

Breakfast Scrambles

Comes with a Side of Fresh Fruit and Choice of Toast: Wheat, White, Multigrain, Rye, Sourdough, or Gluten-Free

- All Iowa Scramble** Eggs, Ham, Bacon, Turkey Sausage & Pepper Jack Cheese
- Bacon & Cheddar Scramble** Eggs, Bacon, Cheddar, Onions & Tomatoes
- Garden Scramble** Egg Whites, Onion, Spinach, Asiago Cheese, Avocado, Diced Tomatoes, Red Pepper, & Green Pepper
- Ham & Swiss Scramble** Eggs, Ham, Swiss, Sour Cream, & Green Onion
- Hawaiian Scramble** Eggs, Ham, Pepper Jack, Pineapple, Red Peppers, Green Peppers, & Pineapple Habanero Salsa
- Fire Roasted Scramble** Eggs, Fire Roasted Veggies, Spinach, Mushrooms, & Cheddar Cheese
- Cajun Chicken Scramble** Eggs, Cajun Chicken, Fire Roasted Veggies, Pepper Jack, & Cajun Sauce
- Fajita Chicken Scramble** Eggs, Fire Roasted Veggies, Pico de Gallo, Pepper Jack, Citrus Chili Sauce & Fajita Chicken
- Fiesta Citrus Chili & Chorizo** Eggs, Jalapenos, Chorizo, Red Pepper, Green Pepper, Pepper Jack, Citrus Chili Sauce, Sour Cream, & Scallions

WAFFLES & FRENCH TOAST

- Brioche French Toast • Cinnamon Roll French Toast • Blueberry •
- Strawberry • Triple Berry • Strawberry Banana • Chocolate Caramel •
- Caramel Pecan Creme Brulee • Caramel Peach Pecan •

BREAKFAST FAVORITES & SANDWICHES

- #1** Ham, Egg Swiss, Avocado, Arugula, Red Peppers, & Sun Dried Aioli on Rye
- #2** Egg Whites, Swiss, Tomato, Avocado, Arugula, & Sun Dried Aioli on Multigrain
- #3** Veggie Wrap: Eggs, Spinach, Mushrooms, Cheddar, Fire Roasted Veggies, & Sun Dried Aioli
- #4** Ham, Egg, Sun Dried Aioli, & Swiss on Sourdough
- #5** Egg, White Cheddar, Choice of Bacon or Turkey Sausage, on a Croissant or Ciabatta
- #6** Avocado Toast: Garden or Bacon
- Garden:** Tomato, Asiago, Avocado, Olive Oil, on Multigrain
- Bacon:** Bacon, Feta, Olive Oil, Avocado, on Sourdough
- #7** Bacon, White Cheddar, & Egg on an Asiago Bagel
- #8** Chorizo, Egg, American Cheese, Scallions, Caramelized Onions, Sriracha Mayo on a Brioche Bun
- #9** Ham, Egg, Swiss, Avocado, Dijon Mustard, on a Pretzel Bun
- #10** Bacon, Red Potatoes, Onion, Tomato, Cheddar, Eggs, & Chipotle Mayo in a Wrap

Breakfast Burrito

Side of Fresh Fruit & Salsa

Oatmeal Kit

with Brown Sugar & Granola

Acai Bowl

Comes with Banana, Granola, & Two Toppings of Your Choice

Strawberries | Blueberries
Raspberries | Pecans | Almonds
Coconut | Chia Seeds
Chocolate Chips



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SCAN ME

Salads

FULL SALAD OR
1/2 SALAD & SOUP

Caramel Peach Pecan

Spring Mix, Spinach, Feta, Basil, Pecans, Warmed Chicken, Warmed Caramel Peaches, Topped with Balsamic Dressing

Strawberry Bacon Granola

Spring Mix, Napa Blend, Feta, Hot Bacon, Granola, Strawberries, Topped with Poppyseed Dressing

