

# BREAKFAST

## Traditional Morning\* 8 GFO DF

Two Eggs / Bacon / Potato Medley / Sliced Tomato / Whole Grain Toast / Mixed Berry Compote

Sub Gluten Free Bread \$1

## Breakfast Bowl\* 8 GF DF VO VEG

Japanese Eggplant / Red Quinoa / Poached Egg / Ricotta / Scallion / Tahini Vinaigrette

## Frittata\* 8 GF DFO VEG

Egg Whites / Spinach / Tomato / Roasted Onion / Mushrooms / Chive Crème Fraiche

## Oatmeal 7 DFO VO VEG

Rollled Oats / Dried Cranberries / Brown Sugar / Sliced Almonds / Grass Fed Butter / Local Honey

## Eggs Benedict\* 9

Whole Grain English Muffin / Spicy Capicola / Poached Egg / Chive Hollandaise / Smoked Paprika / Potato Medley

## Keto Benedict\* 9 GF K

Cloud Bread / Poached Egg / Tomato Jam / Chopped Bacon / Bacon Fat Hollandaise / Chives

## Chia Parfait 7 GFO VEG

Chia Pudding / Greek Yogurt / Strawberry Banana Puree / Blueberry / Raspberry / Agave Nectar / Granola

## Fresh Fruit Plate 9 GF DFO VO VEG

Cinnamon Mascarpone / Candied Orange Crème Fraiche / Fresh Berries / Red Flame Grapes / Pink Lady Apples / Bruleed Grapefruit / Mint / Basil / Pistachio

# SUPERFRUIT BOWLS

## Classic 8.50 GFO DFO VO VEG

Blend: Acai / Mixed Berries / Banana / Apple Juice

Toppings: Banana / Strawberries / Blueberries / Granola / Agave Nectar

## Cherish 8.50 GFO DF VO VEG

Blend: Acai / Mixed Berries / Avocado / Green Juice / Agave Nectar

Toppings: Avocado / Banana / Granola / Chia Seeds / Honey

## Super Protein 9 GF VEG

Blend: Acai / Peanut Butter / Whey Powder / Orange Juice

Toppings: Banana / Almonds / Hemp Seeds

## Energy 9 GFO DFO VO VEG

Blend: Pitaya / Strawberries / Pomogranate Juice / Agave Nectar

Toppings: Strawberries / Kiwi / Coconut / Granola

# STARTERS

## Red Miso Soup 6 GF DF V VEG

Red Miso Broth / Gold Beets / Soft Tofu / Scallions

## Vegetable Crudités 8 GF VEG

Fresh Crisp Vegetables / Greek Dipping Sauce

## Hummus 7 GFO DF VO VEG

Housemade Pita Bread / Chickpea Hummus / Cornishons / Oven Dried Tomatoes / Pine Nuts / Pickles / EVOO / Smoked Paprika

Sub Fresh Crisp Vegetables \$2

## Avocado Toast 7 GFO DF VO VEG KO

Noble Country Bread / Olive Oil and Lime Mashed Avocado / Diced Hard Boiled Egg / Heirloom Tomato / Caper Ash / EVOO

Sub Gluten Free or Keto Cloud Bread \$1

## Salmon Avocado Toast 9 GFO DFO KO

Noble Country Bread / Olive Oil and Lime Mashed Avocado / Smoked Salmon / Chive Crème Fraiche / Shaved Red Onion / Caper Ash / EVOO

Sub Gluten Free or Keto Cloud Bread \$1

# CAULIFLOWER CRUST PIZZAS

## Caprese Pizza 13 GF VEG K

Pomodoro / Mozzarella / Basil / Oregano / EVOO / Saba

## Eggplant Pizza 14 GF VEG K

Mozzarella / Roasted Japanese Eggplant / Shaved Garlic / Balsamic Onions / Oregano / EVOO

## Pulled Lamb Pizza 15 GF VEGO K

Pulled Lamb / Shaved Red Onion / Kalamata Olives / Crushed Pistachio / Greek Sauce / Oregano / Micro Planed Grana Padano Cheese / EVOO

\*These items may be served raw or undercooked. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illnesses, especially if you have certain medical conditions.

