



lunch

■ starters

Avocado Toast, Pickled Onion, Cilantro, Seed Bread – 8

Daily Soup (ask your server) – 5/9

■ salads & bowls

Kale Salad – Walnuts, Grilled Chicken, Parmesan, Dried Cranberries, Apple, Kale, Mustard Relish Dressing - 14

Quinoa Bowl - Spinach, Corn, Cherry Tomato, Avocado, Pickled Onion, Poached Eggs, Sesame, Lemon Harissa – 14

■ all day

Oatmeal, Bananas, Strawberries, Pecans, Brown Sugar – 7.5

Greek Yogurt, Matcha, Röckenwagner Granola, Banana, Berries – 7.5

Bircher Muesli, Apples, Walnuts, Berries, Whipped Cream – 8

Cold Quinoa Porridge, Banana, Blueberry, Chia, Almond Milk – 8

sandwiches ■

All sandwiches come with choice of side

BLTA – 13

Smoked Bacon, Avocado, Iceberg Lettuce, Heirloom Tomato, Basil Aioli, Honey Wheat

Tuna Salad Sandwich – 14

Sprouts, Celery, Pickled Onion, Cucumber, Olive Tapenade, Soft Herbs, Honey Wheat

Pretzel Croissan'wich – 13

Eggs, Bacon, Avocado, Cheddar, Tomato, Basil Aioli, Side Salad

Breakfast Burrito – 13

Chorizo or Bacon, Black Beans, Eggs, Potatoes, Cheddar, Chipotle Salsa, Avocado

Buttermilk Fried Chicken Sandwich – 15

Ranch Slaw, Sriracha Maple Butter, Basil Aioli, Sesame Brioche Bun

Grilled Chicken Caesar Wrap – 13

Romaine, Parmesan, Tomato, Avocado, Whole Wheat Tortilla

Chicken Breast Sandwich – 14

Roasted Peppers, Arugula, Provolone Cheese, Basil Aioli, Ciabatta

Smoked Turkey Melt – 14

Heirloom Tomato, Bacon, Avocado, Aged Cheddar, Thousand Island, Ciabatta

Röckenwagner Pretzel Burger – 15

Swiss Cheese, Caramelized Onion, Mayo, Onion, Lettuce, Tomato, Pretzel Bun

sides ■

fries

chips

side salad

fruit salad

breakfast potatoes