



## SMALL PLATES AKA APPETIZERS

### SMOKED CHICKEN WINGS

Fresh split chicken wings, dry rubbed, slow roasted, flash fried to finish, sauced to your liking - fall off the bone delicious 14

### BREADED CHICKEN TENDERLOINS

Freshly prepared Filets - Beer battered dipped, deep fried 12.50

### WISCONSIN CHEESE CURDS

Battered dipped and fried. Served with honey mustard sauce 12.50

### BRUSSEL SPROUTS WITH BALSAMIC GLAZE

Sauteed split sprouts with bacon bits 13.50

Add bread bowl or flat bread for 2.50

### SPINACH & ARTICHOKE DIP

Served with warm seasoned pita chips and shredded parmesan cheese 13

### HUMMUS & TABOULI WITH FLATBREAD

Served with feta, greek olives, tzatziki and cucumber relish 13.50

### FRESH TORTILLA CHIPS

Served with chunky salsa & Guacamole 9

### QUESADILLA CHEESE OR CHICKEN

Cheese or chicken, served with fresh pico de gallo, salsa and sour cream 12

## BOWLS

### Add Protein:

Grilled Seasoned Chicken Breast +5  
Salmon Filet +8 • Grilled Shrimp +7

### BANG BANG BOWL

Wild rice, edamame, diced tomatoes, shredded carrots, cilantro, shredded cabbage, bang bang sauce 10

### MAPLE GLAZE BOWL

Brown rice, brussel sprouts, diced sweet potatoes, white tuscan beans, Hickory smoked bacon, with maple glaze sauce 10

### SWEET SESAME CHICKEN

### POKE BOWL

Marinated chicken breast, cucumber, sliced red onion, edamame, mandarin orange, cilantro, sesame seeds, wonton crisps, seaweed salad, short grain rice, soy ginger dressing 13.50

## SALADS

All salads served with flatbread crackers and a roll

### Add Protein:

Grilled Seasoned Chicken Breast +5  
Salmon Filet +8 • Grilled Shrimp +7

### CAPRESE PASTA SALAD

Whole wheat pasta, fresh mozzarella, cherry tomatoes, red grapes, arugula, fresh basil, balsamic vinaigrette 12.75

### CHOPPED MICHIGAN SALAD

Chopped Greens, candied pecans, diced granny smith apples, dried cherries, blue cheese crumbles 12

### CLASSIC CAESAR SALAD

Fresh crisp chopped Romaine lettuce, shaved parmesan cheese, crumbled seasoned croutons, caesar dressing 11

### SUPERFOOD SALAD

Arugula, kale mix, avocado, cucumber, broccoli, croutons, edamame, shredded red cabbage 12

### MEDITERRANEAN SALAD

Bowl of fresh greens, cucumbers, cherry tomatoes, diced red onions, kalamata olives, banana peppers, Greek Dressing 12.50



## WRAPS & FLATBREADS

All wraps and sandwiches includes house made chips and kosher pickle spear

### SMOKED TURKEY CLUB WRAP

Thinly sliced smoked turkey, diced tomato, bacon, sliced cheddar cheese, fresh greens wrapped in a flour tortilla 12.50

### SALMON WRAP

Grilled Salmon, fresh spinach, diced red onion and tomato, brown rice with a drizzle of balsamic glaze wrapped in a flour tortilla 14

### VEGGIE WRAP

Spinach tortilla filled with spring mix greens, Tuscan beans, roasted red bell peppers, tofu, balsamic glaze 13

### CHICKEN PESTO FLATBREAD

Seasoned grilled chicken, spinach sauteed mushrooms, red onions, tomato, shredded parmesan cheese, mozzarella cheese, basil pesto 14.50

## SANDWICHES

### GRILLED CHEESE ON SOURDOUGH

Jack, cheddar, swiss, shredded parmesan, american cheese, honey mustard 11.50

### BLTA

Bacon, lettuce, tomato, avocado and avocado aioli served on sourdough 12.25

### CAPRESE SANDWICH

Fresh Mozzarella, slow roasted tomatoes, basil, arugula, balsamic glaze on whole grain bun or sourdough bread 12



