

TO GO

BREAKFAST

Healthy Start

*VEGETARIAN CROISSANT

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 O

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

AVOCADO TOAST 🕡

Hearty multigrain, avocado, sweet chili-rubbed kale, diced strawberries, roasted pumpkin seeds. 12 top with two eggs your way 14

FRESH FRUIT PLATE

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

Frittatas & Omeletes

COWBOY FRITTATA @

Zesty sausage, potatoes, green onions and cheddar cheese. 12

MEDITERRANEAN FRITTATA G W

Fresh spinach, bell peppers, mushrooms, green onions, steamed broccoli, diced tomatoes and feta cheese, 12

SCANDINAVIAN FRITTATA GD

Nova lox, tomato, capers, cucumber-chive relish and cream cheese. 13

CAPRESE OMELET GF V

Tomato, basil and fresh mozzarella, topped with olive tapenade. Served with uptown potatoes or toast. 12.5

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 © V

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

THE ELVIS GB 🕡

Banana, peanut butter, milk and agave. 9

 \cdot Add a shot of espresso. 3

BERRY BLAST GF V



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

ORANGE SUNRISE GP

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

Add a scoop of whey protein powder 3

Egg-Sclusive:



*CHICKEN SAUSAGE HASH

Chicken sausage, spinach, sun-dried tomatoes, onions and potatoes topped with two eggs your way and choice of toast. 13

*CORNED BEEF HASH

Corned beef, onions and potatoes topped with two eggs your way and a side of toast. 12.5

TOMATILLO, BLACK BEAN & ROASTED CORN BURRITO O

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

*HUEVOS RANCHEROS

Two eggs over corn tortillas, black beans with chorizo and cheddar cheese. Served with fresh guacamole, sour cream and housemade ranchero sauce. 14

*BISCUITS & GRAVY

Two biscuits smothered in our sausage gravy, topped with two eggs your way. Served with uptown potatoes.

Full order 11.5 · Half order 8

*TWO EGGS 💟



Any style with uptown potatoes and choice of challah, multigrain, rye or sourdough toast. 9

- · With bacon, thick cut ham, sausage links or chicken sausage: add 3.5
- · Egg whites only: add 1.5

YOUR SCRAMBLE OR OMELET GB



Choose 3 ingredients and have them either scrambled together or folded over the middle. Served with uptown potatoes or toast. 12

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· Red Onions

· Spinach

· Tomatoes

· Ham

 $\cdot \ American$ \cdot Cheddar

· Feta

· Gouda

- · Swiss
- · Bell

- **Peppers**
- · Goat Cheese · Broccoli

 - · Bacon · Fresh Basil · Chicken Sausage
- · Muenster · Jalapeño
- · Provolone
- · Mushrooms · Sausage

 - · 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 fullbodied 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 8.5

- 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. 8.5 · Sub fresh berries 3

STUFFED FRENCH TOAST



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

add 2 · Sub fresh berries 1.5

Add: 100% Maple syrup 4

Uptown Essentials

UPTOWN BAGEL O



Your choice of plain, sesame or everything. 3

- · The Works with thinly sliced red onions, cream cheese, capers, cucumbers, tomatoes and chives. 10
- \cdot The Works with nova lox. 15

DAILY QUICHE

Meat or vegetarian option served with uptown potatoes and balsamic salad. 10

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

BREAKFAST SANDWICH

Eggs, cheese & choice of bacon, sausage or ham on a brioche bun. Served with uptown potatoes. 11.5



Your choice of blueberry or cinnamon raisin. Served with steamed milk and brown sugar. 9

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

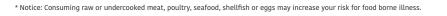
Toast: challah, multigrain, rye or sourdough · Full 2.5 · Half 1.5

- GF Bread available 3

Vegetarian









Fresh Greens



STEAK & ARUGULA



Fresh arugula, seared tenderloin tips, roasted peppers, bleu cheese crumbles, lemon vinaigrette, almonds 16



Mixed greens, chicken breast, red cabbage, carrots, roasted bell peppers, scallions and mandarin oranges. Served with Asian ginger dressing 14.5

COBB @

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 @

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 ·*Tenderloin tips 8 Tofu 4 · All-natural chicken breast 6

> We're proud to serve organic produce from GREEN FARMS



Any salad can be chopped at your request!

Asian ginger • Balsamic vinaigrette GF





Caesar • Garlic parsley 🕞 • Lemon vinaigrette 🚱

Choose Two

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

Soup

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

Healthy Picks

CURRY & QUINOA



All-natural chicken breast, red quinoa, bell peppers, onions, jalapenõs, basil, coconut curry sauce 18

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 19

VEGETABLE STIR FRY GP VG



Rice, onions, peppers, broccoli, carrots, snap peas, squash, choice of hoisin or teriyaki sauce 12

Add Protein: · Shrimp 7 ·* Salmon 7 ·*Tenderloin tips 8 · Tofu 4 · All-natural chicken breast 6



Uptown Burgers

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

GREEN CHILE



Creamy goat cheese, roasted salsa verde, green chiles, ranch dressing 15

*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 rve 13.5



Housemade with quinoa, topped with hummus, roasted red peppers, feta, lettuce, tomato and

THAI CHICKEN BURGER

All-natural chicken, napa cabbage slaw, jalapenõs, Thai dressing 12.5

*UPTOWN BURGER

Our classic cheddar cheeseburger 13



Handhelds

Served with your choice of uptown chips, side salad, housemade uptown slaw, pasta salad or substitute any lunch side

- Substitute sweet potato fries: add 2
- GP Bread available for any sandwich or burger: add 2

Available breads: multigrain, sourdough, English muffin, rye & challah

GRANGER CLUB



Turkey, chunky avocado spread, arugula, vine ripened tomatoes, bacon, mayonnaise. Served on focaccia bread 13.5

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



Spinach tortilla with hummus, edamame, freshly diced jalapeño, tomato, shredded carrots, onion and fresh spinach 11

CHICKEN & AVOCADO CLUB

Grilled chicken, avocado, tomato, spinach, red onion, melted provolone and cilantro lime mayo 13

SPICY ITALIAN NEW



Capicola, pepperoni, provolone, pesto, spicy giardiniera. Served on focaccia bread. 11.5

GRILLED B. L. T. C.

Bacon, lettuce, tomato, smoked Gouda, muenster, white cheddar, dijon mustard. Served on multigrain bread, choice of cup of soup 12



CAPRESE V





Vine ripened tomatoes, fresh mozzarella, arugala, pesto, balsamic dressing. Served on focaccia bread 11.5

GRILLED REUBEN

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

CHICKEN SALAD CROISSANT

Housemade chicken salad, cranberries, toasted almonds. 13

SIDES LUNCH



Sweet potato fries 4 Housemade uptown slaw 3 Low-fat cottage cheese 3

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Side caesar or side salad 4 Housemade uptown chips 3.5 Uptown potatoes 3.5 Pasta Salad 3

FOUNTAIN DRINKS 3 We proudly serve CoalCola products

FRESH SQUEEZED LEMONADE 4 $\,$

Cranberry, Apple, Grapefruit, Pineapple or Tomato.

· Small 3 · Large 4 FRESH SQUEEZED ORANGE JUICE

· Small 3.5 · Large 5

SOY OR ALMOND MILK

ARNOLD PALMER 3.5

3 Iced tea, 1 Lemonade

· Small 4 · Large 5

· 1 Refill

V Vegetarian







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



SAN PELLEGRINO 3.5