

STARTERS

Speared Ancho Spiced Beef 6.75
With southwestern slaw, sweet chili sauce
and pomegranate drizzle

Chicken Pot Sticker 6.75
Cooked with a hint of dark ale, served with
southwestern slaw and soy chili sauce

Nachos Grande Appetizer portion 6.50
Entree portion 9.50
Tortilla chips loaded with spicy beef,
ranch beans, cheddar and pepperjack cheese,
guacamole, sour cream, and pico de gallo

Tortilla Soup 4.75
Topped with avocado, tortilla strips,
cheddar and pepperjack cheese

Bistro Soup 4.00
Made fresh daily

Red Lentil Chili 4.50
Topped with sour cream, green onions
and baked tortilla chips

SALADS & SANDWICHES

Boulder Salmon Salad 10.75
Spinach and romaine lettuce with
grilled salmon, kalamata olives,
roasted red peppers, feta cheese pita
and red balsamic vinaigrette

Signature Club Sandwich 10.00
Warm sliced grilled chicken breast,
smoked bacon, crisp bibb lettuce, sliced
tomatoes, herb spread on a rustic
ciabatta roll. Served with a fresh cucumber salad

Bibb Lettuce 5.50
With shiitake mushrooms, roasted red peppers,
aged white cheddar and a sherry mustard vinaigrette

Half Cafe Sandwich with Soup or Salad 8.95
1/2 of Chef's daily sandwich with choice
of a side salad or a cup of bistro soup

Chicken Salad Croissant 9.50
Roasted chicken salad with fresh tarragon,
roasted yellow peppers, sliced tomatoes
and crisp lettuce. Served with a side of
kettle chips

***Angus Burger** 10.50
8 Oz grilled burger, crisp bibb lettuce,
sliced tomato and red onion garnishes.
Served with aside of French fries and herb dip.

Denver Chicken Sandwich 10.50
Marinated grilled chicken breast,
sauteed onions and pablano peppers
with ancho mayonnaise and white
cheddar cheese on grilled sourdough bread

***Buffalo Burger** 11.75
Half pound of extra lean buffalo served
with grilled onions, crisp lettuce and
sliced tomato garnishes. Served with a
side of French fries and herb dip.

*This item cooked to order.

Please be advised that consuming raw or undercooked meats,
poultry, seafood, shellfish, or eggs may increase your risk of
food borne illness, especially if you have certain medical conditions.

EXPRESS LUNCH

**Express lunch items are designed for quick preparation,
which will enable you to get in and out within 30
minutes of placing your orders.**

Chicken and Green Chili Quesadillas .75
Flour tortillas, seasoned grilled chicken,
cheddar and pepperjack cheese, onion and
green chilies, served with sour cream,
guacamole and pico de gallo

Traditional Cobb Salad 10.50
Grilled chicken, smoked bacon, egg, avocado,
blue cheese crumbles and tomatoes, tossed
with lemon Dijon dressing

Caesar Salad 5.50
Romaine spears, traditional dressing,
fresh Parmesan, white anchovy and a
warm garlic crouton
Top it with grilled chicken 12.50

Fitness Club 10.75
Shaved turkey with sauteed onions, Swiss
cheese and coleslaw on toasted low carb bread.
Served with a side of fresh fruit

West Side Reuben 9.75
Corned beef brisket, fresh sauerkraut,
Swiss cheese and Thousand Island dressing
on grilled marble rye. Served with French fries.

Turkey Burger 9.75
Ground turkey burger with honey mustard,
Swiss cheese and smoked bacon, crisp lettuce
tomato and red onion garnish.
Served with French fries.

Steak Sandwich 10.75
Thinly sliced smoked beef brisket with
caramelized onions and pepperjack cheese
on a French roll. Served with French fries.

Turkey Wrap 10.50
Warm shaved turkey, roasted yellow pepper

remoulade, diced tomato, mixed greens,
avocado and pepperjack cheese, wrapped
in a tomato basil tortilla.
Served with French fries.

ENTREES

Fish & Chips	10.75
Fried cod filets with French fries, pickled onions and tartar sauce	
Half rack of barbequed ribs	12.00
Basted with honey BBQ sauce. Served with a side of slaw and French fries	
Seared Scallops with Paella Rice	14.00
Grape tomatoes and asparagus	
Pan seared New York Strip	18.50
Basted with molasses barbecue sauce, and served with white cheddar mashed potatoes and bistro vegetables	

Chef's Recommendation

A Daily Fresh Special Sandwich Created for your Enjoyment

Market Price

ANY STARCH ITEM MAY BE EXCHANGED FOR FRESH FRUIT, SIDE SALAD OR VEGETABLE
PLEASE LET US KNOW IF YOU HAVE ANY FOOD ALLERGIES OR REQUIRE A SPECIAL PREPERATION