



## BREAKFAST

★ SIGNATURE DISHES    ♥ SMART CHOICE

### ■ Beginnings

- ★ **Popover** House-made popover with strawberry butter 2.00
- ★ **Currant Scone** 2.00
- Muffin of the Moment** 2.00
- Bagel with Herb Cream Cheese** 3.00
- Cinnamon Snail** 3.95

### ■ Healthy

- Oatmeal** Organic steel-cut oats with bananas, currants, pecans and brown sugar    bowl 5.00    cup 3.50
- ★ **Granola** house-made honey nut granola with strawberries, bananas and vanilla yogurt    bowl 6.00    cup 4.00
- ♥ **FYI** seasonal fresh fruit with currants, pecans and vanilla yogurt 6.50
- ♥ **Way to Condition** cup of steel-cut oatmeal with bananas, pecans and currants, scrambled egg whites, sliced tomatoes, and vegetarian sausage 7.95

### ■ Omelettes

Served with whole-wheat toast and hash browns or cheese grits. Egg whites available upon request. Substitute cup of fruit - add 1.00

- Farmer's** country pork sausage, cheddar cheese, caramelized onions and bell peppers 8.00
- ♥ **Glorified** fresh spinach, Swiss cheese and sautéed mushrooms 7.50
- Grady's** smoked salmon, herb cream cheese, wilted spinach and chopped tomatoes 9.95
- ★ **Santa Fe** basil pesto, sun-dried tomato, and goat cheese 8.50
- Mile High** smoked ham, cheddar cheese, caramelized onions and bell peppers 8.00
- Greek** goat cheese, olives, pesto, tomatoes, artichoke hearts and wilted spinach 8.50

### ■ Griddle

Served with whipped butter and Vermont maple syrup

- ★ **Cloud Cakes** our fluffy ricotta pancakes topped with fresh strawberries, crème fraiche and powdered sugar 9.50
- Whole-Wheat Buttermilk Pancakes** served with smoked bacon  
Double 7.50    Single 5.50  
Add blueberries, granola-banana or pecans 1.00
- Granola-Crusted French Toast** with fresh strawberries and crème fraiche and dusted with powdered sugar 10.00
- Whole Wheat Waffle** with smoked bacon 7.00
- Sky Waffle** Belgian waffle topped with fresh strawberries, powdered sugar and crème fraiche 8.50
- ★ **Monte Cristo** grilled French toast sandwich with smoked ham, turkey and Swiss cheese, dusted with powdered sugar and served with honey mustard and a cup of fruit 10.50

### ■ Scramblers 8.95

Our house-made popovers stuffed with your favorite scramble and served with hash browns and fresh fruit

- Spinach, Mushroom and Swiss Cheese**
- Ham and Cheddar Cheese**
- ★ **Goat Cheese, Sun-Dried Tomato and Spinach**

### ■ Benedicts

Served on a English muffin with hollandaise and hash browns

- Steak** grilled ribeye with sautéed onion, bell peppers and cherry tomatoes 13.50
- ★ **Dream** smoked ham, wilted spinach and cherry tomatoes 9.75
- 90210** artichoke hearts, spinach and grilled sliced tomato 9.00

### ■ Breakfast Combos

**Strap Hanger** two eggs, any style, served with your choice of hash browns or cheese grits and whole-wheat toast with strawberry butter 7.00

- Add smoked bacon 8.00
- Add country pork sausage 8.50
- Add Virginia smoked ham 8.50
- Add vegetarian sausage 8.25
- Go vegan (scrambled tofu for eggs) N/C

**Sunny Side** two eggs, any style, pork sausage, smoked bacon and granola-crusted French toast dusted with powdered sugar 9.50

**British Steak and Eggs** grilled ribeye, griddled tomatoes, two eggs, any style, hash browns and whole-wheat toast with strawberry butter 13.50

