



LUNCH & DINNER

Served 11am - Close

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 14.99
coleslaw, BBQ sauce, pickles, lettuce

GENERAL TSO 14.99
spicy scallion slaw, General Tso sauce, lettuce, sesame seeds

NASHVILLE HOT 13.99
Nashville sauce, lettuce, mayo, pickles

COWBOY 15.99
bacon, crispy onions, ranch, lettuce

CHICKEN & WAFFLES 16.99
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 15.99
crispy GF chicken, hoisin sauce, roasted carrots & broccoli, sesame seeds, sesame-tamari vinaigrette

ATLANTIC 16.99
roasted salmon, tomatoes, roasted broccoli, cucumbers, tzatziki sauce, sunflower seeds, citrus vinaigrette

PACIFIC 16.99
roasted salmon, spicy scallion slaw, roasted carrots & broccoli, sesame-tamari vinaigrette

COBB 16.99
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! 14.99
LaPlatte Farm beef, lettuce, pickled jalapeños, crispy onions, BBQ sauce

SOUTHBOUND 14.99
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 14.99
veggie patty, chili-lime crema, lettuce, tomato

GODDESS 14.99
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.

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

NUGZ

comes with fries - or - mixed greens salad

- CHICKEN NUGZ** 11.49
choice of sauce: buffalo | ranch
BBQ | Nashville hot
- DIRTY NUGZ** 11.99
nugz tossed in BBQ spice rub,
ranch on the side

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

'DIRTY' SODAS

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

- LAVENDER LEMONADE**
Lemonade + lavender
- COLA COCO**
Coca-Cola + coconut + vanilla + half & half
- SOCK HOP**
Coca-Cola + cherry + vanilla
- VANILLA DREAM**
Diet Coke + sugar-free vanilla + half & half
- LEMON BREEZE**
Sprite + passion fruit + coconut
- SOUR HEAD**
Sprite + cherry + wild berry
- DIRTY PEPPER**
Dr. Pepper + coconut + cherry + half & half
- 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

SODAS

Coca-Cola products 2.89 (16oz)

- | | |
|------------------|---------------------|
| COKE | DIET COKE |
| ROOT BEER | GINGER ALE |
| SPRITE | DR. PEPPER |
| LEMONADE | FANTA ORANGE |

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 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.

MILKSHAKES

VANILLA 7.99 (16oz)
+whipped cream 0.29

CHOCOLATE

MAPLE

STRAWBERRY

FROZEN LEMONADE

frozen fruit blended with lemonade

- STRAWBERRY LEMONADE** 3.49
- BLUEBERRY LEMONADE** 3.49
- PINEAPPLE LEMONADE** 3.49

Scan here to view our allergen statement.



Consuming raw and undercooked food may lead to foodborne illness.