

Quick Starts*

- QUICK START 9⁵⁰**
2 eggs | applewood bacon
toast | fresh fruit
- Q.S. LOADED 12⁵⁰**
3 eggs | applewood bacon
potatoes O'Brien | toast | fruit
- Q.S. CONSCIOUS 12⁵⁰** 🌱
3 egg whites | avocado
tomato | veggie sauté
- BREAKFAST GRILLED CHEESE 11**
2 eggs | hash browns | bacon
fontina | cheddar | challa
- AVO-TOAST & EGG 10⁵⁰**
nine grain | avocado
radish | arugula | cotija
olive oil | 2 eggs | fresh fruit
- SPRING BERRY TOAST 9⁵⁰**
sourdough | blueberries
dates | sweet cream | lime zest
coconut | 2 eggs | fresh fruit

Club Plates*

Served with 3 eggs, potatoes O'Brien & fresh fruit

- STEAK & EGGS 17⁷⁵**
6oz tenderloin | toast
jalapeño hollandaise
- CHICKEN FRIED CHICKEN 14⁷⁵**
sage-fennel sausage gravy
house hot sauce
- HAM & EGGS 12⁷⁵**
4oz carved ham | toast
- BISCUITS & GRAVY 14**
jalapeño cheddar biscuit
sage fennel sausage gravy
fontina | house made hot
sauce

bc BREAKFAST CLUB

Omelets | Frittata*

- THE BIRD 13⁷⁵** 🌱
omelet | turkey | avocado
garlic herb cream cheese
mushrooms | crème fraiche
fresh fruit | potatoes O' Brien
- WHOLE HOG 13⁷⁵** 🌱
omelet | ham | bacon
sausage | chorizo | pepper jack
crème fraiche | fresh fruit
potatoes O'Brien
add pork green chili 1
add queso 1

- LEAN & GREEN 13** 🌱 🌱
omelet | egg whites | spinach
mushroom | broccoli | onion
bell pepper | fontina cheese
fresh fruit | potatoes O'Brien

- TINGA CHICKEN 14**
frittata | chipotle braised chicken
avocado | tortilla strips | pico
de gallo | pepper jack cheese
cheddar | sour cream
house made hot sauce

THE POWER OF BREAKFAST

Benedict's*

Poached eggs on toasted muffin with potatoes O'Brien & fresh fruit

- TRADITIONAL 13⁵⁰**
carved ham | hollandaise
- TURKEY "CALI" 14**
carved roasted turkey | tomato
avocado | hollandaise
- SALMON 15⁷⁵**
cold smoked salmon | spinach
capers | hollandaise sauce
- STEAK BENE 17⁷⁵**
6oz tenderloin | sautéed
spinach | jalapeño hollandaise

Keep it light

- OVERNIGHT OATS 5⁷⁵ | 7⁷⁵** 🌱 🌱
almond | coconut | blueberry
cinnamon | chia | local honey
- IRISH OATMEAL 4⁷⁵ | 6⁵⁰** 🌱 🌱
steel-cut oats | choice of milk
brown sugar | golden raisins
- BC GRANOLA 5⁵⁰ | 6⁵⁰** 🌱 🌱
dates | figs | cranberry
apricots | golden raisins
flax chia seeds | choice of milk
- GREEK YOGURT PARFAIT 5⁷⁵ | 7⁷⁵** 🌱 🌱
granola | seasonal berries

Southwest Style*

- HUEVOS RANCHEROS 13⁷⁵** 🌱
black beans | crispy corn tortillas
green chili pork | cotija | 2 eggs
Mexican salsa | pico de gallo
sour cream | avocado | lime
shredded lettuce | house made
hot sauce - *sub tinga chicken 13⁵⁰*
- BORDER BOWL 14⁷⁵** 🌱
hash browns | scrambled eggs
bacon | sausage | chorizo
pork green chili | jalapeños
ham | onions | green peppers
cheddar | housemade hot sauce
- BREAKFAST BURRITO 14**
scrambled eggs | black beans
chorizo | pico de gallo
pepperjack | flour tortilla
fresh fruit | potatoes O'Brien
house made hot sauce
add pork green chili 1
add queso 1

LIVE IT. LOVE IT. THE DAY IS YOURS

- ACAI BOWL 12** 🌱 🌱
pineapple | almond | blueberry
coconut | strawberry | banana
house granola
- BC BAGEL 7⁷⁵** 🌱
toasted everything bagel
tomato | avocado
herb garlic cream cheese
- LOX & BAGEL STACK* 14⁷⁵**
cold smoked salmon
tomatoes | hard boiled egg
avocado | pickled onion

