

# BREAKFAST

..... SERVED ALL DAY .....

## Healthy Start

### \*VEGETARIAN CROISSANT <sup>V</sup>

Grilled open-faced croissant with two eggs over-easy, melted muenster cheese, spinach, tomato slices, mushrooms, cucumber and scallions. Served with uptown potatoes 12.5

### OLD FASHION OATMEAL <sup>V</sup>

Served with steamed milk and brown sugar  
· Bowl 6 · Cup 4  
· Fresh berries: add 3 · Fresh bananas: add 2

### UPTOWN PARFAIT

Vanilla & strawberry yogurt, fresh berries & housemade granola 10

### \*HEALTHY HASH

Diced chicken, potatoes, broccoli, diced green chilies, mushrooms, red onion and spinach topped with two eggs your way and side of toast 14.5

### AVOCADO TOAST <sup>V</sup>

Hearty multigrain, avocado, sweet chili-rubbed kale, diced strawberries, roasted pumpkin seeds. 12 top with two eggs your way 14.5

### FRESH FRUIT PLATE <sup>V</sup>

Generous variety of seasonal fruits served with low-fat cottage cheese or yogurt 12.5

## Frittatas & Omeletes

### COWBOY FRITTATA <sup>GF</sup>

Zesty sausage, potatoes, green onions and cheddar cheese 13

### MEDITERRANEAN FRITTATA <sup>GF</sup> <sup>V</sup>

Fresh spinach, bell peppers, mushrooms, green onions, steamed broccoli, diced tomatoes and feta cheese 13

### SCANDINAVIAN FRITTATA <sup>GF</sup>

Nova lox, tomato, capers, cucumber-chive relish and cream cheese 14

### CAPRESE OMELET <sup>GF</sup> <sup>V</sup>

Tomato, basil and fresh mozzarella, topped with olive tapenade. Served with uptown potatoes or toast 13.5

## FRESH FRUIT SMOOTHIES

All-natural smoothies are made with premium nonfat yogurt and a combination of bananas, berries and other seasonal fruits. No commercial purees, no chemicals, no thickeners and no artificial flavorings or stabilizers are added.

### STRAWBERRY BANANA <sup>GF</sup> <sup>V</sup>

Strawberries, banana, agave, yogurt and a splash of orange juice 9

### THE ELVIS <sup>GF</sup> <sup>V</sup>

Banana, peanut butter, milk and agave 9  
· Add a shot of espresso 3

### BERRY BLAST <sup>GF</sup> <sup>V</sup>

Raspberries, blueberries, strawberries, blackberries, banana, yogurt, agave and a splash of cranberry juice 9

### ORANGE SUNRISE <sup>GF</sup>

Mandarin oranges, banana, vanilla yogurt, orange juice, turmeric, agave and a touch of honey 9

Add a scoop of whey protein powder 3

## Egg-Exclusive



### \*CHICKEN SAUSAGE HASH

Chicken sausage, spinach, sun-dried tomatoes, onions and potatoes topped with two eggs your way and choice of toast 13.5

### \*CORNED BEEF HASH

Corned beef, onions and potatoes topped with two eggs your way and a side of toast 13

### TOMATILLO, BLACK BEAN & ROASTED CORN BURRITO <sup>V</sup>

Jalapeño tortilla filled with black beans and roasted corn, tomatillos, red onion, diced green chilies, cheddar cheese, and scrambled eggs. Served with housemade salsa verde 12.5

### \*HUEVOS RANCHEROS

Two eggs over corn tortillas, black beans with chorizo and cheddar cheese. Served with fresh guacamole, sour cream and housemade ranchero sauce 15

### \*BISCUITS & GRAVY

Two biscuits smothered in our sausage gravy, topped with two eggs your way. Served with uptown potatoes  
· Full order 12 · Half order 8.5

