

# BREAKFAST

HOURS 6:00 AM - 11:00 AM MON-FRI  
6:00 AM - 12:00 PM SAT-SUN

## DRINKS

FRESHLY BREWED TORREFAZIONE ITALIA® COFFEE Small Pot (2 cups) / Large Pot (4 cups)	7.25 / 9.25
SELECTION OF HOT TAZO® TEAS Small Pot (2 cups) / Large Pot (4 cups)	7.25 / 9.25
CAPPUCCINO 12 oz.	3.75
LATTE 12 oz.	3.75
CHILLED JUICE Orange, Grapefruit, Apple, Pineapple, Tomato, V-8, Cranberry or Grape	4.00
MILK Whole, 2% or Skim	3.00
BLOODY MARY Spicy Cocktail made with Smirnoff Vodka	7.00
MIMOSA Champagne and Orange Juice	7.00

To Order, Please Touch 65

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## FEATURED

THE BENEDICT 13.00

Traditional Canadian bacon, toasted muffin and hollandaise

HAM AND WHITE CHEDDAR PANINI 11.00

Fried egg, shaved ham and Dijon spread

 GREEN EGG WHITE OMELET AND TURKEY CANADIAN BACON 13.00

Spinach, leeks, scallions, asparagus, low-fat mozzarella

## REGIONAL

BUTTERMILK PANCAKES 11.00

Blackberries, mascarpone cream, sugar and oat crust

CINNAMON FRENCH TOAST 11.00

Topped with butter and maple syrup, roasted fruits

SMOKED CHICKEN OMELET 13.00

Hill country heirloom tomatoes, Monterey Jack cheese

COASTAL HARBOR SMOKED SALMON 15.00

Sliced tomatoes, red onion, capers, toasted bagel

 POACHED EGG AND TOMATO BRUSCHETTA 13.00

Whole wheat crostini, tomato salad, asparagus

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## COMFORT

MCCAIN'S STEEL CUT OATMEAL	7.00
Roasted banana-strawberry, honey, almond granola	
Brown sugar, milk, roasted fruits	
Brown sugar, raisins, milk	
CARAMELIZED ONIONS AND ROASTED PORTOBELLO OMELET	12.50
Grafton cheddar, cranberry pecan toast	
ASPARAGUS AND DUNGENESS CRAB OMELET	14.00
Fontina cheese, roasted tomatoes	
TWO CAGE FREE EGGS ANY STYLE	12.00
Breakfast potatoes, choice of meat	
OC BREAKFAST SKILLET	13.00
Baked Egg Beaters, Coachella Valley tomatoes, ciabatta Parmesan crust	
PUB CLUB WAFFLE	12.50
Cage free fried eggs, shaved turkey, apple bacon, tomato jam	

## RESPONSIBLE

STONY BROOK FARMS ORGANIC YOGURT	7.00
Citrus jam, roasted pistachio gluten free granola	

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SEASON'S BEST 7.00

Local inspired fruit, anti-o fruit spritzer

COLD CEREAL 5.00

House-made granola, museli or your favorite. Choice of milk including soy

GLUTEN FREE ENGLISH MUFFIN 4.00

Seasonal house-made jam, butter

## ALTERNATIVES

HASH BROWNS 3.00

COTTAGE CHEESE 3.00

ONE CAGE FREE EGG 3.00

Any Style

BAGEL WITH CREAM CHEESE 4.00

Toasted with choice of regular or reduced fat cream cheese

SAUSAGE, HAM, BACON OR TURKEY SAUSAGE 4.00

## STAYFIT CUISINE

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# ALL DAY DINING

HOURS 11:00 AM - 12:00 AM MON-SUN

## SOUP AND APPETIZER

ROASTED CHICKEN TORTILLA SOUP	7.00
Avocado and pico de gallo	
 SWEET CORN AND POTATO CHOWDER	8.00
Fresh Crabmeat and Herbs	
FRENCH ONION SOUP	6.00
Caramelized onions, toasted crouton, Parmesan and provolone cheeses in a rich beef broth	
GRILLED CHICKEN QUESADILLA	8.00
Avocado and pico de gallo quesadilla with roasted tomato salsa	
CHEESEBURGER FLATBREAD	8.00
Ground beef, tangy tomato spread, shredded cheddar cheese, lettuce tomato and onion	
BUFFALO CHICKEN SLIDERS	9.00
Breaded and fried chicken tenders tossed with traditional buffalo sauce, creamy blue cheese dressing with mini brioche buns and celery sticks	

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## SANDWICHES

MEYER™ NATURAL ANGUS BURGER	12.00
Aged white cheddar, horseradish sauce, onion jam on a brioche bun	
URBAN ALE (312) BATTERED WALLEYE ON SOURDOUGH	14.00
Tomato onion jam, baby arugula Grilled farmers market sweet corn	
CHAR GRILLED CHICKEN PANINI ON HERBED FOCACCIA	12.00
Buffalo mozzarella, vine ripened tomatoes, caramelized red onion Garlic-baby red potato salad	
SMOKED PORK SHOULDER WITH ANCHO CHILI BARBEQUE SAUCE	12.00
Honey brioche bun with jicama carrot slaw and blue corn tortilla chips	
SHAVED BEEF	14.00
Shaved slow roasted beef, mushrooms, onions, Swiss cheese and horseradish Dijonnaise on a toasted pretzel roll	
CLASSIC CLUB SANDWICH	11.00
Turkey, ham, Swiss cheese, bacon, lettuce, tomato and mayonnaise on toasted wheat bread	
BLACKENED CHICKEN	12.00
Spiced corn aioli on soft Kaiser roll	

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## SALADS

WAGYU FLANK STEAK SALAD WITH SALINAS VALLEY BABY GREENS 15.00

Baby red oak, summer berries, BR Cohn olive oil vinaigrette

TRADITIONAL COBB SALAD 12.00

Grilled chicken, smoked bacon, egg, avocado, blue cheese and tomatoes, tossed with lemon-Dijon dressing

CHICKEN CAESAR SALAD 11.00

Chopped romaine lettuce, traditional dressing, fresh Parmesan, white anchovy and a warm garlic crouton

CITRUS SALMON SALAD 15.00

Citrus and chive marinated grilled salmon fillets on mixed greens with toasted almonds, sliced strawberries and crumbled goat cheese.

