Spring Dining Menu

All Day Breakfast  7AM - 7PM

CHERRY SMOOTHIE BOWL
Smoothie bowl topped with chia seeds, toasted almonds, and chocolate chips. ♥️GF

BREAKFAST BURRITO
Scrambled eggs with freshly diced tomato, green onion and cheddar cheese - served with a side of seasonal fruit. GF

Seasonal Entrées  11AM - 7PM

AEGIS CAESAR SALAD
Fresh romaine, Caesar dressing, shaved Parmesan and herb croutons. Add chicken or salmon if desired.

HONEY-LEMON MARINATED SALMON
Marinated salmon - served with seasonal vegetables and spring quinoa pilaf. ♥️GF

GRILLED CHICKEN YAKISOBA
A simple chicken stir-fry with bell peppers, ginger and green onions - served with seasonal vegetables. GF

APPLE, FENNEL + SAGE PORK CHOPS
Pan-seared pork chops with an apple, fennel and sage compote - served with spring quinoa pilaf and seasonal vegetables. ♥️GF

BLACK BEAN + MUSHROOM TACOS
Seasoned and sautéed mushrooms, with black beans, shredded cabbage and fresh cilantro tacos - served with spring quinoa pilaf. ♥️GF

HALF SANDWICH & CUP OF SOUP
Choice of: turkey, tuna salad, tofu, cheddar, Swiss, lettuce, avocado, tomato, pickles on multigrain or sourdough bread - served with a cup of soup. ♥️GF

ALL-AMERICAN BURGER
Topped with caramelized onions, tomato, pickles, and lettuce on a toasted brioche bun - served with fresh fruit or fries. GF

STRAWBERRY SPINACH SALAD
Fresh spinach, with strawberries, candied walnuts, red onion, blueberries, dried cranberries and feta cheese with a balsamic dressing. Add chicken or salmon if desired. GF

CALIFORNIA BLT SANDWICH
Toasted whole grain bread with bacon, lettuce, tomato, avocado and a bit of mayonnaise - served with your choice of chips or a side of fresh fruit. GF

Heart-Healthy  Alternative  Plant-Based  Alternative  Gluten-Free  Alternative