

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. 12.5

OLD FASHION OATMEAL ^V

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 ^V

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

FRESH FRUIT PLATE ^V

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

Frittatas & Omeletes

COWBOY FRITTATA ^{GF}

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

MEDITERRANEAN FRITTATA ^{GF} ^V

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

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. 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 ^{GF} ^V

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

THE ELVIS ^{GF} ^V

Banana, peanut butter, milk and agave. 9

· 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 ^{GF} ^{NEW!}

Mandarin oranges, banana, vanilla yogurt, orange juice, tumeric, 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 ^V

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, chorizo-flavored refried beans 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 ^V

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 ^{GF}

Choose 3 ingredients and have them either scrambled together or folded over the middle.

Served with uptown potatoes or toast. 12



· 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. 12

^{GF} add 2 · Sub fresh berries 1.5

Add: 100% Maple syrup 4

Uptown Essentials

UPTOWN BAGEL ^V

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

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

BAKED OATMEAL ^V

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

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. 14.5

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

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



COBB SALAD

Healthy Picks

HUMMUS PLATE

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

TERIYAKI SALMON **NEW!**

Zucchini noodles, napa cabbage, carrots, bell peppers, scallions, sesame seeds, teriyaki glaze 16

CRISPY TOFU

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

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

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. 14.5

*TWO HANDED PATTY MELT

Swiss cheese, american cheese, caramelized onions on marble rye. 13.5

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

Choose Two

Choice of bowl of soup, half-sandwich or small house salad. 11

Half-sandwich bread choices: challah, multigrain, rye or sourdough.

· Swap bowl for a cup of soup. 8

Soup

All soups are made fresh in-house.

Ask your server about today's offerings.

· Cup 4 · Bowl 6

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

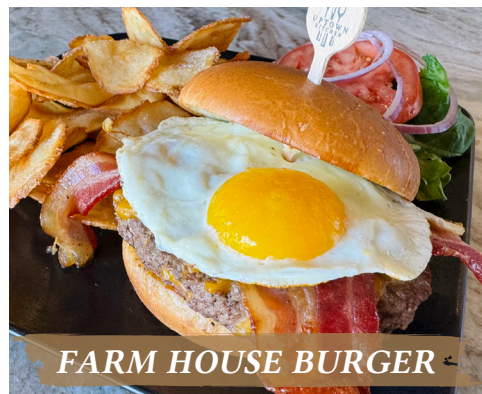
Grilled chicken, melted pepper jack cheese, lettuce, tomato, red onion and cajun mayo wrapped in toasted pita. 11.5

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



FARM HOUSE BURGER

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

SIDES LUNCH



Sweet potato fries 4 Edamame salad 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

⅓ Iced tea, ⅔ 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