



DINNER

★ 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

★ **Southwest Artichoke Dip** with house made red corn chips 7.50

♥ **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

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

Philly Cheese sliced grilled ribeye steak sautéed with bell peppers, onions, melted jack cheese and mayo on a toasted baguette, served with onion rings 13.00

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

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

♥ **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

Sweet Endings

Carrot Cake with cream cheese icing 4.50

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

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

★ **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, cucumbers, 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, cucumber, smoked bacon, hard boiled egg, Swiss cheese and crispy onion rings, served with ranch dressing 10.50
Available with grilled chicken

Twilight Breakfast

Mile High omelette with smoked ham, cheddar cheese, caramelized onions and bell peppers served with French fries or small salad 8.00

★ **Cloud Cakes** our fluffy ricotta pancakes topped with fresh strawberries, crème fraiche and powdered sugar 9.50

★ **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

★ **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

Granola-Crusted French Toast with fresh strawberries and crème fraiche and dusted with powdered sugar 10.00

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

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

Tuscan Salmon sun dried tomato and calamata olive-crusted salmon filet served with goat cheese and pine nut rice pilaf and crispy fried zucchini 15.00

★ **Asian Salmon** grilled salmon filet over a honey soy and wasabi sauce with potato cakes and wilted spinach 15.00

Gilroy Chicken sautéed chicken breasts with artichoke hearts, capers and basil tomatoes in a garlic wine sauce over mashed potatoes 14.00

Crème Brulee 5.00

Chocolate Brownie 2.50 with drizzled chocolate and ice cream 4.50

Wines

LIGHT WHITES

Caposaldo Prosecco	9.00 gl / 39.00 btl
Snoqualmie, "Naked" Riesling, Columbia Valley	8.00 gl / 30.00 btl
Zenato, Pinot Grigio, Italy	8.00 gl / 30.00 btl
Nobilo, Sauvignon Blanc, Marlborough	8.00 gl / 30.00 btl

BOLD WHITES

Little Boomey, Chardonnay, South Australia	6.50 gl / 24.00 btl
Toasted Head, Chardonnay, California	9.00 gl / 34.00 btl
Rodney Strong, Chardonnay, Sonoma	10.00 gl / 38.00 btl
La Crema, Chardonnay, Sonoma	11.00 gl / 42.00 btl

EASY REDS

Bonterra, Merlot (Organic), Mendocino	8.00 gl / 34.00 btl
Dry Creek, Merlot, Dry Creek Valley	11.00 gl / 42.00 btl
Blackstone, Pinot noir, Carneros	9.00 gl / 32.00 btl
Carmel Road, Pinot Noir, Monterey	10.00 gl / 38.00 btl

MONSTER REDS

Little Boomey, Cabernet, South Australia	6.50 gl / 24.00 btl
Coppola "Diamond," Cabernet-Merlot, Sonoma	11.00 gl / 42.00 btl
Big House, Petite Syrah, Paso Robles	9.00 gl / 34.00 btl
Cline, Zinfandel, Sonoma	8.00 gl / 30.00 btl

Drinks, Cocktails & Beers

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

BEERS

Amstel Light	4.50
Fat Tire	4.50
Negra Modelo	4.50
Miller Lite	3.50
Blue Moon	4.50
Shiner Bock	4.50