



3-EGG OMELETS

Made with locally sourced cage-free eggs

Substitute chicken sausage for jalapeño sausage at no charge

Substitute fresh egg whites +2
 Add Applewood-smoked bacon, jalapeño sausage or chicken sausage +3

Greek Omelet VEG, GF 12
 Three eggs with spinach, feta and tomatoes. Served with herb-roasted new potatoes and fresh fruit

Ham and Cheese Omelet GF 13
 Three eggs with imported ham and cheese. Served with herb-roasted new potatoes and fresh fruit

Garden Veggie Omelet VEG, GF 12
 Three eggs with a fresh vegetable medley. Served with herb-roasted new potatoes and fresh fruit

Tex Mex Omelet GF 14
 Three eggs with beef tenderloin, red and green bell peppers, mushrooms, onions and cheddar. Served with herb-roasted new potatoes and homemade black beans

SMALL PLATES

Fire-Roasted Brussels Sprouts VEG 8
 Served with sweet chili sauce

Baked Goat Cheese 13
 Served with your choice of homemade bacon jam or crumbled candied walnuts and dried apricots. Served with toasted baguette

Crab Cakes 14
 Two crab cakes topped with sweet roasted corn, red bell peppers, and chipotle chili sauce on baby greens

Homemade Hummus VEG 9
 Choice of Tuscan, jalapeño, or green goddess hummus with toasted pita bread
 Add carrots and Persian cucumbers +2
 Pick 3 and make it a trio +6

Smoked Spinach Artichoke Dip VEG, GF 12
 Homemade tortilla chips, pico de gallo and our signature tzatziki

Sriracha Chicken Wings 9
 Prepared and served in a cast-iron skillet and served with carrot and celery sticks, jalapeño, cilantro, and dipping sauce

NUTRITIONAL LABELS

- VEG- VEGETARIAN
- GF- GLUTEN-FRIENDLY
- N- CONTAINS NUTS

BRUNCH SPECIALTIES

Made with locally sourced cage-free eggs

Substitute chicken sausage for jalapeño sausage at no charge

Substitute fresh egg whites +2
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Migas 13
 Jalapeño sausage, cheddar, black beans, roasted corn, tomatoes, scallions, tortilla strips and avocado. Served with black beans and fresh fruit

Eggs Benedict 14
 Two poached eggs and Canadian ham on freshly baked ciabatta bread topped with hollandaise sauce. Served with herb-roasted new potatoes and fresh fruit

Hello Sunshine Sausage Wrap 13
 Scrambled eggs, jalapeño sausage, black beans and pico de gallo in a wheat tortilla topped with cheddar. Served with herb-roasted new potatoes and fresh fruit

Croissant French Toast 13
 Hand-dipped and topped with strawberries, banana and maple syrup

The Traditional 13
 Three scrambled eggs with jalapeño sausage or Applewood-smoked bacon. Served with herb-roasted new potatoes, fresh fruit and toasted wheat bread

Croissant Egg Sandwich 13
 Filled with scrambled eggs, tomato, cheese and avocado, served with herb-roasted new potatoes and fresh fruit

Belgian Waffle 9
 Topped with strawberries, bananas, maple syrup, whipped cream and powdered sugar

Crab Cake Eggs Benedict 17
 Two crabcakes with poached eggs on freshly baked ciabatta bread topped with hollandaise sauce, served with herb-roasted new potatoes and fresh fruit

Huevos Rancheros 14
 Jalapeño sausage, cheddar, queso fresco, homemade black beans, roasted corn, tomatoes, scallions and tortilla chips, topped with three fried eggs, avocado and pico de gallo. Served with herb-roasted new potatoes and flour tortillas

Chicken and Waffles 15
 Belgian waffle topped with all-natural chicken strips, two sunny-side up eggs, and maple syrup

Organic Veggie Quinoa Eggs Benedict VEG 14
 Two organic quinoa and kale patties with poached eggs topped with honey habanero sauce. Served with mixed greens and fresh fruit

Avocado Toast 9
 Chipotle cream cheese, Persian cucumbers, avocado, capers, and red onions served with herb-roasted new potatoes and Persian cucumber dill salad
 Add frieg egg +2
 Add smoked salmon +4

SOUPS & SIDES

Creamy Baked Potato 5
 With bacon crumbles and topped with cheddar and chives

Cuban Black Bean VEG, GF 5
 Topped with feta and pico de gallo

Chicken Tortilla Soup 5
 With tostada strips, cheddar, and avocado

Iceberg Wedge Salad 6

House Salad 5

BOWLS AND GREENS

Add Proteins

Add grilled chicken breast	+4
Add grilled shrimp	+5
Add grilled or blackened salmon	+6

Add seasoned lamb and beef	+4
Add tofu	+4

Vegan Smoky Poblano Bowl **VEG, N** 15

Roasted corn, avocado, southwestern chickpeas, tomatoes, pickled vegetables, vegan mozzarella, herb basmati rice, arugula, and sliced jalapeño in a creamy vegan poblano sauce

