

Chromium

rise & shine

fitjacks protein pancakes	\$11
<i>triple stack of protein packed pancakes with choice of house-made berry compote, honey vanilla or almond agave spread</i>	
midtown breakfast	\$15
<i>two eggs your way, choice of bacon or chicken sausage, bravas potatoes, toast</i>	
breakfast burrito	\$9
<i>egg, sausage sauteed peppers, potato, onion, cheddar</i>	
wake-up tacos	\$8
<i>three corn tortillas packed with egg, chorizo, cilantro & queso fresco</i>	
smart choice omelette	\$9
<i>egg whites, feta, spinach, mushroom</i>	
south beach omelette	\$9
<i>three eggs, turkey bacon, monteray jack, avocado, spinach</i>	
avocado bagel	\$9
<i>everything bagel, mashed avocado, cherry tomato, flakey sea salt, extra virgin olive oil add egg - \$2</i>	
bagel & lox	\$10
<i>everything bagel, cream cheese, smoked salmon, capers, red onion, fresh dill</i>	
breakfast sandwich	\$9
<i>everything bagel, bacon, folded egg, cheese</i>	

sharables

charcuterie board	\$16
<i>chef selection of artisanal meats and cheeses, marcona almond, kalamata olive, flatbread crisps, grapes, fig jam, honey drizzle</i>	
hummus trio	\$14
<i>carrot curry, roasted red pepper, and rotating selection of hummus, crudité, crispy naan</i>	
guacamole	\$8
<i>tajin tortilla chips, served with a side of house-made salsa</i>	
buffalo roasted cauliflower	\$8
<i>served with house-made vegan ranch dressing</i>	

flatbreads

pepperoni	\$15
<i>stone baked flatbread, marinara, mozzarella, pepperoni</i>	
sausage	\$15
<i>stone baked flatbread, marinara, mozzarella, italian sausage</i>	
margherita	\$14
<i>stoned baked flatbread, extra virgin olive oil, mozzarella, tomato, basil herb drizzle</i>	
hot honey capicola	\$15
<i>stone baked flatbread, marinara, mozzarella, spicy capicola, whipped ricotta, hot honey drizzle</i>	

substitute gluten-free crust - \$2

handhelds

midtown smashburger	\$16
<i>two 4oz patties, american cheese, shredded lettuce, diced red onion, pickles, house-made dijonaise, brioche bun substitute veggie patty</i>	
california club	\$13
<i>freshly sliced roast turkey, avocado, bacon, lettuce, tomato, garlic aioli, ciabatta</i>	
hot honey fried chicken	\$14
<i>pickles, coleslaw, brioche bun</i>	

chicken caprese	\$13
<i>basil pesto, fresh mozzarella, tomato, balsamic glaze, arugula, dutch crunch</i>	
taco trio	\$12
<i>choice of three - chicken tinga, shrimp, carne asada, rotating feature, corn tortilla, served with chips and salsa</i>	

substitute gluten-free bread or bun - \$2
served with choice of side:
*french fries, house chips, sweet potato fries
side salad, side caesar, quinoa salad
fresh fruit*

Chromium

bowls & plates

chicken salad plate <i>chicken breast, greek yogurt, light mayonnaise, green apple, grape, sliced almonds, crudité, crispy naan, fresh fruit</i>	\$10	cara asada bowl <i>cahokia high protein white rice, beans, queso fresco, lettuce, onion, cilantro, sour cream</i>	\$15
tuna salad plate <i>albacore tuna, celery, light mayonnaise, onion, crudité, crispy naan, fresh fruit</i>	\$10	panko crusted salmon bowl <i>quinoa, brussel sprout salad, lime vinaigrette</i>	\$15
poké bowl <i>Ahi tuna, cahokia high protein white rice, avocado, cucumber, edamame, jalepeno, sesame seed, chive choice of housemade tahini or sriracha mayo</i>	\$14	house-made falafel plate <i>falafel, tabouli salad, hummus, kalamata olive, feta, cilantro, mint, crispy naan</i>	\$13
		chicken shawarma <i>cahokia high protein brown rice, hummus, feta, cherry tomato, cucumber, red onion, kalamata olive, mint, cilantro</i>	\$14

soups & salads

classic caesar <i>romaine, bagel croutons, parmesan, house-made vegetarian caesar dressing</i>	\$12	summer salad <i>artisanal spring mix, grapefruit, avocado, goat cheese, fennel, red onion, toasted almond, ginger-lime vinaigrette</i>	\$13
cobb salad <i>grilled chicken, chopped romaine, avocado, tomato, boiled egg, bacon, bleu cheese crumbles</i>	\$15	buffalo chicken salad <i>crispy or grilled chicken, romaine, buffalo sauce, carrots, celery, bleu cheese dressing</i>	\$14
superfood salad <i>kale crunch, brussel sprout, quinoa, carrot, avocado, crispy chickpeas, pickled red onion, chia seed vinaigrette</i>	\$13	soup <i>ask our associates about today's offering!</i>	\$6

all salads available as wrap w/ side

add: grilled chicken - \$5 / salmon - \$6 / falafel - \$5 / shrimp - \$6 / steak - \$7

a la carte

french fries	\$4
sweet potato fries	\$5
house potato chips	\$4
side salad	\$5
side caesar	\$5
quinoa salad	\$5
fresh fruit	\$5

**consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.*