SEARED TOFU SALAD (GLUTEN FREE) 13.00

Seared tofu on Asian vegetable slaw, drizzled with a chili garlic oil and rice wine vinegar.

BLUE APPLE SALAD 12.00



Crumbled gorgonzola, candied pecans, grilled onions, diced apples and zinfandel vinaigrette

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## ENTREES

 GRILLED ARCTIC CHAR	18.00
Roasted potato, broccolini and citrus confit	
 PEAR AND BRIE SANDWICH	12.00
Watercress, Balsamic Aioli & Caramelized Onion on Rustic Walnut Bread. Served with Tabbouleh Salad.	
 GRILLED SPICY BEEF WRAP	13.00
Grilled Flank Steak, Vegetables, Caesar Dressing, Jicama Slaw	

## BEVERAGES

PEPSI PRODUCTS	2.75
12 oz.	
AQUAFINA	3.00
500 mL	
AQUAFINA	5.50
1 Liter	
PERRIER	2.75
330 mL	

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HOIST 3.75  
12 oz.

RED BULL (REGULAR & SUGARFREE) 3.75  
250 mL

## DESSERTS

CHEESECAKE TRUFFLE BALLS 7.00  
Rich cheesecake coated in dark chocolate ganache and a hard chocolate outer shell

SEASONAL CREME BRULE 8.00  
Sweet custard flavored seasonal ingredients and served with lemon sorbet

ICE CREAM "TACO SALAD" 7.00  
Cinnamon sugar dusted flour tortilla bowl with dulce de leche ice cream, seasonal fruits, chocolate and caramel sauces

CHOCOLATE CHIP COOKIE SANDWICH SUNDAE 8.00  
Chocolate chip cookies layered with vanilla ice cream, topped with whipped cream, sprinkles, chocolate sauce and toasted almonds

GRILLED PEACH COBBLER 7.00  
With vanilla bean ice cream

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# DINNER

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## PASTAS

RED PEPPER CHICKEN CARBONARA	16.00
Penne pasta in a red pepper cream sauce with bacon and vegetables	
SPAGHETTINI BOLOGNESE	17.00
Tender pasta with beefy tomato sauce	
SHRIMP LINGUINI CREOLE	17.00
Sauteed shrimp with peppers and onions in a Cajun tomato cream sauce	

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## ENTREES

ALL ENTREES ACCOMPANIED WITH SEASONAL VEGETABLE AND STARCH

GRILLED FILET OF BEEF	24.00
HONEY CHIPOTLE ROASTED CHICKEN BREAST	18.00
HERB BREADED PORK CHOP	23.00
SEASONAL CATCH (SEASONAL FISH)	23.00
GRILLED STRIP STEAK	29.00

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# WINE

	GLASS	BOTTLE
<b>SPARKLING WINES</b>		
SEGURA VIUDAS, BRUT, CAVA, RESERVA Catalonia, Spain, NV	8.00	37.00
<b>SWEET WHITE WINES</b>		
CLEAN SLATE, RIESLING Mosel, Germany	8.00	36.00
<b>LIGHT INTENSITY WHITE WINES</b>		
CANVAS, PINOT GRIGIO Veneto, Italy	7.25	33.00
ERATH VINEYARDS, PINOT GRIS Oregon	10.00	47.00
SILVER BIRCH, SAUVIGNON BLANC Marlborough, New Zealand	8.50	40.00
TOSCANA BANFI, ROSE "CENTINE" Tuscany, Italy	8.25	38.00

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## MEDIUM INTENSITY WHITE/ROSE WINE

ROBERT MONDAVI PRIVATE SELECTION, CHARDONNAY Central Coast, California	8.25	39.00
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CANVAS, CHARDONNAY California	7.25	33.00
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## FULL INTENSITY WHITE WINES

FRANCISCAN, CHARDONNAY Napa Valley, California	9.50	46.00
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## LIGHT INTENSITY RED WINES

ESTANCIA, PINOT NOIR "Pinnacles Ranches", Monterey County, California	10.50	48.00
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MACMURRAY RANCH, PINOT NOIR Sonoma Coast, California	11.00	50.00
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## MEDIUM INTENSITY RED WINES

CANVAS, MERLOT California	7.25	33.00
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PASCUAL TOSO, MALBEC Mendoza, Argentina	8.75	43.00
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CANVAS, CABERNET SAUVIGNON	7.25	33.00
California		

JACOB'S CREEK "RESERVE", SHIRAZ	9.50	46.00
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MEDUSA, ZINFANDEL, "OLD VINE LOVERS LANE"	11.50	54.00
Mendocino County, California		

### **FULL INTENSITY RED WINES**

RODNEY STRONG, CABERNET SAUVIGNON	10.00	47.00
Sonoma County, Sustainably Grown, California		

SPELLBOUND, PETITE SIRAH	9.75	46.00
California		

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