

Chromium

breakfast available until 11:30am

add roasted potatoes or fruit salad (\$2)

bread substitutes: country french, multigrain, english muffin, gluten-free bread (\$2), grilled brioche rolls (\$2)

midtown breakfast 5.75

two pasture-raised eggs any style with fruit or potatoes & toast

add an additional egg (\$1.50)

add hickory-smoked bacon, turkey sausage, or smoked tofu (\$2)

egg & cheese breakfast sandwich 5

egg & cheese on an english muffin

average joe breakfast sandwich 5.95

egg, cheese, hickory-smoked bacon or turkey sausage on english muffin

breakfast blt 7.50

egg, hickory-smoked bacon, leaf lettuce, tomato, avocado, & sriracha aioli on multigrain toast

breakfast burrito 7.95

scrambled eggs, choice of bacon, turkey sausage or avocado, cheddar cheese, & chipotle ranch in a wheat tortilla with salsa & sour cream

breakfast quesadilla 7.95

scrambled eggs, choice of bacon, turkey sausage, or grilled veggies, cheddar cheese with sriracha aioli in a jalapeño tortilla with salsa & sour cream

avocado toast 8 / 5 half

avocado, lemon juice, olive oil, ground pepper, & organic micro-greens served open-faced on multigrain toast

omelet 11

three organic egg omelet* with choice of three additional items & one protein

*substitute for five organic egg whites (\$2)

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

protein: hickory-smoked bacon, turkey sausage, slow-roasted chicken, smoked tofu

salads

add pulled chicken (\$5), smoked tofu (\$5), veggie burger (\$5), local pasture-raised 6oz hamburger patty (\$5), grilled 4oz salmon filet (\$6)

harvest cobb 11.95

local greens, raisins, sweet potatoes, apple quinoa, onions, & toasted pumpkin seeds with apple cider vinaigrette

grilled salad 11.95

local greens, grape tomatoes, grilled eggplant, zucchini, mushrooms, red onion, kalamata olives, & feta cheese with red wine vinaigrette

marché 9.95

local greens, seasonal vegetables, & chickpeas

dressing: sesame ginger, ranch, chipotle ranch, white balsamic, or red wine vinaigrette

sandwiches & wraps

town royal 10.95 / 7.50 half

freshly roasted turkey, avocado, cheddar, sriracha aioli, lettuce, & tomato on toasted multigrain bread

ROC tuna 10.95 / 7.50 half

albacore tuna, spinach, carrots, apple, alfalfa sprouts, & honey dijon on multigrain bread

midtown spring roll 9.75

hummus, leaf lettuce, spinach, cucumber, shredded carrots, avocado, & microgreens on a whole wheat wrap

buffalo wrap 9.75

marinated grilled chicken breast, sharp cheddar, bleu cheese, our buffalo sauce, leaf lettuce, tomato, & red onion on a jalapeño wrap

sesame salmon wrap 9.75

grilled salmon, spinach, shredded carrots, dried cranberries, apples, & sesame ginger dressing on a whole grain wrap

quesadillas served with salsa & sour cream

cheddar cheese 8.95

chicken & cheese 9.95

bon works 10.95

pulled chicken, avocado, cheddar cheese, spinach, & sriracha aioli

vegetarian 10.95

grilled veggies, cheddar cheese, & spinach

buffalo chicken 10.95

pulled chicken, buffalo sauce, tomato, cheddar, & bleu cheese

vegan 10.95

smoked tofu, hummus, spinach, cucumbers, & onions on spinach tortillas

grill

add avocado or hickory smoked bacon (\$2)
cheese: cheddar, swiss, american

burger 12.95

local, pasture-raised beef served on a grilled brioche roll with lettuce, tomato, & choice of cheese

grilled chicken sandwich 12.95

served on a grilled brioche roll with lettuce, tomato, & choice of cheese

veggie burger 12.95

served on a grilled brioche roll with lettuce, tomato, & choice of cheese

*consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illnesses

if you have a food allergy, please notify us—allergen information for menu items available upon request