

# BREAKFAST ALL DAY

RED BIRD TURKEY SAUSAGE

CAGE FREE EGGS

ALL NATURAL BACON

## RANCH BREAKFAST

2 eggs\* cooked in butter, 2 turkey green chile sausage patties or 3 slices of bacon, home fries, toast & homemade jam. 13

## AVO TOAST

Basted, cage free eggs\*, fresh avocado slices, Romano on buttered, grilled brioche. 12

## TWO BIRDS & A BISCUIT

Turkey sausage gravy, crispy chicken breast, & a fried egg\* sandwiched in a homemade buttermilk biscuit. 15

## SOUTHWEST BENNIE

Fresh queso sauce, cage free eggs\*, turkey green chile sausage patties, English muffin. 15

## HUEVOS RANCHEROS

Over easy eggs\*, homemade red or green, pintos and papitas over flour or corn tortillas. 13

## BREAKFAST BURRITO

Really big. Eggs\*, cheddar, papitas, spicy pintos, homemade red or green, onion and tomatoes. 13 + *bacon or sausage*. 1.50

## GRABURRITO

Egg\*, cheddar, chile. 9 + *bacon or sausage*. 1.50

## RISE & SHINE SANDWICH

Scrambled eggs\*, cheddar, choice of turkey green chile sausage or bacon, choose an English muffin or homemade buttermilk biscuit. Served with home fries. 11

## BUILD YOURSELF AN OMELET

**CHOOSE 3:** cheddar, cheddar jack, Swiss, pepper jack, cream cheese, Young Guns green chile, organic spinach or greens, avocado, bacon\*, turkey sausage, mushrooms, red pepper. With home fries & toast or bagel. 14  
**COMPLIMENTARY ADDS:** tomato, roasted garlic, green or red onion.

## FABULOUS FRENCH TOAST

Our thick cut brioche, fresh strawberries & bananas, caramelized brown sugar butter sauce, lots of real whipped cream. 14

## JUST FRENCH TOAST 11

## GLUTEN-NOT FLAPJACKS

Light n fluffy – rice flours, millet, flax, pumpkin, sunflower seeds, pure cane syrup. 12

## GLUTEN-NOT BABY JACKS 9

## BLUEBERRY PANCAKES

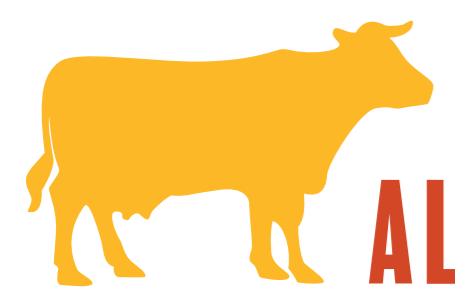
Made from scratch, pure cane syrup. 11

## GLUTEN-NOT BABY CAKES 8.75

## ORGANIC OATMEAL

Bob's Red Mill organic oatmeal, cranberries, raisins, walnuts. Choice of dairy, soy, oat or almond milk. 7

## GLUTEN-NOT BAGEL & CREAM CHEESE 3.50



GRASS FED  
ALL NATURAL

## BURGERS ETC.

HOMEMADE RANCH · STAR SAUCE · HONEY SRIRACHA · HONEY MUSTARD AIOLI  
+ CHEESE OR AVOCADO \$1 · YOUNG GUNS™ GREEN CHILE \$1.25 · BACON \$2

VEGAN GLUTEN FREE BUN AVAILABLE

## GREEN CHILE CHEESE

Fresh, all natural, hormone & antibiotic free Angus beef\*, cheddar, Young Guns green chile, lettuce & tomato on our bakery bun. 15.50

## CLASSIC

Fresh, all natural, hormone & antibiotic free Angus beef\*, homemade pickles, lettuce, tomato & onion on our bakery bun. 14.50

## GRILLED OR CRISPY CHICKEN

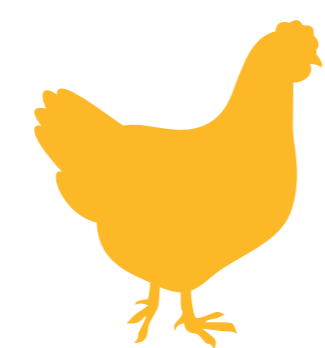
All natural, cage free chicken breast & homemade pickles, lettuce, tomato & onion on our bakery bun. 15 **CLUCKLESS CHIK'N +2**

## CLASSIC BEYOND™ BURGER

Beyond™ Burger built with homemade pickles, lettuce, tomato & onion on our bakery bun. 15 **🌱** Vegan bun available.