Mango Avocado Chopped Salad **VEG** 14

Chopped avocado and mango, tomatoes, jalapeño, green onions, chopped herbs and pepitas in a honey-lime dressing on a bed of arugula with pita

Harvest Roasted Vegetable Salad **VEG** 13

Tender roasted broccoli, Brussels sprouts, and butternut squash with lentils, fresh arugula, and grated Parmesan. Served with pita triangles

Power Bowl **VEG** 16

Two organic quinoa and kale patties garnished with honey habanero aioli, herb basmati rice, topped with black beans and pico de gallo, guacamole and seasonal vegetables

Substitute cauliflower rice **VEG, GF, N** +2

The Greek **VEG** 11

Persian cucumbers, cherry tomatoes, radishes, Kalamata olives, red onions, feta, herb-roasted garlic vinaigrette on mixed greens with pita croutons

The Cardinal Cobb 14

Crispy chicken, egg, bacon, red onion, tomato, and avocado drizzled with chunky feta jalapeño dressing and pita

Blackened Salmon Salad with Avocado Crema 18

Blackened salmon served over a bed of quinoa and cabbage cilantro slaw and topped with crumbled feta

Vegan Mediterranean Fusion Bowl **VEG** 14

Basmati lentil rice with ginger-glazed Brussels sprouts, butternut squash, black beans, pico de gallo, avocado relish and cumin-cilantro vegan aioli

Substitute cauliflower rice **VEG, GF, N** +2

SANDWICHES, WRAPS & BURGERS

All burgers are topped with mayo, lettuce, pickles, onions, and tomatoes and served with seasoned hand-cut fries.

Substitute a gluten-free bun +3

The OG 13

Angus beef patty with American cheese

Bistro Chipotle Cheese 14

Applewood-smoked bacon, avocado and American cheese

Beef Tenderloin Steak Sandwich 14

Provolone, caramelized onion, mushrooms, bell peppers and mayo. With hand-cut fries

Gyro Pita 14

Seasoned lamb and beef with tomato, onion and our signature tzatziki. With hand-cut fries

Sonoma Chicken Salad on Wheat **N** 11

All-natural chicken, walnut, apple, celery, arugula and mayo on whole wheat. Served with black bean orzo pasta salad

Baja Chicken Wrap 14

All-natural chicken, whole wheat tortilla, avocado, Cuban black beans, feta cheese, lettuce, tomato and chipotle chili sauce. Served with an iceberg wedge salad with jalapeño feta dressing

Classic Club 13

Ham, turkey, applewood-smoked bacon, American cheese, provolone cheese, lettuce, mayo and tomato on whole wheat. Served with hand-cut fries

ENTREES

Gyros Plate 18

Slices of savory seasoned lamb and beef, our signature tzatziki, jalapeño hummus, lettuce, tomato, onion, with Persian cucumber dill salad, pita, and hand-cut fries

Kabob Plate **GF** 19

Skewers of beef tenderloin, grilled all-natural chicken or a combination of both with herb basmati rice, seasonal vegetables, Persian cucumber dill salad and warm pita

The Chicken '401 **N** 18

All-natural chicken topped with sun-dried tomato curried apricot and walnut cream sauce. Served with basmati lentil rice, sautéed seasonal vegetables and warm pita

Poblano Grilled Chicken **GF** 17

All-natural chicken with roasted poblano mushroom cream sauce. Served with creamy whipped potatoes, French green beans and warm pita

Mediterranean Salmon **GF** 21

Grilled salmon topped with feta, guacamole, and chopped tomatoes served with butternut squash, French green beans and warm pita

Sundried Tomato Lemon Pasta 18

Angel hair pasta tossed in lemon zest and olive oil with capers, sun-dried tomatoes parmesan and basil with garlic toast and your choice of grilled chicken or shrimp

Ma...The Meatloaf 16

Homemade Certified Angus Beef meatloaf, whipped potatoes with roasted poblano mushroom cream sauce, French green beans and garlic toast

Southern Chicken-Fried Chicken 17

Crispy all-natural chicken breast, whipped potatoes with roasted poblano mushroom cream sauce, French green beans and garlic toast

WOOD STONE PIZZAS

A vegetarian, gluten-free cauliflower pizza crust may be substituted on any of our pizzas for \$3.

Garden and Goat **VEG** 14

Brussels sprouts, goat cheese, caramelized onions, fire-roasted red bell peppers, crushed red pepper, Parmesan and balsamic reduction

Pesto Margherita **VEG** 13

Cherry tomatoes, fresh mozzarella, arugula and fresh homemade basil pesto

Shrimp and Mango 15

Grilled shrimp, pesto sauce, mozzarella, and cherry tomatoes topped with diced mango, feta, arugula and honey habanero sauce

Truffle Mushroom **VEG** 14

Button and portobello mushrooms, crushed red pepper, basil pesto marinara sauce, fresh mozzarella and Parmesan, topped with arugula and a fried egg

The Boss 14

Pepperoni, jalapeño sausage, parmesan cheese, crushed red pepper flakes, pico de gallo, spinach and artichokes

Pepperoni 13

Pepperoni, fresh mozzarella, and homemade marinara sauce