Strawberry Poppyseed

Romaine, Chicken, Strawberries, Blueberries, Pineapple, Mandarin Oranges, Sugared Pecans, Topped with Poppyseed Dressing

Spinach Turkey BLT Salad

Spinach, Roasted Turkey, Bacon, Avocado, Tomato, & Onion, Topped with Ranch Dressing

Asian Chicken Salad

Romaine, Napa Blend, Fresh Cilantro, Chicken, Red & Green Peppers, Sesame Seeds, Wonton Strips, Topped with Peanut Sauce & Asian Dressing

Blackened Chicken Salad

Romaine, Blackened Chicken, Bacon, Pepper Jack, Cheddar, Tomatoes, Croutons, Topped with Creamy Parmesan Dressing

Black Bean Burger Salad

Spring Mix, Spinach, Black Bean Burger, Avocado, Pepper Jack, Black Bean Corn Salsa, Wontons, Topped with Cilantro Lime Dressing & Chipotle Ranch

Blackened Chicken Caesar

Romaine, Blackened Chicken, Asiago, Tomato, Onion, & Croutons, Topped with Caesar Dressing

Blackened Shrimp

Romaine, Blackened Shrimp, Hard Boiled Egg, Tomato, Onion, & Avocado, Topped with Yum Yum Dressing

Chicken Fajita Salad

Romaine, Fajita Chicken, Pepper Jack, Fire Roasted Veggies, Wonton Strips, Pico de Gallo, & Salsa, Topped with Salsa Ranch

Chipotle Ranch Crunch

Spring Mix, Napa Blend, Craisins, Peanuts, Asiago, Blackened Chicken, Wonton Strips, Topped with Chipotle Ranch

GS Blueberry Medley

Spring Mix, Napa Blend, Chicken, Feta, Almonds, Sunflower Seeds, Blueberries, Topped with Poppyseed Dressing

GS Chicken Avocado Cobb

Romaine, Gorgonzola, Chicken, Bacon, Avocado, Hard Boiled Egg, Tomato, Topped with Greek Dressing

GS Blackened Salmon

Spinach, Spring Mix, Feta, Red Peppers, Onions, Tomatoes, Cucumbers, Blackened Salmon, & Walnuts, Topped with Lemon Vinaigrette

GRIDDLE MELTS

Turkey Bacon Avocado

Signature Sauce, Swiss, Cheddar, Tomato, Roasted Turkey, Bacon, & Avocado on Parmesan Sourdough

Grilled Cheese

Cheddar, Swiss, Asiago, Tomato & Onion on Sourdough

French Dip

Roast Beef, Bacon, Sauteed Onion, Asiago, Provolone, & Worcesterchire Sauce on a Hoagie Bun

Parmesan Roast Beef

Roast Beef, Cajun Sauce, Pepperjack, Provolone, and Fire Roasted Veggies on Parmesan Sourdough

Salmon Melt

Dill Mayo, Blackened Salmon, Tomato, Onion, Avocado, & Cucumbers on Parmesan Sourdough

Toasted Sandwiches

Chicken & Chipotle

Ciabatta Bread, Chipotle Mayo, Chicken, Bacon, Tomato, & Cheddar

Turkey Bacon

White Bread, Roasted Turkey, Chipotle Mayo, Bacon, & Cheddar Cheese

Pineapple Pulled Pork

Ciabatta Bread, Pulled Pork, BBQ Sauce, Pineapple Habanero Salsa, Napa Blend, Fresh Pineapple, & Cilantro Lime Sauce

Turkey Reuban

Rye Bread, Signature Sauce, Swiss, Roasted Turkey, & Sauerkraut

Caprese

Ciabatta Bread, Fresh Mozzarella, Roma Tomato, Fresh Basil, & Balsamic Glaze

PASTAS & MAC N' CHEESE

Served with a Fresh Baked Baguette

Alfredo with Chicken

Olive Oil, Penne Pasta, Chicken, Red Peppers, Alfredo Sauce, Asiago, & Pistachios