## BEYOND™ MEDITERRANEAN BURGER

We're going beyond the expected by offering the nutritious, delicious plant-powered Beyond™ Burger built with fresh avocado, feta, basil pesto & sundried tomatoes. 16



ANTIBIOTIC, CAGE  
& HORMONE FREE

## Sides

FRIES · FRESH FRUIT · COLESLAW · GREENS SALAD  
ONION RINGS OR SWEET POTATO FRIES \$1

## SANDWICHES

## TURKEY JACK

Since 1988. Freshly sliced turkey, tomato, pepper jack, Young Guns green chile, on buttered Rustic. 14

## RANCHER'S MELT

Since 1988. Seasoned, all natural Angus beef, pepper jack, Young Guns green chile, horseradish sauce, on buttered Rustic. 16.50

## FRENCH DIP

All natural Angus beef, melted Swiss, frizzled onions, homemade au jus. 16.50

## GRILLED MAC & CHEESE MELT

Mac & Cheese meets our Grilled Cheese for a gooey, creamy, crunchy treat. 13.50

## GRILLED CHEESE

Simply delicious – our buttered Rustic white bread & thickly sliced cheddar. 10

## CALIFORNIAN MELT

Since 1988. Fresh avocado, Swiss, sautéed mushrooms, caramelized onions, tomatoes, & ranch. on buttered Rustic. 13.50

## SUPERSTAR BLT

All natural Hickory smoked bacon, greens, tomato, honey mustard aioli, baguette. 12.50

## DILLED & CHILLED CHICKEN SALAD

Freshly poached Chicken Breast, with dill, diced red onion, real mayo, on a crusty baguette. 15.50

## EGG SALAD

Made fresh to order with cage free eggs, real mayo, green onion. Choice of bread. 12

## Seasonal

### CAVATAPPI WITH ITALIAN SAUSAGE <sup>NEW</sup>

Seared Italian sausage, mushrooms, cavatappi tossed in our creamy, house-made marinara, filled and topped with fresh mozzarella and Romano cheeses. It's the real deal! 16.50 **AVAILABLE WITH BEYOND SAUSAGE!**

### STEW POT CHICKEN

Deep dish, veggie packed chicken pot pie with tons of flavor. Topped with a big, homemade biscuit. 18

### POSOLE VERDE

Flavorful local hominy with big pieces of pork, fresh tomatillos, onions, poblanos, & jalapeño peppers. Served with two warm flour tortillas. 13.50

### CLUCKLESS CHIK'N TENDERS

Shareable. Hand breaded, plant-based "chicken" tenders, a pile of fries, fresh cole slaw, choice of dipping sauce. Need 100% Vegan? Ask! 17

### VEGAN STREET TACOS **🌱**

3 big tacos piled high with Beyond Sausage, mushrooms, fresh veggies, caramelized onions & crunchy corn strips. 14

### CAULIFLOWER (UN) WINGS

Crispy cauliflower florets tossed in homemade Buffalo or Honey Sriracha sauce. Buttermilk ranch for dipping. 11

## DISHES & BOWLS

### BUDDHA BOWL

**CHICKEN 16 | TOFU 16 | VEGGIES 13 | **🌱** CHIK'N 17**  
Sautéed veggies, ginger & lemongrass sauce, teriyaki, organic brown or Jasmine rice, crunchy wontons.

### MAC & CHEESE 11

+ **GRILLED CHICKEN 5 | CRISPY CHICKEN 5 | CHIK'N 5**  
+ **BROCCOLI 2.50** **MINI MAC 7.50**

### CHICKEN COUSCOUS RISOTTO

Creamy pearled couscous risotto, rosemary infused chicken breast, feta, green peas, fresh broccoli, sundried tomatoes. 17

### FISH DISH

Generous fillet of seasoned, pan fried wild North Atlantic Cod, topped with porcini butter, served over sautéed fresh spinach, mushrooms, & Israeli couscous. 19

### HOMEMADE CHICKEN TENDERS

Made fresh to order with all natural chicken & a heap of fries. Choose ranch, honey Sriracha, Mustard Aioli or Buffalo sauce. 15

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### FISH & CHIPS

Beer battered wild North Atlantic cod, fries, fresh coleslaw, & tartar sauce. 19

### GRILLED FISH TACOS

Grilled North Atlantic Cod, avocado, crisp coleslaw, pickled vegetables, spicy STAR Sauce with corn or flour tortillas. 16.50

## FRESH SALADS

HOMEMADE DRESSINGS

### VERANO SALAD

Chicken breast in seasoned, crispy tortilla crumbs, romaine, jicama, cotija cheese, tomatoes, black beans, roasted corn, house made chipotle dressing. 16.50

### GRAVE **🌱**

Lot of bleu cheese, almonds, greens, strawberries, oranges, apples, cranberries, tomatillo lime vinaigrette. 14 **WALDORF IT + 3.00**

### CHINESE CRUNCH

Chopped fresh Asian vegetables, seasoned, grilled chicken breast with teriyaki, crunchy wontons, toasted almonds, our Asian sesame dressing. 16.50 **🌱** **CLUCKLESS CHIK'N** or **TOFU**

### GARDEN OF GREENS **🌱**

Greens, olives, jicama, grape tomatoes, tomatillo lime vinaigrette. 8

### TOSSED COBB **🌱**

Grilled, all natural chicken breast & Hickory smoked bacon, hard boiled egg, bleu cheese, avocado, tomatillo lime vinaigrette. 16.50

### CHICKEN MEDITERRANEAN **🌱**

Pesto seasoned grilled chicken, feta, avocado, greens, spiced chickpeas, freshly diced veggies, lemon avocado vinaigrette. 16

### ATHENA

Hand breaded feta chunks, fresh avocado, organic spinach & greens, Greek olives, tomato, lemon avocado vinaigrette. 16

### SOUP & SALAD 10.50

### FRESH SOUPS 6.50 cup | 8 bowl

**🌱** Gluten Not

**🌱** Vegan