### RUEBEN SANDWICH

The classic! Piled with thinly sliced corned beef, melted swiss cheese, sauerkraut, grilled pumpernickel bread, 1000 island on the side 15

### CHICKEN SANDWICH

Fried or grilled chicken breast, deep fried, served on a brioche bun with sliced kosher pickle, tomato, greens and spicy sweet and sour sauce 14



# BURGERS

7oz. Certified Angus Beef, cooked to medium unless otherwise requested.  
Includes choice of one side.

## Add On's:

- + Jalapenos 1 • Sautéed Red Onion 1.25 • + Mushrooms 2.50
- + Swiss, pepperjack or American Cheese 2 • + Hickory Smoked Thick Cut Bacon 3
- + Avocado 3 • The Works 4

**THE MAC BURGER** - Served on toasted brioche bun, open face pita or lettuce wrap 13.50

**TURKEY BURGER** - 8oz lean 90/10 freshly ground and lightly seasoned 13.50

**SALMON BURGER** - Formed and lightly breaded - Flat Griddled 14.50

**BEYOND BURGER** - Gluten Free Bun. Plant Based Protein 15



# SMOOTHIES

Regular 7 • Kids 5

Add Protein +1 • Whey, Vegan, Chocolate, or Vanilla

## MANGO TANGO

Mango, pineapple, yogurt, and orange juice

## MUSCLE BUILDER

Banana, graham cracker, protein, ice, and milk

## STRAWBERRY BANANA

Banana, strawberry, and water

## KID FRIENDLY

### UNICORN SMOOTHIE

Strawberry, banana, yogurt, almond milk, whipped cream, and sprinkles

### DINOSAUR SMOOTHIE

Spinach, banana, yogurt, and orange juice

# BREAKFAST

## WET BREAKFAST BURRITO

Green chili enchilada sauce, chorizo or breakfast sausage 10.50

## MACFAST

Eggs, protein, potatoes, sour dough toast 9

## AVOCADO TOAST

Avocado, Roasted tomatoes, Hickory Smoked Bacon, Arugula, fried eggs, everything spice, avocado aioli 10

## BELGIAN WAFFLES

Served with 4 berry sauce, warmed maple syrup, whipped topping 11

## YOGURT PARFAIT

Granola and fruit 8

## ACAI BOWLS

Acai puree, bee pollen, strawberries, banana's, granola, honey and Nutella drizzle 9.50

# KIDS

Includes entree, side & drink 10

## ENTREES

- Chicken Tenders
- Macaroni & Cheese
- Burger / Cheeseburger
- Grilled Cheese
- Cheese Pizza
- Chicken Quesadilla

## SIDES

- French Fries
- Carrot / Celery
- Salad
- Oranges
- Yogurt
- Chips
- Broccoli

# DESSERT

## CARROT CAKE TOWER

Enough for two servings if you can share 9.50

## KEY LIME PIE

Freshly made, Light, Refreshing, Slightly Sweet 7.50

## CHOCOLATE LAVA CAKE A LA MODE

7.50

## BLUEBERRY LEMON RICOTTA POUND CAKE

8

Ask your server for today's offering - Cup 3.50 • Bowl 5

We are starting a chili revolution, our secret recipe packed with tasty fresh ingredients and protein - Cup 4.50 • Bowl 6

# SOUP CHILI

# SIDES

4.75

- Brown Rice
- Quinoa
- Low Fat Cottage Cheese
- Fresh Side Of Seasonal Fruit
- Cucumber Salad

- Sweet Potato Fries
- French Fries
- Tater Tots
- Parmesan Truffle Fries

- Beans/Tofu/Roasted Bell Peppers
- Warmed Spinach with Sun-dried Tomato with garlic oil infusion
- Side House salad with choice of dressing