Specialty Waffles | Cakes | French Toast

- BC FRENCH TOAST 14⁷⁵** 🌱 two pieces cinnamon challah bread | fresh berries
candied nuts | dried fruit | granola | sweet cream whip | powdered sugar
- LEMON & POPPYSEED PANCAKES 12⁵⁰** 🌱 short cakes | sweet cream whip
citrus white chocolate | fresh lemon zest | powdered sugar
- CHURRO WAFFLE 12⁵⁰** 🌱 crispy waffle | cinnamon sugar dredge | vanilla ice cream
- BANANAS FOSTER 13** 🌱 choice of pancakes, french toast or waffle
warm caramel and cinnamon sauce | fresh banana | vanilla bean ice cream
- MONTE CRISTO 13⁷⁵** French toast | ham | turkey | fontina
powdered sugar | raspberry jam

Traditionals

Served with Grade A Amber Maple Syrup

- PANCAKES 9** 🌱 two buttermilk cakes | powdered sugar
- FRENCH TOAST 9** 🌱 two slices challah bread | powdered sugar
- GOLDEN WAFFLE 9** 🌱 malted Belgium waffle | powdered sugar
- On Top**
- NUTS & BERRIES 5** fresh blueberries | blackberries
strawberries | candied walnuts | shaved almonds
- CHOCOLATE CHIPS 2⁵⁰** chocolate chips | whipped cream

Beverages

Coffee

- "BCs Own Roast" 3⁵⁰
- Iced Coffee 3⁵⁰
- BC Iced Coffee 3⁵⁰ | 5⁵⁰

Teas

- "Infusion Premium Broken Leaf "
- Black | Green 3**
- "Palmer" Tea/Lemonade 3 | 4⁵⁰

Hot Tea

- "Infusion Premium Broken Leaf" 4⁵⁰
- African Rooibos | Chamomile | Darjeeling
- English Breakfast | Japanese Green | Moroccan Mint

Barista Bar

- Espresso 1⁵⁰ | Dbl 2⁵⁰
- Cappuccino 3⁷⁵
- Latte 4
- BC Nitro 5
- Chai Latte 4⁵⁰
- BC Cold Brew 2⁵⁰ | 4
- French Press - BC Roast Decaf 4⁵⁰
- Matcha Green Tea Latte 4⁵⁰
- Bulletproof Coffee 6
- Hot Chocolate 3⁵⁰
- Barista Syrups**
- almond | caramel | coconut | hazelnut
irish cream | macadamia nut | vanilla
-sugar free | caramel | hazelnut | vanilla

Juices

- Orange - Fresh Extracted 5⁵⁰
- Grapefruit - Fresh Extracted 6⁵⁰
- Pineapple - Dole all natural 6²⁵
- Apple - Knudson Organic 5²⁵
- Cranberry - Ocean Spray 4²⁵
- Lemonade - Fresh Extracted 4²⁵
- Carrot, Apple, Ginger - Fresh Extracted 5²⁵
- Seasonal - Fresh Extracted 5⁵⁰
- BC Breakfast Sodas 5⁵⁰ | 7⁵⁰**
- Orange | Grapefruit | Pineapple
a balance of juice & club soda served over ice

bc BREAKFAST CLUB

Sandwiches

pickle / choice of side

STEAK SANDWICH* 15⁷⁵

6oz tenderloin | arugula
caramelized onion | tomato
balsamic aioli | goat cheese
toasted ciabatta

FRIED CHICKEN SANDWICH 14⁷⁵

horseradish pickle | tomato
kale brussel slaw | pickled onion
honey dijon dressing | fontina
cheese | toasted ciabatta

STACKED BLT 14⁷⁵

applewood bacon | tomato
romaine lettuce | chipotle aioli
toasted sourdough

CUBAN 14⁷⁵

shaved ham | pork green chili
over hard-egg | dijon mustard
horseradish pickle | fontina
grilled sourdough | pickled onion

TURKEY REUBEN 13⁷⁵

roasted turkey breast
sauerkraut | fontina cheese
1000 island dressing | grilled rye

GRILLED CHEESE 10

fontina | cheddar | challah

Wraps

flour tortilla / pickle / choice of side

TURKEY CLUB 14²⁵

roasted turkey | bacon
lettuce | tomato | avocado
pepperjack | chipotle aioli
honey Dijon dressing

