eat well.

drink well.

BE HAPPY.

UPTOWN
KITCHEN

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 14

SAUCES (choose one):
- marinara
- pesto
- roasted garlic

MEAT TOPPINGS: add 2.00
- pepperoni
- sausage
- ham
- bacon (3)
- chorizo
- all-natural chicken (5)

VEGGIE TOPPINGS: add 1.50
- green onion
- kalamata olives
- artichoke hearts
- broccoli
- spinach
- fresh basil
- green peppers
- thinly-sliced red onion
- mushrooms
- sun-dried tomato
- roma tomato
- giardiniera peppers
- jalapeño

freshGREENS

Add to Any Salad:

- grilled shrimp 7
- grilled salmon 7
- grilled steak 7
- all-natural grilled chicken breast 6

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
- ranch
- 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

Asian Chicken Salad
mixed greens, chicken breast, red cabbage, carrots, roasted bell peppers, scallions and mandarin oranges. served with asian ginger dressing 14

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

Chopped GF VG
field greens, hearts of palm, roasted red peppers, carrots, cucumber, diced red onion and tomatoes. served with garlic parsley vinaigrette 12

Grilled Chicken Caesar
romaine lettuce, parmesan cheese, croutons, grilled chicken breast tossed with caesar dressing 15

SOUPS

all soups are made fresh in-house
ask about today's offerings

cup 3.5 • bowl 6

FRESH FRUIT Smoothies

all-natural smoothies are made with premium nonfat yogurt, agave nectar 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

Strawberry Banana GF V
strawberries, banana, agave, yogurt, and a splash of orange juice 8

The Elvis GF V
banana, peanut butter, milk and agave 8
add a shot of espresso 3

Berry Blast GF V
raspberries, blueberries, strawberries, blackberries, banana, yogurt, agave and a splash of cranberry juice 8

add whey protein 3

V vegetarian GF gluten free VG vegan

HEALTHY *Picks*

Hummus Plate
housemade hummus with warm toasted pita, celery, cucumbers, carrots and sliced tomatoes 11

Uptown Parfait GF
strawberry yogurt, fresh berries, housemade granola and vanilla yogurt 10

Zoodles Primavera GF VG
zucchini noodles, yellow squash, roma tomatoes, snap peas, bell peppers, onions and pesto 11

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

Crispy Tofu GF VG
crispy tofu, asian slaw, mango salsa and fresh jalapeño 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 and cauliflower. choice of hoisin, teriyaki or curry sauce 11

Add to Any Healthy Pick:

- grilled shrimp 7
- grilled salmon 7
- grilled steak 7
- all-natural grilled chicken breast 6
- tofu 5

handhelds

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 is available for any sandwich or burger add 1.5

VG breads available: multi grain, sourdough and English muffin

Cajun Chicken Pita
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, tomato, shredded carrots, onion and mixed greens 11

Grilled Chicken Burrito
grilled chicken, melted pepper jack cheese, avocado, tomato, onion, shredded greens and black bean relish; house made salsa roja on the side 12

Caprese Panini V
fresh mozzarella, basil, plum tomato and fresh spinach with olive tapenade and a touch of garlic parsley vinaigrette on multigrain 12

Chicken and Avocado Club
grilled chicken, avocado, tomato, spinach, red onion, melted provolone and cilantro lime mayo on multigrain 13

Spicy Italian Panini
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, jalapeños, onions, leaf lettuce, sliced tomato and cajun mayonnaise. served on french roll 12

Oven Roasted Turkey Club
turkey, bacon, avocado, spinach, tomato, melted muenster cheese and cranberry chutney 13.5

Grilled Reuben
shaved corned beef, melted swiss cheese, sauerkraut, thousand island. served on rye bread 12

UPTOWN BURGERS

Turkey Burger
lean ground turkey breast, red onion, lettuce, tomato, sliced avocado and wasabi mayo 13.5

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

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

V vegetarian GF gluten free VG vegan

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 12

Corned Beef Hash
corned beef, onion and potato topped with two eggs your way and a side of toast 11

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

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 and scallions served with uptown fries 12

Two Eggs (V)
any style with uptown fries and choice of challah, multigrain, rye or sourdough toast 8
with bacon, thick cut ham, sausage links or chicken sausage add 4
egg whites only add 1.5

Cowboy Frittata (GF)
zesty sausage, potatoes, green onions, fresh herbs and cheddar cheese 10

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 12.5

Mediterranean Frittata (V) (GF)
fresh spinach, bell peppers, mushrooms, green onions, steamed broccoli, diced tomatoes, parsley and feta cheese 10

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 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

Malted 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 or strawberries 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, strawberry or blueberry 11
(GF) add 1.5 sub fresh berries 1.5

Your Scramble *or* Omelet (GF)
choose 3 ingredients and have them either scrambled togethered or folded over the middle. Served with uptown fries or toast 12

- American
- Cheddar
- Feta
- Goat Cheese
- Gouda
- Muenster
- Provolone
- Swiss
- Bell Peppers
- Broccoli
- Fresh Basil
- Fresh Chives
- Jalapeño
- Mushrooms
- Red Onions
- Scallions
- Spinach
- Tomatoes
- Bacon
- Chicken Sausage
- Ham
- Sausage

· Additional items: add 1.00 · Egg white omelet: add 1.50
· Sub tofu: add 3.0

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 2
- fresh fruit cup 5
- low-fat yogurt vanilla or strawberry 2.5
- 100% maple syrup 4

(V) vegetarian (GF) gluten free (VG) vegan

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

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