus, leaf lettuce, spinach, cucumber, shredded carrots, avocado, microgreens on a whole wheat wrap **\$9.75**

**Buffalo Wrap** - Marinated and grilled chicken breast, sharp cheddar, blue cheese, our buffalo sauce, leaf lettuce, tomato and red onion on a jalapeño wrap **\$10.95**

**Sesame Salmon Wrap** - Grilled salmon, spinach, shredded carrots, dried cranberries, apples & sesame ginger dressing on a whole grain wrap **\$13.95**

## **Local Pasture-Raised Burger • Grilled Chicken Sandwich • Veggie Burger**

On a grilled brioche roll with lettuce, tomato                      cheddar, Swiss or American cheese

**Add**                      avocado, or hickory smoked bacon + \$2.50

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## **Salads** • all salad dressings are house made

**Harvest Cobb** – Our local greens, crasins, sweet potatoes, apple quinoa, onions, and toasted pumpkins seeds w/ apple cider vinaigrette **\$11.95**

**Grilled Salad** - Local greens, grape tomatoes, grilled eggplant, zucchini mushrooms and red onion, kalamata olives and feta cheese with red wine vinaigrette **\$11.95**

**Marché** - Local greens, seasonal vegetables, and chickpeas with your choice of sesame ginger dressing, ranch, chipotle ranch, white balsamic or red wine vinaigrette **\$9.95**

**Add to your salad:** Pulled chicken **\$5** • Smoked tofu **\$5** • Veggie burger **\$5**

Local pasture-raised 6 oz. hamburger patty **\$5** • Grilled 4 oz. filet of salmon **\$6**

## **Quesadillas** • Served with house-made salsa and sour cream

**Cheddar Cheese** **\$8.95** **Chicken and Cheese** **\$9.95**

**Bon Works** - Pulled chicken, avocado, cheddar cheese, spinach and sriracha aioli **\$10.95**

**Vegetarian** – Grilled Veggies, Cheddar cheese and spinach **\$10.95**

**Buffalo Chicken** - Pulled chicken, Buffalo sauce, tomato, cheddar, and blue cheese **\$10.95**

**Vegan** – Smoked tofu, Hummus, spinach, cucumbers, and onions in a spinach wrap **\$10.95**