### \*TWO EGGS <sup>V</sup>

Any style with uptown potatoes and choice of challah, multigrain, rye or sourdough toast 9.5  
· With bacon, thick cut ham, sausage links or chicken sausage: add 3.5  
· Egg whites only: add 2

### YOUR SCRAMBLE OR OMELET <sup>GF</sup>

Choose 3 ingredients and have them either scrambled together or folded over the middle. Served with uptown potatoes or toast 13



· American



· Bell Peppers



· Bacon

· Cheddar

· Broccoli

· Chicken Sausage

· Feta

· Fresh Basil

· Ham

· Goat Cheese

· Jalapeño

· Sausage

· Gouda

· Mushrooms

· Muenster

· Red Onions

· Provolone

· Spinach

· Swiss

· Tomatoes

· Additional items: add 1

· Egg white omelet: add 1.5 · Sub tofu: add 3

## CAFFEINATE

Enjoy a bottomless cup of Lavazza Coffee; Italy's favorite coffee. A blend of 100% Arabica full-bodied Brazilian beans, a smooth chocolatey flavor combines with aromatic and spicy Indian coffees.

### REGULAR & DECAF 3

### ESPRESSO 3.5

### CAPPUCCINO 4.25

· Add a flavor shot 0.75  
· Ask your server for current selections

### DOUBLE SHOT 5

### SELECTION OF PREMIUM HOT TEA 2.75

### FRESH BREWED ICED TEA 3

## From the Griddle

### MALTED PANCAKES 9

<sup>GF</sup> add 2  
· Blueberries: add 3  
· Bananas/Chocolate Chips: add 2  
· Make it B&B: add 3.5

### HOUSEMADE WAFFLE

Topped with whipped cream, powdered sugar and served with your choice of compotes made with bananas, blueberries or strawberries 9  
· Sub fresh berries 3

### STUFFED FRENCH TOAST <sup>V</sup>

Cinnamon or thick cut challah toast with your choice of two of the following: chocolate, hazelnut, peanut butter, honey, cream cheese, or compotes made of banana, strawberry or blueberry 13  
<sup>GF</sup> add 2 · Sub fresh berries 1.5

Add: 100% Maple syrup 4

## Uptown Essentials

### UPTOWN BAGEL <sup>V</sup>

Your choice of plain, sesame or everything 3  
· *The Works* with thinly sliced red onions, cream cheese, capers, cucumbers, tomatoes and chives 10  
· *The Works* with nova lox 15

### DAILY QUICHE

Meat or vegetarian option served with uptown potatoes and balsamic salad 10.5

### BREAKFAST BURRITO

Jalapeño tortilla filled with chorizo, scrambled eggs, diced green chilies, red onions and melted cheese. Housemade salsa roja and guacamole on the side. Served with uptown potatoes 13.5

### BREAKFAST SANDWICH

Eggs, cheese & choice of bacon, sausage or ham on a brioche bun. Served with uptown potatoes 12

### BAKED OATMEAL <sup>V</sup>

Your choice of blueberry or cinnamon raisin. Served with steamed milk and brown sugar 9.5

## SIDES BREAKFAST



### Applewood smoked bacon 4.5

### Zesty sausage 4

### Chicken sausage 4

### Fresh fruit cup 5

### Thick cut ham 4

### English muffin or biscuit 2

### Bagel 3 with cream cheese 4

### Low-fat yogurt vanilla or strawberry 3

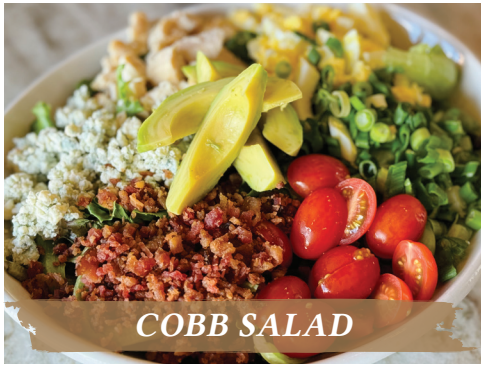
Toast: challah, multigrain, rye or sourdough  
· Full 2.5 · Half 1.5