SOUTHWEST CHICKEN 13⁵⁰

guacamole | bacon | onion
bell pepper | cheddar cheese
chipotle aioli

STEAK* 14⁷⁵

4oz tenderloin | 3 eggs
cheddar cheese | bell peppers
onion | potatoes o'Brien | pico

Salads

SPRING BERRY 12⁷⁵

strawberry | blueberry
blackberry | goat cheese
candied walnut | mixed greens
raspberry-walnut vinaigrette

add **chicken 3**

add **salmon 5**

add **steak 6**

COBB 14⁷⁵

roasted turkey | ham
tomato | hard boiled egg
gorgonzola cheese | bacon
red onion | mixed greens
honey Dijon vinaigrette

CHICKEN CLUB 14⁷⁵

buttermilk fried chicken
bacon | mixed greens | pickle
kale mix | hard boiled egg
pickled onion | tomato
honey mustard dressing

SOUTHWEST 12⁵⁰

avocado | toasted corn
tomato | cilantro | jicama
black beans | cotija cheese
cilantro | radish | tortilla strips
mixed greens | ranch dressing

add **chicken 3**

add **salmon 5**

add **steak 6**

Lunch Bowls

STEAK & SQUASH 17

6oz Gold Canyon sirloin
butternut squash | asparagus
mushroom and spinach saute
jalapeño hollandaise

SALMON BOWL 15⁵⁰

seared atlantic salmon
rosemary dijon glaze
veggie saute | black beans
cotija cheese | lemon

GRILLED CHICKEN 13⁵⁰

rosemary-citrus grilled chicken
veggie saute | butternut
squash | pineapple pico

CHILI VERDE 12⁵⁰

pork green chili | black beans
avocado smash | cotija
red onion | corn tortillas | pico



**DON'T
FORGET
TO PICK
A SIDE.**



Lunch Sides

House Chips, Tomato Bisque, Cottage Cheese,
Hash Browns, Potatoes O' Brien, Avocado, Black Beans,
Sliced Tomatoes, Sweet Potato Fries

Side Salad + 1 mixed greens, grape tomato,
radish, cotija cheese, choice of dressing

Veggie Saute + 1 asparagus, mushroom, onion, spinach,
bell pepper, broccoli, garlic

Additional Sides

Jalapeño Biscuit 3 

Assorted Bagels* 3⁵⁰

Biscuit & Gravy 6

Fruit Cup* 3⁵⁰ or Bowl 6  

Seasonal Berries Cup 4⁵⁰  

Hash Browns 3⁵⁰  

Potatoes O'Brien 3⁵⁰  

Sweet Potato Fries 4

Avocado 2⁵⁰  

Cottage Cheese 2⁵⁰ 

Grilled Chicken Breast 4⁵⁰ 

Fried Chicken Breast 5

Bacon 3⁵⁰ 

Carved Ham 3⁵⁰ 

Chicken Sausage 5 

Pork Sausage 4 

Turkey Breast 4 

Pork Green Chili Cup 5 

Prime Sirloin* 9 

Smoked Salmon* 8 

Atlantic Salmon* 8 

Avocado Toast 6  

Veggie Saute 5  

Beverages

Teas

"Infusion Premium Broken Leaf"

Black | Green 3

"Palmer" Tea/Lemonade 3 | 4⁵⁰

Bottled Soda

Cola (pure sugar cane) 3⁵⁰

Dr Pepper (pure sugar cane) 3⁵⁰

Fanta Orange 3⁵⁰

Cream Soda 3⁵⁰

7Up 3⁵⁰

Kombucha

GT's Classic Superfruit 4⁰⁰ | 7⁰⁰

Specialty

Golden Pineapple 4⁵⁰

tumeric | ground ginger | cinnamon
coconut milk | housemade pineapple syrup
served over ice

Tropical Matcha 4⁵⁰

matcha | house made pineapple syrup
choice of milk | served over ice

Smoothies 5⁵⁰ | 7²⁵

Wild Berry | Mango | Strawberry

Strawberry-Banana | Peach

Protein Shakes

B & B Pro 5⁵⁰ | 7⁰⁰

fresh blueberries, banana, milk, whey protein

Club Pro 5⁰⁰ | 6⁵⁰

peanut butter, banana, chocolate milk,
whey protein

Cinnamon Toast Crunch 6⁵⁰ | 8⁵⁰

honey, cinnamon, peanut butter, almond milk
banana, whey protein



Vegan



Vegetarian



Gluten Free

*These items may be served raw or undercooked. Consuming raw or undercooked meats poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness.