

CHICKEN SAMMIES
comes with fries - or - mixed greens salad
HOUSE 13.99
pickles, lettuce, tomato, ranch

BUFFALO 13.99
spicy buffalo sauce, pickles, lettuce, ranch

PICNIC 14.49
coleslaw, BBQ sauce, pickles, lettuce

GENERAL TSO 14.49
spicy scallion slaw, General Tso sauce, lettuce, sesame seeds

NASHVILLE HOT 13.99
Nashville sauce, lettuce, mayo, pickles

COWBOY 15.49
bacon, crispy onions, ranch, lettuce

CHICKEN & WAFFLES 16.49
bacon, apple, maple mayo, on a waffle bun

HOT DOGS
comes with fries - or - mixed greens salad
PLAIN JANE 9.99
all-natural hot dog, toasted bun

VERMONT 11.99
Cabot cheddar, apple, maple dijonaise

NEW YORK 11.99
sauerkraut, onion, brown mustard

KANSAS CITY 12.49
American cheese, sauerkraut, house dressing

CHICAGO 12.49
pickle, onion, tomato, sport peppers, relish, mustard, celery salt

GRAIN BOWLS
GF grains & mixed greens blend
MR. CRISPY 15.99
crispy GF chicken, sweet potatoes, apple, sunflower seeds, blue cheese, ranch dressing

AUTUMN 15.99
roasted chicken, apple, spiced sweet potatoes, goat cheese, pepitas, cider vinaigrette

HARVEST 15.99
creamy ranch chicken salad, cheddar, dried cranberries, beets, sunflower seeds, shredded carrots, cider vinaigrette

MEXICALI 15.99
roasted chicken, cherry tomatoes, chili-lime crema, cheddar, roasted peppers, pepitas, citrus vinaigrette

POWER 15.99
tofu, roasted carrots & broccoli, sunflower seeds, nutritional yeast, hemp seeds, cider vinaigrette

GREEK 15.99
hummus, olives, tomatoes, tzatziki sauce, cucumber, goat cheese, roasted peppers, citrus vinaigrette

SESAME 14.99
crispy GF chicken, hoisin sauce, roasted carrots & broccoli, sesame seeds, sesame-tamari vinaigrette

ATLANTIC 15.99
roasted salmon, tomatoes, roasted broccoli, cucumbers, tzatziki sauce, sunflower seeds, citrus vinaigrette

PACIFIC 15.99
roasted salmon, spicy scallion slaw, roasted carrots & broccoli, sesame-tamari vinaigrette

COBB 15.99
roasted chicken breast, hardboiled egg, tomatoes, blue cheese, shredded carrots, cucumbers, gluten-free croutons, cider vinaigrette

HOUSE BURGERS
comes with fries - or - mixed greens salad
'MERICA 13.99
LaPlatte Farm beef, lettuce, griddled onion, pickles, house dressing

BAM! BAM! 14.49
LaPlatte Farm beef, lettuce, pickled jalapeños, crispy onions, BBQ sauce

SOUTHBOUND 14.49
LaPlatte Farm beef, BBQ sauce, coleslaw, crispy onions, lettuce

ADDISON 13.99
Stonewood Farm turkey, lettuce, griddled onions, sliced apple, cranberry mayo

PEKING 13.99
Stonewood Farm turkey, lettuce, hoisin glaze, spicy scallion slaw, crispy onions

PUEBLA 13.99
veggie patty, chili-lime crema, lettuce, tomato

GODDESS 14.49
veggie patty, tzatziki sauce, lettuce, roasted peppers

PROTEIN PACKED
CHICKEN & FETA BOWL (60g) 16.99
chicken breast, quinoa grain blend with nutritional yeast, edamame, sweet potatoes, dried cranberries, feta cheese, mixed greens, sunflower seeds, cider vinaigrette

GREEK SALMON BOWL (60g) 17.99
Atlantic salmon, quinoa grain blend, roasted broccoli, edamame, citrus vinaigrette, mixed greens, Greek yogurt tzatziki, pepitas

ADD PLANT PROTEIN TO ANY SMOOTHIE (13g) 2.00
add a scoop of Sprout Living organic plant protein powder. no additives, vegan, gluten-free. made with chia seeds, pumpkin seeds, & yellow pea.