<sup>GF</sup> Bread available 3

# LUNCH

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## Fresh Greens



**COBB SALAD**

\*7225 **GF**  
Mixed greens with seared steak, roasted red potatoes, roasted red peppers, red cabbage and edamame. Served with jalapeño-lime vinaigrette 16

**ASIAN CHICKEN** **GF**  
Mixed greens, chicken breast, red cabbage, carrots, roasted bell peppers, scallions and mandarin oranges. Served with asian ginger dressing 14.5

**COBB** **GF**  
Mixed greens with tomato, scallions, avocado, bacon, hard boiled egg, roasted chicken breast and crumbled bleu cheese. Served with a lightly sweet onion vinaigrette 15

**CHICKEN APPLE PECAN SALAD** **GF** **NEW!**  
Chopped greens, bleu cheese crumbles, roasted chicken breast, honey crisp apples, carrots, toasted pecans, apple cider citrus dressing 15

**GRILLED CHICKEN CAESAR**  
Romaine lettuce, parmesan cheese, croutons, grilled chicken breast tossed with caesar dressing 15

**ADD PROTEIN:** · Shrimp 7 · \* Salmon 7 · \*Steak 7 · Tofu 4 · All-natural chicken breast 6

*We're proud to serve organic produce from Pure Green Farms*

**Any salad can be chopped at your request!**

Asian ginger • Balsamic vinaigrette **GF**  
Bleu cheese • Buttermilk ranch **GF**  
Caesar • Garlic parsley **GF**  
Jalapeño-lime vinaigrette **GF** • Sweet onion vinaigrette **GF**

## Choose Two

Choice of bowl of soup, half-sandwich or small house salad 11.5

Half-sandwich bread choices: challah, multigrain, rye or sourdough.  
· Swap bowl for a cup of soup 9

## Soup

*All soups are made fresh in-house.*  
Ask your server about today's offerings.  
· Cup 4 · Bowl 6.5

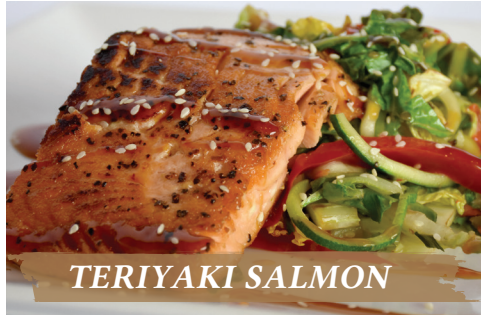
## Healthy Picks

**HUMMUS PLATE**  
Housemade hummus with warm toasted pita, celery, cucumbers, carrots and sliced tomatoes 10

**TERIYAKI SALMON**  
Zucchini noodles, napa cabbage, carrots, bell peppers, scallions, sesame seeds, teriyaki glaze 17

**VEGETABLE STIR FRY** **GF** **VG**  
Rice, onions, peppers, broccoli, carrots, snap peas, squash, choice of hoisin, teriyaki or curry sauce 12

**ADD PROTEIN:** · Shrimp 7 · \* Salmon 7 · \*Steak 7 · Tofu 4 · All-natural chicken breast 6



**TERIYAKI SALMON**

## Uptown Burgers

100% prime rib burger patty, lettuce, tomato & red onion on a brioche roll. Served with uptown chips.

