

eat well.

drink well.

BE HAPPY.



GOURMET PIZZA

All pizzas are a 12" *fire grilled* crust

GF crust available upon request for a slight up charge

Quattro Formaggio **V**

pesto, goat cheese, parmesan, mozzarella, asiago, roma tomato and fresh basil 17

Roasted Mushroom **V**

roasted portobello and shiitake mushrooms, roasted garlic, goat cheese and caramelized onions 18

Margherita **V**

marinara, mozzarella, fresh basil and roma tomato 15

Bricklayer

marinara, pepperoni, sausage, red onions, roasted bell peppers and fresh herbs 17

Breakfast

sausage gravy, cheddar cheese, diced ham, diced red potato and scrambled eggs 16

Build Your Own

start with your choice of sauce and mozzarella cheese; your imagination takes it from there 12

SAUCES (choose one):

- marinara
- pesto
- roasted garlic

MEAT TOPPINGS: add 1.75

- pepperoni
- bacon (3)
- shrimp (7)
- sausage
- capicola (6)
- anchovies (4)
- ham
- chorizo
- all-natural chicken (5)

VEGGIE TOPPINGS: add 1.50

- green onion
- kalamata olives (2)
- artichoke hearts (2)
- broccoli
- spinach
- capers
- fresh basil
- scallions
- green peppers
- caramelized onion
- thinly-sliced red onion
- crimini mushrooms
- shiitake mushrooms (2)
- portobello mushrooms (2)
- sun-dried tomato (2)
- roma tomato
- giardiniera peppers
- roasted bell peppers
- jalapeño

freshGREENS

»»»»» Add to Any Salad:

- grilled shrimp 7
- grilled salmon 7
- grilled steak 7
- all-natural grilled chicken breast 5

Any salad can be chopped at your request!

- garlic parsley **GF**
- lemon vinaigrette **GF**
- bleu cheese
- caesar
- sweet onion vinaigrette **GF**
- jalapeño-lime vinaigrette **GF**
- balsamic vinaigrette **GF**
- toasted sesame **GF**
- asian ginger

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

7225 Salad **GF**

mixed greens with seared steak, roasted red potatoes, roasted red peppers, red cabbage and edamame. served with jalapeño-lime vinaigrette 16

Granger Wedge

romaine, bacon, egg, bleu cheese crumbles, grape tomato, croutons topped with bleu cheese dressing 12

Asian Chicken Salad

mixed greens, chicken breast, red cabbage, carrots, roasted bell peppers, scallions and mandarin oranges. served with asian ginger dressing 12

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

Bari's Chopped **GF** **VG**

field greens, hearts of palm, roasted red peppers, carrots, cucumber, diced red onion, sprouts and tomatoes. served with garlic parsley vinaigrette 11

Beet and Gorgonzola **GF** **V**

mixed greens, beets, bleu cheese crumbles, roasted almonds, jalapeno lime dressing 12

Grilled Chicken Caesar

romaine lettuce, bacon, jalapeño corn relish, parmesan cheese, croutons, grilled chicken breast tossed with caesar dressing 15

Salad Nicoise **GF**

sesame crusted seared ahi tuna, kalamata olives, tomatoes, anchovy and chopped eggs. served with garlic parsley vinaigrette 18



all soups are made fresh in-house. ask about today's offerings
cup 3.5 • bowl 6

FRESH FRUIT Smoothies

Strawberry Banana **GF** **V**

strawberries, banana, honey, yogurt, and a splash of orange juice 8

The Elvis **GF** **V**

banana, peanut butter, milk and honey 8
add a shot of espresso 3

Berry Blast **GF** **V**

raspberries, blueberries, strawberries, blackberries, banana, yogurt, honey and a splash of cranberry juice 8

add a green boost of spinach, broccoli and avocado 3

V vegetarian **GF** gluten free **VG** vegan

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

HEALTHY *Picks*



Hummus Plate

housemade hummus with warm toasted pita, celery, cucumbers, carrots and sliced tomatoes 9

Uptown Muesli GF V

granola, nuts and dried fruit soaked in orange juice and milk, topped with fresh berries and bananas 10

Roasted Spaghetti Squash GF VG

spaghetti squash, garlic, marinara sauce, roasted vegetables 11

Avocado Toast V

hearty multigrain, puréed avocado, sweet chili rubbed kale, diced strawberries, roasted pumpkin seeds 12

Roasted Garlic Tofu GF VG

marinated and seared tofu over rice with avocado, black beans, scallions, roasted garlic, sprouts and mango salsa 12

Fresh Fruit Plate V

generous variety of seasonal fruits served around a scoop of low-fat cottage cheese or yogurt 12

"Brey" sian Stir Fry GF VG

rice, onions, peppers, broccoli, carrots, snap peas, cauliflower, choice of hoisin or curry sauce 11

➤➤➤➤➤➤➤➤➤ Add to Any Healthy Pick:

- grilled shrimp 7
- grilled salmon 7
- grilled steak 7
- all-natural grilled chicken breast 5
- tofu 5



all served with your choice of uptown fries, side salad, housemade uptown slaw or house-made potato salad.

substitute sweet potato fries add 2
baked green beans add 3

GF bread or bun is available for any sandwich or burger add 1.5

french batard or tomato focaccia bread available add 1.5

VG breads available: multi grain, sourdough and English muffin

Cajun Chicken Flatbread

grilled chicken, melted pepper jack cheese, lettuce, tomato, red onion and cajun mayo wrapped in toasted flatbread 11

Vegan Garden Wrap VG

spinach tortilla with hummus, edamame, freshly diced jalapeño, sprouts, tomato, shredded carrots, onion and mixed greens 10

