

Chromium

rise & shine

fitjacks protein pancakes triple stack of protein packed pancakes with choice of honey vanilla or almond agave spread	\$11
distillers french toast assorted berries, barrel aged maple syrup	\$9
midtown breakfast* two eggs your way, choice of bacon or chicken sausage, bravas potatoes, fruit	\$15
oatmeal seasonal toppings	\$7
breakfast burrito* egg, sausage sautéed peppers, potato, onion, cheddar	\$9
wake-up tacos* three corn tortillas packed with egg, chorizo, cilantro and queso fresco	\$8
smart choice omelette* egg whites, feta, spinach, mushroom	\$9
south beach omelette* three eggs, turkey bacon, monterey jack, avocado, spinach	\$9
avocado toast sliced avocado, over easy egg, arugula, sundried tomato, pickled onion, multigrain toast	\$11
breakfast sandwich* everything bagel, bacon, folded egg, cheese	\$9

sharables

bavarian soft pretzel beer cheese, whole grain mustard	\$12
hummus plate grilled pita, crudité	\$8
fresh guacamole & salsas house-made guacamole, salsa rojo, mango jalapeño pico, tajin dusted tortilla chips	\$10
hot honey roasted brussels roasted brussels, goat cheese crumble, bacon, hot honey drizzle	\$8

flatbreads

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

substitute gluten-free crust - \$2

handhelds

midtown smashburger* two 4oz patties, american cheese, shredded lettuce, diced red onion, pickles, house-made dijonaise, brioche bun vegetarian alternative available	\$16
california club freshly sliced roast turkey, avocado, bacon, lettuce, tomato, garlic aioli, ciabatta	\$13
grilled chicken sandwich marinated grilled chicken, lettuce, tomato, mayonnaise	\$14

chicken caprese basil pesto, fresh mozzarella, tomato, balsamic glaze, arugula, dutch crunch	\$13
steak tacos* chipotle braised rib-eye, cilantro, onion, queso fresco, chips and salsa	\$14
ribeye french dip* shaved ribeye, melted provolone, horseradish aioli, au jus, toasted baguette	\$16

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

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

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bowls & plates

chicken salad plate <i>chicken breast, greek yogurt, light mayonnaise, green apple, grape, sliced almonds, crudité, crispy naan, fresh fruit</i>	\$10	carne 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>sushi grade ahi tuna, cahokia high protein white rice, avocado, cucumber, edamame, jalapeño, sesame seed, chive choice of hawaiian or teryaki sauce</i>	\$15	house-made falafel plate <i>falafel, tabouli salad, hummus, kalamata olive, feta, cilantro, mint, crispy naan</i>	\$13
ancient grain bowl <i>toasted farro, sweet potato, spinach, mushroom, shallot, sage, thyme, queso fresca</i>	\$14	chicken shawarma <i>cahokia high protein brown rice, hummus, feta, cherry tomato, cucumber, red onion, kalamata olive, mint, cilantro</i>	\$15

soups & salads

classic caesar <i>romaine, bagel croutons, parmesan, house-made vegetarian caesar dressing</i>	\$12	beet & goat cheese <i>arugula, marinated beets, orange segments, goat cheese, pistachio crumble, citrus vinaigrette</i>	\$13
cobb salad <i>grilled chicken, chopped romaine, avocado, tomato, boiled egg, bacon, bleu cheese crumbles</i>	\$15	harvest salad <i>frisee, roasted pear, farro, sweet potato, pine nuts, pecorino romano, honey balsamic vinaigrette</i>	\$14
superfood salad <i>kale crunch, brussel sprout, quinoa, carrot, avocado, crispy chickpeas, pickled red onion, chia seed vinaigrette</i>	\$13	buffalo chicken salad <i>crispy buffalo chicken, romaine, monterey jack, cheddar, ranch</i>	\$14
		soup <i>ask our associates about today's offering</i>	\$6

all salads available as wrap with side

add: grilled chicken - \$5, salmon* - \$6, falafel - \$5, steak* - \$7

a la carte

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

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kids menu

*all items - \$10
served with side of fruit*

cheeseburger

grilled cheese

chicken tenders

flatbread

choice of: cheese, pepperoni, sausage

turkey sandwich

chicken quesadilla

hot dog

mac & cheese

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