**\*BLACK JACK**  
Blackening spices, housemade chili, pepper jack cheese and red onion 14

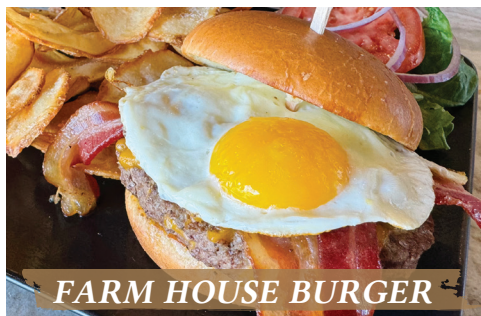
**\*FARM HOUSE**  
Applewood smoked bacon, cheddar cheese and a sunny side up egg 15

**\*TWO HANDED PATTY MELT**  
Swiss cheese, american cheese, caramelized onions on marble rye 13.5

**QUINOA BURGER** **V**  
Housemade with quinoa, topped with hummus, roasted red peppers, feta, lettuce, tomato and onion 12

**THAI CHICKEN BURGER**  
All-natural chicken, napa cabbage slaw, jalapenös, Thai dressing 12.5

**\*UPTOWN BURGER**  
Our classic cheddar cheeseburger 13



**FARM HOUSE BURGER**

## Handhelds

All served with your choice of uptown chips, side salad, housemade uptown slaw, housemade potato salad or substitute any lunch side.

· Substitute sweet potato fries: add 2

**GF** Bread available for any sandwich or burger: add 2

**Available breads:** multigrain, sourdough, english muffin, rye & challah

**CAJUN CHICKEN PITA**  
Grilled chicken, melted pepper jack cheese, lettuce, tomato, red onion and cajun mayo wrapped in toasted pita 11.5

**VEGAN GARDEN WRAP** **VG**  
Spinach tortilla with hummus, edamame, freshly diced jalapeño, tomato, shredded carrots, onion and fresh spinach 11

**CHICKEN BURRITO**  
Grilled chicken, melted pepper jack cheese, tomato, onion, shredded greens and black bean relish. Housemade salsa roja and guacamole on the side 12.5



**CHICKEN SALAD CROISSANT**

**CHICKEN & AVOCADO CLUB**  
Grilled chicken, avocado, tomato, spinach, red onion, melted provolone and cilantro lime mayo 13

**SPICY ITALIAN PANINI**  
Grilled capicola, pepperoni and melted provolone on toasted sourdough, spread with pesto; spicy giardiniera peppers on the side 11.5

**GRILLED B. L. T. C.**  
Bacon, lettuce, tomato, smoked gouda, muenster, white cheddar, dijon mustard, multigrain bread, choice of cup of soup 12

**OVEN ROASTED TURKEY CLUB**  
Turkey, bacon, avocado, spinach, tomato, melted muenster cheese and cranberry chutney 13.5

**CAPRESE PANINI** **V**  
Fresh mozzarella, basil, roma tomato, fresh spinach, olive tapenade and garlic parsley vinaigrette 11.5

**GRILLED REUBEN**  
Shaved corned beef, melted swiss cheese, sauerkraut, thousand island. Served on rye bread 12

**CHICKEN SALAD CROISSANT**  
House made chicken salad, cranberries, toasted almonds, and your choice of soup or salad 13

## SIDES LUNCH



Sweet potato fries 4      Housemade uptown slaw 3      Low-fat cottage cheese 3  
Side caesar or side salad 4      Housemade uptown chips 3.5      Uptown potatoes 3.5      Potato Salad 3

**FOUNTAIN DRINKS** 3  
We proudly serve *Coca-Cola* products

**FRESH SQUEEZED LEMONADE** 4  
· No refills

**JUICE**  
Cranberry, Apple, Grapefruit, Pineapple or Tomato.  
· Small 3 · Large 4

**FRESH SQUEEZED ORANGE JUICE**  
· Small 3.5 · Large 5

**ARNOLD PALMER** 3.5  
½ Iced tea, ½ Lemonade  
· 1 Refill

**SOY OR ALMOND MILK**  
· Small 4 · Large 5

**SAN PELLEGRINO** 3.5

\* Notice: Consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk for food borne illness.

**V** Vegetarian

**GF** Gluten Free

**VG** Vegan