

Breakfast - available all day until 9pm

Acai Bowl / \$9.75 (V, V+)

Acai, strawberries, banana, blueberries, granola with flax seeds, coconut, honey Allergens: gluten, tree nuts, wheat

Smoothies / 16oz - \$7 (V - all), (V+)

• *Strawberry & Banana with almond milk & vanilla yogurt Allergens: milk, tree nut*

• *Nutty Monkey - almond butter, banana, almond milk, honey, chia seeds Allergens: tree nut*

Add whey protein \$1.00 or vegan protein \$1.50

Banana Toast / \$6.5 (V)

Fresh sliced banana, almond butter, honey, chia seeds, multigrain toast Allergens: gluten, wheat, egg, milk, sesame, soy, tree nut

Avocado Toast / \$6.5 (V)

Mashed avocado, olive oil, capers, pepitas, chia seeds, multigrain toast Allergens: gluten, wheat, egg, milk, sesame, soy

Add egg \$1.50

Prosciutto Arugula Toast / \$8

Mashed avocado, arugula, prosciutto, lemon squeeze, pepitas, olive oil, multigrain toast Allergens: gluten, egg, milk, sesame, soy, wheat

Add egg \$1.50

Strawberry Nutella Toast / \$8 (V)

Nutella, strawberries and flax seeds on multigrain toast Allergens: gluten, egg, milk, sesame, soy, wheat

Add egg \$1.50

Plain Bagel / \$1.50 (V)

Allergens: gluten, soy, wheat

Add butter n/c, cream cheese \$0.75, nutella \$1, almond butter \$2, avocado \$1.50, bacon \$2, ham \$1.50, sliced cheese \$1, veggies \$0.75 ea, egg \$1.50

Egg & Cheese Breakfast Sandwich* / \$4 (V)

Served on a whole wheat bun or plain bagel

Add avocado \$1.50, bacon \$2, smoked ham \$2.50, extra cheese \$1.00, choice of veggies \$0.75ea, extra egg \$1.50

Southwest Wrap* / \$6 (V)

Scrambled eggs, black beans, shredded cheddar, pico de gallo on sundried tomato wrap Allergens: egg, milk

Add avocado \$1.50, bacon \$2, smoked ham \$2.50, extra cheese \$1.00, choice of veggies \$0.75ea, extra egg \$1.50

Salads - available 10am until 9pm

Spring Kale Salad / \$8 (V, V+, GF)

Kale blend w/carrot, cucumber, sweet potatoes, golden raisins, pepitas and cilantro citrus dressing

Mixed Greens Salad / \$8 (V, V+, GF)

Mixed greens, tomatoes, cucumbers, carrots, red peppers and balsamic vinaigrette

Thrive Cobb Salad / \$10 (GF)

Mixed greens, applewood bacon, tomatoes, avocado, grilled diced chicken, shredded cheddar cheese & buttermilk ranch dressing Allergens: milk

Spinach & Arugula Salad / \$8 (GF)

Spinach, arugula, roasted corn, red peppers, broccoli, carrot with cilantro citrus dressing

Bowls - available 10am until 9pm

Ginger Chicken Bowl* / \$10 (GF)

Grilled chicken, broccoli, red pepper, carrot, over jasmine rice with ginger sauce & sesame seeds Allergens: soy

Grilled Salmon Bowl* / \$14 (GF)

Salmon, jasmine rice, edamame, carrot, cucumber, avocado, red pepper, sesame seeds, ginger dressing Allergens: soy, fish, sesame

Buffalo Bacon Ranch Bowl* / \$10 (GF)

Grilled chicken tossed in buffalo sauce, jasmine rice, leaf lettuce, applewood bacon, tomato, roasted corn, colby jack cheese, buttermilk ranch Allergens: milk

Tex Mex Bowl* / \$9.50 (GF)

Grilled chicken, jasmine rice, black beans, roasted corn, avocado, pico de gallo, cilantro citrus dressing

Quinoa Bowl / \$10 (V, V+, GF)

Quinoa, kale blend w/carrot, roasted sweet potato, cucumber, roasted corn, edamame, ginger vinaigrette

Build your own Salad or Bowl / \$8

Grain, lettuce (1): *jasmine rice, quinoa, mixed greens, kale blend, arugula*

Veggies (4): *edamame, sweet potatoes, carrot, cucumber, red pepper, sesame seeds, black beans, roasted corn, tomato, mushrooms, pepitas, diced red onion, golden raisins, broccoli, pickled jalapeños*

Dressings (1): *ginger, buttermilk ranch, cilantro citrus, balsamic vinaigrette*

Add Shredded Cheese \$1, Applewood Bacon \$2, Grilled Chicken \$2.50, Grilled Salmon \$6, Avocado \$1.50, Egg \$1.50, Hummus \$3, smoked ham \$2.5, oven roasted turkey \$3

Sandwiches-available 10am-9pm Served w/chips or side salad

Sourdough or multigrain bread, whole wheat bun, sundried tomato wrap or lettuce wrap also available to substitute for no charge Gluten Free bread available for \$.75

Turkey & Swiss/ \$9

Boar's Head Ovengold Turkey, swiss lettuce, tomato, mayo, toasted multigrain Allergens milk, egg, soy, wheat

Veggie & Hummus Wrap / \$8 (V, V+)

Cucumber, carrots and peppers with traditional hummus, mixed greens, arugula & tomato on sundried tomato wrap with ginger dressing Allergens: wheat, sesame

Chicken Avocado BLT* / \$9.5

Grilled chicken, applewood bacon, swiss, avocado, leaf lettuce, tomato, on whole wheat bun Allergens: wheat, milk, egg, soy

Chicken Chicken Salad Sandwich* / \$9

Housemade tarragon chicken salad with lettuce and tomato on multigrain bread Allergens: wheat, egg, soy

Blue Devil Club / \$10

Boar's Head Ovengold Turkey and Beechwood Smoked Ham, applewood bacon, sharp cheddar, leaf lettuce, tomato, toasted multigrain w/mayo Allergens: wheat, milk, egg, soy

Buffalo Bacon Ranch Chicken Melt* / \$10.5

Grilled chicken, applewood bacon, sharp cheddar cheese, leaf lettuce, tomato, buttermilk ranch dressing and bbq sauce on sourdough bread Allergens: wheat, milk

Grilled Chicken Wrap* / \$9

Grilled chicken, cucumber, leaf lettuce, tomato, carrot & balsamic vinaigrette dressing on sundried tomato wrap Allergens: wheat

Add Shredded Cheddar \$1, Applewood Bacon \$2

Buffalo Chicken Wrap* / \$9.5

Grilled chicken tossed in buffalo sauce, leaf lettuce, tomato, shredded cheese, diced bacon & ranch dressing on sundried tomato wrap Allergens:wheat,milk,egg,soy

Swift BLT / \$8

Applewood smoked bacon, leaf lettuce, tomato and mayonnaise on toasted sourdough bread Allergens, wheat, egg, soy

Add Avocado \$1.50, Shredded Cheddar \$1

Goey Grilled Cheese / \$6.5 (V)

Grilled sourdough bread with melted sharp cheddar and swiss cheeses Contains: wheat, milk

Add choice of veggies \$0.50ea, applewood bacon \$2, avocado \$1.50, egg \$1.50, smoked ham \$2.5, oven roasted turkey \$3