Cajun Chicken

Cajun Chicken, Penne Pasta, Fire Roasted Veggies, Alfredo, & Cajun Sauce

Blackened Salmon

Blackened Salmon, Penne Pasta, Garlic, Lemon Juice, Olive Oil, Basil, Veggie Mix, Tomatoes, & Parmesan

Shrimp Pesto

Shrimp, Penne Pasta, Alfredo Sauce, Pesto, Spinach, Asiago, & Diced Tomato

WILD RICE BOWLS

GS Baja Bowl

Blackened Chicken, Avocado, Fire Roasted Veggies, Pepper Jack, Corn Salsa, & Pico de Gallo, Cilantro Lime Sauce

GS Blackened Salmon Bowl

Olive Oil, Salmon, Lemon Juice, Tomatoes, Avocado, Onion, & Cucumbers

Vegan Rice Bowl

Black Bean Burger, Veggie Mix, Avocado, Fire Roasted Veggies, & Salsa

White Cheddar Mac

Cavatappi Noodles & Cheese Sauce

Brisket Mac

Beef Brisket, BBQ Sauce, Cheddar, & French Onions

Chicken Bacon Ranch Mac

Chicken, Bacon, Ranch, Diced Tomato, & Scallions

Baja Mac

Blackened Chicken, Avocado, Pico de Gallo, Fire Roasted Veggies, Black Bean Corn Salsa, Cilantro Lime Sauce & Pepperjack

Buffalo Mac

Chicken, Buffalo Sauce, Bacon, Tomato, Gorgonzola Cheese, & Ranch Dressing

WRAPS & SANDWICHES

Turkey Avocado Wrap

Dill Mayo, Roasted Turkey, Avocado, Arugula, Cucumber, & Tomatoes

HOT Baja Chicken Wrap

Blackened Chicken, Napa Blend, Pico de Gallo, Avocado, Corn Salsa, Chipotle Mayo, & Basil Pesto

HOT Chicken Caesar Wrap

Caesar Dressing, Arugula, Blackened Chicken, Red Onion, Tomatoes, & Asiago

Buffalo Chicken Wrap

Romaine, Chicken, Gorgonzola, Tomato, Onion, Buffalo Saufe, & Ranch

Turkey Avocado BLT

Sourdough Bread, Mayo, Roasted Turkey, Bacon, Avocado, Lettuce & Tomato

Apple Chicken Salad Sandwich

Multigrain Bread, Cranberry Mustard, Apple Chicken Salad, Swiss, Lettuce, Onion & Tomato

Warm BLT

Multigrain Bread, Mayo, Bacon, Lettuce & Tomato

Warm Turkey Club

Toasted Croissant, Chipotle Mayo, Roasted Turkey, Bacon, Cheddar, Lettuce, Tomato, & Onion

Warm Turkey Cranberry

Toasted Croissant, Cranberry Mustard, Roasted Turkey, Cheddar, Tomato, Onion, & Spinach

BURGERS

Main Street Cheese Burger

Beef Burger, Brioche Bun, Cheddar, Lettuce, Tomato, Onion, & Pickle

Frisco Burger

Beef Burger, Parmesan Sourdough, Swiss, Cheddar, Grilled Onions, & Signature Sauce

BBQ Burger

Beef Burger, Brioche Bun, Gouda Cheese, Bacon & BBQ Sauce

Angry Burger

Beef Burger, Ciabatta Bread, Bacon, Pepper Jack, Jalapenos, & Chipotle Mayo

Black Bean Burger

Black Bean Burger, Brioche Bun, Salsa, Sour Cream, Wontons, & Pico de Gallo

Daily Soups

A Cup or Bowl: Comes with your choice of Wheat, White, or Veggie Baguette

Broccoli Cheese (GF) • Tomato Bail Bisque • Chicken Noodle • French Onion (GF) • Wicked Thai • Red Lentil Vegetable (V) • Cheesy Chicken Tortilla (GF)