# CUSTOM PLATES

One 4 | Two 7 | Three 9

## Broccoli GF DFO VO VEGO K

Capicola / Feta / Lemon Oil

## Green Beans GF DF V VEG KO

Balsamic Onion / Toasted Almonds

## Charred Cauliflower GF DF V VEG K

Cherry Tomato / Mint / Lemon Vinaigrette

## Glazed Sweet Potato GF DF V VEG

Sweet Chili Soy Sauce / Sesame Seeds / Scallions

## Spaghetti Squash GF DFO VO

Heirloom Tomato / Spinach / Grana Padano

## Tri-Color Potato Medley GF DFO VO VEG

Bell Peppers / Red Onion / Grana

## Three Cheese Mac GF VEG

White Cheddar / White American / Mozzarella / GF Pasta

## Farro DF V VEG

Dried Cranberry / Basil / EVOO

## Quinoa GF DF V VEG

Avocado / Tahini Vinaigrette

## Roasted Brussel Sprouts GF DFO K

Bacon / Lemon Creme Fraiche

## Brown Rice GF DF V VEG

Sesame Seeds / Scallion / Ginger Vinaigrette

## Bok Choy GF DF V VEG

Bean Sprouts / Toasted Pine Nuts / Tahini Vinaigrette

## Beluga Lentils GF DFO VO VEG

Golden Raisins / Pecans / Grana Padano / Sherry Vinaigrette

## SALADS

## GRAIN BOWLS

### Pink Lady 9.75 GF DFO VEG

Rainbow Chard / Butter Lettuce / Pink Lady Apples / Pink Grapefruit / Strawberries / Spiced Walnuts / Zinfandel Goat Cheese / Pomegranate Vinaigrette

### Mediterranean 9.25 GF DFO VO VEG

Black Kale / Parsley / Red Quinoa / Cucumber / Cherry Tomato / Yellow Bell Peppers / Red Onion / Feta / Kalamata Olives / Oregano Vinaigrette

### Cherish Chop 9 GF DF V VEG

Chopped Kale / Red Cabbage / Brussel Leaves / Beluga Lentils / Broccoli Florets / Carrots / Cilantro / Mandarin Oranges / Sliced Almonds / Ginger Vinaigrette

### Romaine 7.75 GFO DFO VO VEG

Crisp Romaine / Roasted Tomato / Ciabatta Crouton / Shaved Grana / Roasted Garlic Vinaigrette

### Vegetable 7.25 GF DFO VO VEG

Mixed Greens / Snap Peas / Charred Cauliflower / Baby Carrots / Purple Radish / Chopped Pistachio / Ricotta / White Balsamic Vinaigrette

### Greekin' Out 8.75 DFO VEG

Farro / Cherry Tomato / Cucumber / Garbanzo Beans / Feta / Black Kale / Pickled Onion / Greek Sauce

### Purple Dazze 8.75 DFO VO VEG

Purple Barley / Purple Cabbage / Purple Potato / Oven Dried Tomato / Avocado / Pickled Onion / Zinfandel Goat Cheese / Purple Radish / EVOO

### Italian Dream 8.75 GF DFO VO VEG

Red Quinoa / Marinated Mozzarella / Cherry Tomato / Basil / Arugula / Pistachio / Avocado / Saba / EVOO

### Faux Ramen 8.75 GF DF VO VEG

Buckwheat / Grilled Bok Choy / Shiitake Mushrooms / Soft Boiled Egg / Purple Radish / Bean Sprouts / Scallion / Red Miso Broth

### The Night Sea 8.75 GF DFO VO VEG

Baluga Lentils / Black Tepary Beans / Black Kale / Freeze Dried Corn / Goat Cheese / Charred Cauliflower / Golden Raisins / Purple Cabbage / Parsley / Kalamata Olives / Sherry Vinaigrette

## ADD A PROTEIN

Grass Fed Steak\* 6

Sustainable Salmon\* 7

All Natural Chicken 5.50

Organic Firm Tofu 5

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## SPECIALTY DISHES

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### Braised Short Rib 19 GF DF KO

All Natural Short Rib / Yukon Potatoes / Braised Vegetables / Braise Reduction

### Sea Bass\* 18 GF KO

Grilled Sea Bass / Farro / Roasted Brussel Sprouts / Saltanas / Lemon Vinaigrette

### Squash Casserole 13 GF DFO VO VEG

Spaghetti Squash / Confit Cherry Tomato / Garlic / Pickled Purple Potato / Tellagio / Parsley

### Turkey Bolognese 14 GFO

All Natural Ground Turkey / Thick Tomato Sauce / Fettuccini Noodles / Grana / Basil / Saba / EVOO

Sub Low Carb, Gluten Free Zoodles \$1

### Grilled Vegetables 13 GF DF V VEG

Grilled Japanese Eggplant / Sliced Zucchini / Grilled Yukon Potatoes / Roasted Mushrooms / Cherry Tomatoes / Herb Pesto

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## SANDWICHES

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Served with House Mixed Greens