LUNCH & DINNER (11am-10pm)

KIDS

comes with fries - or - mixed greens salad

GRILLED CHEESE 8.49
American or cheddar cheese

PLAIN HOT DOG 9.99
all-natural hot dog, toasted bun

PLAIN BURGER 11.99
beef, turkey, or veggie patty

PLAIN CHICKEN SAMMIE 11.99
fried chicken on a bun

NUGZ

comes with fries - or - mixed greens salad

CHICKEN NUGZ 10.99
choice of sauce: buffalo | ranch
BBQ | Nashville hot

DIRTY NUGZ 10.99
nugz tossed in BBQ spice rub,
ranch on the side

SIDES

FRIES 5.49 pint

SWEET POTATO FRIES 5.99 pint

COLESLAW 4.19

SIDE SALAD 5.99
cider vinaigrette - or - ranch
add chicken 3.29

LIL' BEET SALAD 5.99
beets, goat cheese, vinaigrette, pepitas

LIL' CUCUMBER SALAD 5.99
cukes, cherry tomatoes, roasted peppers,
vinaigrette, goat cheese

LIL' BROCCOLI SALAD 5.29
roasted broccoli & carrots, sesame-tamari
vinaigrette, sunflower seeds

Scan here to
view our
allergen
statement.



Consuming raw and undercooked food may
lead to foodborne illness.

HOT CLASSICS

HOT COFFEE 2.85

ESPRESSO 2.50

CAPPUCCINO 3.85

AMERICANO 3.50

HOT TEA 2.00

LATTE 4.10 sm | 4.85 lg

MOCHA 3.85 sm | 5.10 lg

CHAI LATTE 3.85 sm | 4.85 lg

ICED CLASSICS

ICED COFFEE 3.35

ICED LATTE 3.85

ICED MOCHA 3.85

ICED CHAI LATTE 3.85

HOUSE DRINKS

hot -or- iced

HONEY HAZE 5.85
latte with honey & cinnamon

MAPLE DELIGHT 5.85
latte with maple & vanilla

DIRTY CHAI 5.85
chai latte with espresso & honey

MILK CHOICES
whole milk | soy milk | oat milk

SHAKES

**VANILLA, CHOCOLATE,
MAPLE, OR STRAWBERRY** 7.99 (16oz)
+whipped cream 0.29

FROZEN LEMONADE

frozen fruit blended with lemonade

**STRAWBERRY, BLUEBERRY,
OR PINEAPPLE** 3.49

SMOOTHIES

nut free, dairy free, gluten free 7.99 (16oz)

MOCHA
soy milk, banana, cold brew espresso, chocolate

BERRY BANANA
soy milk, strawberry, banana, honey

PIÑA COLADA
soy milk, banana, pineapple

PURPLE HAZE
soy milk, blueberry, banana

STRAWBERRY KISS
soy milk, pineapple, strawberry, honey

VERY BERRY
soy milk, strawberry, blueberry, honey

ADD PLANT PROTEIN 2.00
TO ANY SMOOTHIE (13g)

add a scoop of Sprout Living organic
plant protein powder. no additives, vegan,
gluten-free. made with chia seeds,
pumpkin seeds, & yellow pea.

'DIRTY' SODAS

sodas with unique flavorings 3.49 (16oz)
+whipped cream 0.29

COLA COCO
Coca-Cola + coconut + vanilla + half & half

SOCK HOP
Coca-Cola + cherry + vanilla

LEMON BREEZE
Sprite + passion fruit + coconut

SOUR HEAD
Sprite + cherry + wild berry

BERRY MULE
ginger ale + wild berry + passion fruit

DARK & STORMY
ginger ale + cherry + vanilla

BUTTER BEER
root beer + vanilla + half & half

CREAMSICLE
Fanta Orange + vanilla + half & half