Lunch Burrito

grilled chicken, melted pepper jack cheese, avocado, tomato, onion, shredded greens and black bean relish; house made salsa roja on the side 10

Julia's Caprese Sandwich V

fresh mozzarella, basil, plum tomato and fresh spinach with olive tapenade and a touch of garlic parsley vinaigrette 11

Chicken and Avocado Club

grilled chicken, avocado, tomato, spinach, sprouts, red onion, melted provolone and cilantro lime mayo 12.5

Spicy Italian

grilled capicola, pepperoni and melted provolone on toasted sourdough, spread with pesto; spicy giardiniera peppers on the side 11

Grilled B. L. T. C.

bacon, lettuce, tomato, smoked gouda, muenster, white cheddar, dijon mustard, multigrain bread, choice of cup of soup 12

Spicy Turkey Grinder

sliced turkey, pepper jack cheese, sautéed mushrooms, jalapeños, onions, leaf lettuce, sliced tomato and cajun mayonnaise. served on french batard 12

Oven Roasted Turkey Club

turkey, bacon, avocado, spinach, tomato, melted muenster cheese and raspberry mayo 13.5

Napa Slaw Ruben

shaved corned beef, melted swiss cheese, thousand island napa slaw. served on rye bread 11

Turkey Burger

lean ground turkey breast, grilled onion, lettuce, tomato, sliced avocado, jalapeño and wasabi mayo 13.5

Veggie Burger GF VG

All-natural veggie burger served with lettuce, tomato, onion, and housemade garlic parsley vinaigrette 12

Big Jake's Burger

half pound beef patty with lettuce, tomato and grilled onion 13.5

Make it "Johnny Style" with bacon and bleu cheese 4

Jenny's Quinoa Burger

house made vegetable patty with quinoa, topped with hummus, roasted red pepper, feta, lettuce, tomato and onion 12



Breakfast

SERVED ALL DAY

In harmony with nature, our hens are given certified organic seed free of antibiotics, synthetic hormones or pesticides.

Chicken Sausage Hash

chicken sausage, spinach, sun-dried tomatoes, onions and potatoes topped with two eggs your way and choice of toast 11

Corned Beef Hash

corned beef, onion and potato topped with two eggs your way and a side of toast 10

Jonathan's Healthy Hash

diced chicken, potato, broccoli, jalapeño, mushroom, red onion and spinach topped with two eggs your way and a side of toast 12

Cowboy Frittata GF

zesty sausage, potatoes, green onions, fresh herbs and cheddar cheese 10

Mediterranean Frittata V GF

fresh spinach, bell peppers, mushrooms, green onions, steamed broccoli, diced tomatoes, parsley and feta cheese 10

Daily Quiche

meat or vegetarian option served with uptown fries and balsamic salad 10

Vegetarian Croissant V

grilled open-faced croissant with two eggs over-easy, melted muenster cheese, spinach, tomato slices, mushrooms, cucumber, alfalfa sprouts and scallions; served with uptown fries 12

Breakfast Burrito

jalapeño tortilla filled with chorizo, scrambled eggs, avocado, potatoes, jalapeño, red onion and melted cheese. housemade salsa roja on the side 12

Tomatillo, Black Bean & Roasted Corn Burrito V

black beans and roasted corn, red onion, jalapeño, cheddar cheese, and scrambled eggs all inside a jalapeño and cheddar tortilla, served with house made salsa verde 10

Hot, Fresh Oatmeal V

served with steamed milk and brown sugar 5 • cup 3.5
with fresh berries: add 3
with fresh bananas: add 2

Baked Oatmeal V

your choice of blueberry, seasonal fruit or cinnamon raisin, served with steamed milk and brown sugar 8

Uptown Biscuits & Gravy

two biscuits smothered in our sausage gravy, topped with two eggs your way. served with uptown fries full order 11 • half order 7

Uptown Bagel V

your choice of plain, wheat or everything 3
with side of cream cheese 4
the works with thinly sliced red onion, capers, cucumber, tomato and chives 7
the works with nova lox 15

Buttermilk Pancakes 8

GF 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, strawberries or blackberries/raspberries 8
sub fresh berries 3

Stuffed French Toast V

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, blackberry/raspberry, strawberry or blueberry 10

GF add 1.5 sub fresh berries 1.5

Two Eggs V

any style with uptown fries and choice of challah, multigrain, rye or sourdough toast 7.5
with bacon, thick cut ham, sausage links or chicken sausage add 3.5
egg whites only add 1.5

Caprese Omelet V GF

tomato, basil, fresh mozzarella, topped with olive tapenade and served with uptown fries 11

Scandinavian Frittata GF

nova lox, tomato, capers, cucumber-chive relish, cream cheese drizzle 12.5

Your Omelet GF

choice of 3 items, served with uptown fries or toast 11

- swiss
- cheddar
- american
- asiago
- gouda
- feta
- goat cheese
- broccoli
- spinach
- scallions
- fresh chives
- mushrooms
- bell peppers
- tomatoes
- red onion
- fresh basil
- jalapeño
- ham
- provolone
- muenster
- bacon
- sausage
- chicken sausage

additional items add 1 • egg white omelet add 1.5

Your Scramble GF

same as an omelet except the ingredients are scrambled together as opposed to being folded over the middle 11
substitute tofu for eggs add 3

Extra HELPINGS

- applewood smoked bacon 4.5
- zesty sausage 4
- chicken sausage 4
- thick cut ham 4
- toast: challah, multigrain, rye or sourdough full 2.5 • half 1.5
GF bread available 3
- english muffin or biscuit 1.5
- fresh fruit cup 5
- low-fat yogurt vanilla or strawberry 2.5
- 100% maple syrup 4

V vegetarian GF gluten free VC vegan

* notice: consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk for foodborne illness*