

BREAKFAST

..... SERVED ALL DAY

Healthy Start

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 potatoes. 12

OLD FASHION OATMEAL V

Served with steamed milk and brown sugar.
· Bowl 5 · Cup 3.5
· 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. 13.5

AVOCADO TOAST V

Hearty multigrain, avocado, sweet chili-rubbed kale, diced strawberries, roasted pumpkin seeds. 12

FRESH FRUIT PLATE V

Generous variety of seasonal fruits served with low-fat cottage cheese or yogurt. 12

Frittatas & Omeletes

COWBOY FRITTATA GF

Zesty sausage, potatoes, green onions and cheddar cheese. 11.5

MEDITERRANEAN FRITTATA GF V

Fresh spinach, bell peppers, mushrooms, green onions, steamed broccoli, diced tomatoes and feta cheese. 11.5

SCANDINAVIAN FRITTATA GF

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. 11.5

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 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 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. 12.5

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 V

Jalapeño tortilla filled with black beans and roasted corn, red onion, diced green chilies, cheddar cheese, and scrambled eggs. Served with housemade salsa verde. 11

HUEVOS RANCHEROS

Two eggs over corn tortillas, chorizo-flavored refried beans and cheddar cheese. Served with fresh salsa, guacamole, sour cream and housemade ranchero sauce. 13.5

UPTOWN 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 7.5

TWO EGGS V

Any style with uptown potatoes and choice of challah, multigrain, rye or sourdough toast. 8.5
· With bacon, thick cut ham, sausage links or chicken sausage: add 3.5
· Egg whites only: add 1.5

YOUR SCRAMBLE OR OMELET GF

Choose 3 ingredients and have them either scrambled together or folded over the middle. Served with uptown potatoes or toast. 11.5



· 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 8.5

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. 8.5
· 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. 11.5
GF add 1.5 · Sub fresh berries 1.5

Add: **100%** Maple syrup 4

Uptown Essentials

UPTOWN BAGEL V

Your choice of plain, sesame or everything. 3
· With side of cream cheese. 4
· *The Works* with thinly sliced red onions, capers, cucumbers, tomatoes and chives. 8
· *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. 12.5

BREAKFAST SANDWICH

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

BAKED OATMEAL V

Your choice of blueberry, seasonal fruit or cinnamon raisin. Served with steamed milk and brown sugar. 8.5

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 1.5

Low-fat yogurt vanilla or strawberry 3

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

GF Bread available 3

LUNCH

..... SERVED ALL DAY

Fresh Greens

*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**

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

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
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**
Mixed 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

Flatbreads

· Substitute **GF** cauliflower crust: add 3.5

MARGHERITA
Roasted heirloom tomatoes, fresh mozzarella,
pesto and fresh basil. 12

CARNITAS
Housemade carnitas, sweet & smokey BBQ sauce,
cheddar and cilantro. 12

MEDITERRANEAN
Roma tomatoes, olives, cherry peppers and feta
cheese. 11

PEPPERONI
Charred pepperoni, roasted peppers and
mozzarella. 12

Healthy Picks

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

ZOODLES PRIMAVERA
Zucchini noodles, yellow squash, roma tomatoes,
snap peas, bell peppers, onions and pesto 11.5

CRISPY TOFU
Crispy tofu, asian slaw, mango salsa and fresh
jalapeño 12

"BREY"SIAN STIR FRY **GF** **VG**
Rice, onions, peppers, broccoli, carrots, snap
peas, squash, choice of hoisin, teriyaki or curry
sauce. 11.5
ADD PROTEIN: · Shrimp 7 · Salmon 7 · Steak 7
· 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.

BLACK JACK
Blackening spices, housemade chili, pepper jack
cheese and red onion. 13.5

FARM HOUSE
Applewood smoked bacon, cheddar cheese and a
sunny side up egg. 14.5

TWO HANDED PATTY MELT
Swiss cheese, american cheese, balsamic onions
on marble rye. 13.5

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

TURKEY BURGER
Lean ground turkey breast, red onion, lettuce,
tomato, sliced avocado, jalapeño and wasabi
mayo. 13.5

UPTOWN BURGER
Our classic cheddar cheeseburger. 13

Soup

All soups are made fresh in-house.
Ask your server about today's offerings.
· Cup 3.5 · Bowl 6

Choose Two

Choice of bowl of soup, half-sandwich or small
house salad. 10.5
Half-sandwich bread choices: challah, multigrain,
rye or sourdough.
· Swap bowl for a cup of soup. 8

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 1.5

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

VEGAN GARDEN WRAP **VG**
Spinach tortilla with hummus, edamame, freshly
diced jalapeño, tomato, shredded carrots, onion
and mixed greens. 10.5

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

CAPRESE PANINI **V**
Fresh mozzarella, basil, plum tomato, fresh
spinach and olive tapenade with a side of garlic
parsley vinaigrette. 11.5

CHICKEN & AVOCADO CLUB
Grilled chicken, avocado, tomato, spinach,
red onion, melted provolone and cilantro
lime mayo. 12.5

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

SIDES LUNCH

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

FOUNTAIN DRINKS 3
We proudly serve  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
¾ Iced tea, ⅓ 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