**The New Yorker** Norwegian smoked salmon (lox) with a toasted bagel, herb cream cheese, scrambled eggs, sliced tomatoes, capers and red onion 12.00

### ■ Southwestern Favorites

All favorites served with organic black beans and brown rice, guacamole, sour cream and pico de gallo

- ★ **Austin Tacos** two whole-wheat tortillas rolled with scrambled eggs, diced potatoes and smoked bacon, topped with picante cream sauce and melted jack cheese 10.00
- Migas** scrambled eggs and red corn tortilla strips sautéed with salsa and jack cheese, served with whole-wheat tortillas 9.00
- Huevos Rancheros** two over easy eggs simmered in ancho and tomatillo sauce over two corn tortillas with melted jack cheese 9.00
- ♥ **You're so Vegan** scrambled tofu and red corn tortilla strips sautéed with salsa and melted soy cheese, served with whole-wheat tortillas (no sour cream on this dish) 9.00

# LUNCH

★ SIGNATURE DISHES ♥ SMART CHOICE

## Smalls

**Soup of the Day** served with a warm popover cup 2.50 bowl 4.00

**Asian Dumplings** pan-seared pork dumplings with shredded slaw and soy dipping sauce 6.00

**Chips and Salsa** chipotle salsa with our house-made red corn chips 4.50

★ **Hummus** chickpea hummus with pita crisps, toasted pine nuts and mixed olives 7.00

♥ **Edamame** steamed and salted soy beans 4.00

**Fried Zucchini** crispy house battered zucchini served with ranch dressing 6.50

**Fundido** black bean relish and cheese fondue served with red corn chips 7.00

## Grilled Sandwiches

Served with mayonnaise, french fries, leaf lettuce, tomato and sliced red onion. Substitute onion rings, small salad or a cup of fruit 1.00

All hamburgers are hormone free, cooked medium and served on our whole-wheat bun

**Cheddar Burger** 9.00

**Bacon Cheddar Burger** 9.75

★ **Greek Burger** served in a pita pocket with goat cheese and pesto 9.75

**One for John** grilled veggie mushroom-brown rice burger with melted soy cheese, sliced avocado and Russian dressing on a whole-wheat bun 9.00

★ **Melrose Club** grilled chicken breast with melted brie cheese, caramelized onions, smoked bacon and mayo on a toasted baguette 10.00

## Sandwiches

**Pesto Chicken** pesto chicken salad, smoked bacon and lettuce on toasted whole-wheat bread, served with corn chips and salsa 8.25

♥ **Uptown Pita** stuffed pita pocket with our chickpea hummus and mixed grilled vegetables, served with fresh fruit 8.00  
Add grilled chicken 9.00 Add grilled shrimp 10.50

**Tuna Melt** albacore tuna salad served open faced on whole-wheat bread with melted Swiss cheese, avocado and pico de gallo, served with corn chips and salsa 8.50

**Routh St Club** smoked turkey, swiss cheese, tomato, avocado, bacon, lettuce and Russian dressing on toasted whole-wheat bread, served with corn chips and salsa 9.00

## House Favorites

★ **Sonoma Squash** roasted acorn squash stuffed with brown rice, pecans, currants, shallots and goat cheese. Served with a garden salad with balsamic vinaigrette 10.00

★ **Mystic Pasta** grilled chicken, brie cheese, smoked bacon and caramelized onions tossed with farfalle pasta in a garlic cream sauce 11.50

## Lunch Express 8.50

Our house-made popover stuffed with your choice of filling and served with a cup of soup

**Pesto Chicken Salad**  
**Chicken Chopped Caesar**  
**Greek Chopped Salad and Hummus**  
**Tuna Salad**

## Salads

Served with house-made popover and strawberry butter

**Small Salad** garden salad with balsamic or Caesar Salad 3.95

**Santa Fe Chicken Caesar** romaine lettuce tossed in our house-made Caesar dressing with grilled chicken, sun-dried tomatoes, avocado, parmesan cheese and crispy tortilla strips 10.50  
Substitute grilled salmon or grilled shrimp 12.00