Substitute Soup Cup or Custom Side \$2

Keto Cloud or Gluten-Free Bread \$1

### Keto Steak\* 15 GF K

Grass Fed Steak / Acocado / Heirloom Tomato / Butter Lettuce / Cloud Bread

### Grilled Salmon\* 14 GFO KO

Chive Aioli / Roasted Red Pepper / Bean Sprouts / Herb Focaccia

### Pulled Lamb 14 GFO KO

Parsley Arugula Salad / Oven Roasted Tomato / Pistachio / Clove Onion Spread / Noble Buttermilk Bread

### Vegan Impossible Burger 13 GFO DF V VEG

Butter Lettuce / Heirloom Tomato / Avocado / Shaved Red Onion / Chive Veganaise / Noble Vegan Bun

### Grass Fed Burger\* 14 GFO KO

Chive Aioli / Red Onion Marmalade / Tomato Jam / Arugula / Fresh Mozzarella / Noble Buttermilk Bun

### Vegan Banh Mi 12 GFO V VEG

Roasted Golden Beets / Shitake Mushroom and Tofu Pate / Bean Sprouts / Pickled Diakon Radish and Carrots / Shaved Jalapeno / Cilantro / Banh Mi Sauce / Noble Vegan Hogie

### Roast Turkey 10 GFO KO

Slow Roasted Turkey Breast / Butter Lettuce / Cranberry Orange Compote / Walnut Peasant Bread

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## KIDS MENU

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Served with Apple Juice, Milk, Chocolate Milk, or 16 oz Fountain Drink

Any Protein & One Custom Side 6.50 Grilled Cheese Sandwich 5

Turkey & Cheese Sandwich 5

Peanut Butter & Jelly Sandwich 5

**V** Vegan    **VEG** Vegetarian    **DF** Dairy Free    **GF** Gluten Free

**K** Low Carb / Keto Friendly    **0** Option (Modification Required)

Allergy warning: While we offer gluten free items, our kitchen is not gluten free. We cannot guarantee that any item will be free from cross-contact. Please let us know if you have any food allergies.

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# FRESH COLD-PRESSED JUICES

12 oz **4.80** 16 oz **6.25** 24 oz **8.25**

## Orange Juice

Valencia and Navel Oranges

## Gold Juice

Pineapple / Lemon / Apple / Ginger / Gold Beets

## Red Juice

Tomato / Red Beets / Carrots / Red Onion / Celery / Spinach / Parsley / Horseradish Root

## Green Juice

Kiwi / Cucumber / Arugula / Kale / Lime / Apple / Banana / Wheat Grass / Pineapple / Broccoli

## ORGANIC COFFEE

## FOUNTAIN DRINKS

Proudly serving locally-roasted ROC2 Organic Coffee

	8 oz	12 oz	16 oz	20 oz	24 oz
<b>Drip Coffee</b>		2.50		3.25	
<b>Cold Brew</b>		3	3.50		4.50
<b>Nitro Cold Brew</b>		3.50	4		5
<b>Latte</b>	3.75	4		4.50	
<b>Cappuccino</b>	3.75	4		4.50	
<b>Mocha</b>	4.25	4.50		5	
<b>Espresso (single)</b>	1.50				
<b>Macchiato (3.5 oz)</b>	3				

16 oz **2.75** 24 oz **3.25**

**Fresh Cold-Pressed Lemonade**  
**Maine Root Organic Soda**  
**Organic Iced Tea**  
**Fresh Agua Fresca**

## OTHER DRINKS

**Pink Lady Kombucha 5.50** (on tap)  
**LIFEWTR Bottled Water 3.50**  
**San Pellegrino 3.25**

## BEERS

## WINES

### On-Tap 5

Huss Scottsdale Blonde  
 Huss Copper State IPA  
 Huss Koffee Kolsch  
 Papago Orange Blossum  
 Leine Grapefruit Shandy

### Bottles / Cans 4

SanTan MoonJuice  
 Leine Berry Weiss  
 Leine Honey Weiss  
 Leine Snow Drift  
 College Street Blue Van  
 Miller Light

### House Wines 5

Chardonnay Cabernet Sauvignon

### Premium Wines

#### On-Tap

Dark Horse Chardonnay 5.50 Luna Pinot Grigio 8  
 Nobile Sauvignon Blanc 6.50

#### Bottles (By the Glass)

Ant Moore Sauvignon Blanc 8 McManis Pinot Noir 9  
 La Cappucina Pinot Grigio 9 Avatar Malbec 9  
 Troublemaker Red Blend 10 Chandon Champagne 8

## COCKTAILS

Bloody Mary 7 Mimosa 7 Moscow Mule 7  
 Vodka Coconut 8 Cosmopolitan 8 Old Fashioned 9