



BREAKFAST

★ SIGNATURE DISHES ♥ SMART CHOICES

Beginnings

- ★ **Popover** House-made popover with strawberry butter 2.25
- ★ **Currant Scone** 2.25
- Muffin of the Moment** 2.25
- Bagel with Herb Cream Cheese** 3.25
- Cinnamon Snail** 4.00

Healthy

- Oatmeal** Organic steel-cut oats with bananas, currants, pecans and brown sugar bowl 5.25 cup 3.75
- ★ **Granola** House-made honey nut granola with strawberries, bananas and vanilla yogurt bowl 7.00 cup 5.00
- ♥ **FYI** Seasonal fresh fruit with currants, pecans and vanilla yogurt 6.75
- ♥ **Way to Condition** Cup of steel-cut oatmeal with bananas, pecans and currants, scrambled egg whites, sliced tomatoes, and vegetarian sausage 8.25

Omelettes

Served with whole wheat toast and your choice of hash browns or cheese grits. Egg whites available upon request. Substitute cup of fruit - add 1.50

- Farmer's** Country pork sausage, cheddar cheese, caramelized onions and bell peppers 8.25
- ♥ **Glorified** Fresh spinach, Swiss cheese and sautéed mushrooms 7.75
- Grady's** Smoked salmon, herb cream cheese, wilted spinach and chopped tomatoes 10.25
- ★ **Santa Fe** Basil pesto, sun-dried tomato, and goat cheese 8.75
- Mile High** Smoked ham, cheddar cheese, caramelized onions and bell peppers 8.25
- Greek** Goat cheese, olives, pesto, tomatoes, artichoke hearts and wilted spinach 8.75

Griddle

Served with whipped butter and Vermont maple syrup

- ★ **Cloud Cakes** Our fluffy ricotta pancakes topped with fresh strawberries, crème fraîche and powdered sugar 10.00
- Whole Wheat Buttermilk Pancakes** Served with smoked bacon Double 8.00 Single 6.00 Add blueberries, granola, bananas or pecans 1.25
- Granola-Crusted French Toast** with fresh strawberries and crème fraîche and dusted with powdered sugar 10.50
- Whole Wheat Waffle** With smoked bacon 7.50
- Sky Waffle** Belgian waffle topped with fresh strawberries, powdered sugar and crème fraîche 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 12.00

Scramblers 9.50

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 onions, bell peppers and cherry tomatoes 13.50
- ★ **Dream** Smoked ham, wilted spinach and cherry tomatoes 10.00
- 90210** Artichoke hearts, spinach and grilled sliced tomato 9.50

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 7.25

- Add smoked bacon 8.25
- Add country pork sausage 8.75
- Add Virginia smoked ham 9.00
- Add vegetarian sausage 8.50
- 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 10.00

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 12.50

Southwestern Favorites

All favorites served with organic black beans, 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 10.25
- Migas** Scrambled eggs and red corn tortilla strips sautéed with salsa and jack cheese, served with whole wheat tortillas 9.25
- Huevos Rancheros** Two eggs simmered in ancho and tomatillo sauce over two corn tortillas with melted jack cheese 9.25
- ♥ **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) 9.25

All of our chicken and milk are locally sourced and hormone-free.

LUNCH

★ SIGNATURE DISHES ♥ SMART CHOICES

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 8.00
- ♥ **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 7.50

Grilled Sandwiches

Served with mayonnaise, french fries, leaf lettuce, tomato and sliced red onion. Substitute onion rings, small salad or a cup of fruit 1.50

- All hamburgers are Crystal Creek Perfect Burgers cooked medium and served on our whole wheat bun with mayo
- Cheddar Burger** 9.50
- Bacon Cheddar Burger** 10.00
- ★ **Greek Burger** Served in a pita pocket with goat cheese and pesto 10.50
- One for John** Grilled veggie mushroom-brown rice burger with melted soy cheese, sliced avocado and Russian dressing on a whole wheat bun 9.25
- ★ **Melrose Club** Grilled chicken breast with melted brie cheese, caramelized onions, smoked bacon and mayo on a toasted baguette 10.50

Sandwiches

- Pesto Chicken** Pesto chicken salad, smoked bacon and lettuce on toasted whole wheat bread, served with corn chips and salsa 9.25
- ♥ **Uptown Pita** Stuffed pita pocket with our chickpea hummus and mixed grilled vegetables, served with fresh fruit 8.25
Add grilled chicken 9.25 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 8.75
- 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 9.25

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 or cilantro lime vinaigrette 11.00
- ★ **Mystic Pasta** Grilled chicken, brie cheese, smoked bacon and caramelized onions tossed with farfalle pasta in a garlic cream sauce 11.50

Lunch Express 9.50

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 4.50
- 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 11.25
Substitute grilled salmon or grilled shrimp 13.00
- ★ **Salad Sampler** Pesto chicken salad, albacore tuna salad and fresh fruit with poppy seed dressing 10.50
- ♥ **Greek Salad** Spinach, mixed greens, tomatoes, greek olives, goat cheese and red onions tossed with grilled shrimp and balsamic dressing, served with a scoop of our house-made hummus 13.00
- ♥ **Southwest Salad** Mixed greens topped with grilled chicken, avocado, cherry tomatoes, garlic croutons and goat cheese, tossed in cilantro lime vinaigrette 11.25
- 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 10.95
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 7.50 Add grilled chicken 9.00
- ♥ **Garden Stir Fry** Sautéed seasonal vegetables in a ginger soy sauce over organic brown rice and your choice of chicken or tofu 9.25
with shrimp 12.50
- ♥ **Square Meal** Seasonal vegetables on organic black beans and brown rice with our tahini miso sauce 8.50
with grilled chicken 9.75
with grilled salmon 13.00
- 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 9.25

- 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 11.25
- 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** 2.75
- Cappuccino** 3.25
- Hazelnut or Vanilla Capp.** 3.75
- Espresso** 2.00
- Latte** 3.75 **Mocha Latte** 4.00
- Hazelnut or Vanilla Latte** 4.00
- Hibiscus Iced Green Tea** 2.75
- Herbal Hot Tea** 2.75
- Hot Chocolate** 4.50
- Sodas** 2.50
- Lemonade** 2.50
- San Pellegrino Water** 3.50
- Milk** 3.00/2.00

JUICES & BOTTLED JUICES

- Juice:**
- Orange 3.50/2.50
- Grapefruit 3.50/2.50
- Apple 4.00/3.00
- Carrot 4.25/3.00
- Carrot-Apple 4.50/3.25
- Carrot-Orange 4.50/3.25
- Bottled Juice:**
- Cranberry 4.00/3.00
- V-8 Tomato 3.25/2.25

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, Vanilla Yogurt 5.50

COCKTAILS & SWEET ENDINGS

- Mimosa** 6.00
- Pitcher of Mimosas** 32.00
- Poinsettia** Cranberry champagne cocktail 5.00
- Bloody Mary** 5.50
- Peach Bellini** 6.00
- Red Sangria** 5.00
- Carafe Sangria** 18.00
- Carrot Cake** 3.99
- Ganache Tart** 5.59
- Crème Brulee** 4.99
- Ice Cream Sundae** 3.99