★ **Salad Sampler** pesto chicken salad, albacore tuna salad and fresh fruit with poppy seed dressing 9.95

♥ **Greek Salad** spinach, mixed greens, tomatoes, greek olives, goat cheese and red onion tossed with grilled shrimp and balsamic dressing, served with a scoop of our house-made hummus 12.00

♥ **Southwest Salad** mixed greens topped with grilled chicken, avocado, cherry tomatoes, garlic croutons and goat cheese, tossed in cilantro lime vinaigrette 11.00

**Lark Creek Salad** fresh spinach topped with crispy chicken, cherry tomatoes, smoked bacon, hard boiled egg, Swiss cheese and crispy onion rings, served with ranch dressing 10.50  
Available with grilled chicken

## Smart Choices

**Global Dinner** organic black beans and brown rice with melted jack cheese, sour cream, guacamole and pico de gallo, served with corn chips and salsa 7.00 Add grilled chicken 8.95

♥ **Garden Stir Fry** sautéed seasonal vegetables in a ginger soy sauce over organic brown rice and your choice of chicken or tofu 9.00  
with shrimp 12.00

♥ **Square Meal** seasonal vegetables on organic black beans and brown rice with our tahini miso sauce 8.00  
with grilled chicken 9.50  
with grilled salmon 12.00

**Chicken Enchiladas** topped with ancho and tomatillo salsas and melted jack cheese, served with organic black beans and brown rice, guacamole, pico de gallo and sour cream 9.00

**Shrimp Tacos** crispy fried shrimp, avocado, cabbage slaw and aioli in two whole-wheat tortillas, served with organic black beans, brown rice and sour cream 11.00

**Pasta Pignoli** penne pasta sautéed with basil tomato, fresh Dallas mozzarella, spinach, pesto and toasted pine nuts in a light tomato sauce 11.50 with grilled chicken 13.00

## COFFEES, TEA & SODAS

**Dream Blend Coffee** 2.50

**Cappuccino** 3.00

**Hazelnut or Vanilla Capp.** 3.50

**Espresso** 1.75

**Latte** 3.50 **Mocha Latte** 3.75

**Hazelnut or Vanilla Latte** 4.00

**Hibiscus Iced Green Tea** 2.50

**Herbal Hot Tea** 2.50

**Hot Chocolate** 4.50

**Sodas** 2.00

**Lemonade** 2.00

**San Pellegrino Water** 3.00

## JUICES & SMOOTHIES

**Fresh Juice:**

Orange, Apple, Grapefruit 3.00/2.00

Carrot 4.00/3.00

Carrot-Apple, Carrot-Orange 4.25/3.25

**Bottled Juice:**

Cranberry, V-8 Tomato 3.00/2.00

**Smoothies:**

**Tropical Mango**, Banana, Pineapple, Orange, Protein Powder 5.25

**Cranberry Blast** Cranberry, Mango, Vanilla Yogurt, Protein Powder 5.25

**Protein Power** Strawberry, Banana, Orange, Vanilla Yogurt and Protein Powder 5.50

**Superman** Superfood Powder, Banana, Apple, Soy Milk, Vanilla Yogurt 5.50

## COCKTAILS

**Mimosa** 6.00

**Pitcher of Mimosas** 32.00

**Poinsettia** cranberry champagne cocktail 5.00

**Bloody Mary** 5.50

**Peach Bellini** 6.00

**Margarita** 6.00

**Sangria Swirl Margarita** 6.00

**Red Sangria** 5.00

**Carafe Sangria** 18.00

## SWEET ENDINGS

**Carrot Cake** with cream cheese icing 4.50

**Fruit Crisp** with seasonal fruit, baked granola and ice cream 5.50

**Crème Brulee** 5.00

**Chocolate Brownie** 2.50  
with drizzled chocolate and ice cream 4.50