



August Menu

8/16 – 8/22

Bakery of the Week

Banana Nut Muffin

Banana muffin with sweet ripe bananas and crunchy walnuts. A comforting bakery favorite

AVAILABLE UNTIL GONE
10:30AM – 2:30PM

Pesto Tortellini Salad

Tortellini tossed with basil pesto, fresh mozzarella, cherry tomatoes, and sliced red onion.

Southwest Chicken Wrap

A wrap with grilled chicken, Southwest slaw, avocado, shredded cheddar, and house-made Southwest dressing.

AVAILABLE UNTIL GONE
2:30PM – 7:00PM

Protein - To - Go

Protein grilled to perfection and ready to reheat. Great alone or as an easy add-on to any meal.

8/23 – 8/29

Bakery of the Week

Blueberry Scone

A classic buttery scone packed with blueberries for the perfect balance of sweet and flaky.

AVAILABLE UNTIL GONE
10:30AM – 2:30PM

Mediterranean Chickpea Salad

Chickpeas, cucumber, tomatoes, feta, Kalamata olives, and fresh herbs tossed in a lemon-herb vinaigrette.

Turkey Apple Cheddar Sandwich

Turkey, sharp cheddar, crisp apple slices, mixed greens, and Dijon aioli.

AVAILABLE UNTIL GONE
2:30PM – 7:00PM

Protein - To - Go

Protein grilled to perfection and ready to reheat. Great alone or as an easy add-on to any meal.

MONTHLY DRINKS

Peach Basil Lemonade

House-made peach & basil syrup mixed with lemon juice & sparkling water for any August day!



Golden Hour Latte



Espresso, honey, and brown sugar syrup mixed together to capture the warmth of late summer in every sip.

Blackberry Vanilla Smoothie

A smoothie blended together with blackberries, banana, yogurt, milk, honey, and Transparent Labs vanilla protein powder.



8/2 – 8/8

Bakery of the Week

Harvest Muffins

A muffin packed with carrots, apples, raisins, and walnuts for the perfect morning treat!

AVAILABLE UNTIL GONE
10:30AM – 2:30PM

Supreme Taco Bowl

A classic taco bowl made with grassfed beef, ripe avocado, black beans, tomatoes, corn, onions, and greens.

Pesto Chicken Tzatziki Salad Wrap

A wrap with seasoned chicken, basil pesto, fresh greens, feta, and creamy tzatziki.

AVAILABLE UNTIL GONE
2:30PM – 7:00PM

Protein - to - go

Protein grilled to perfection and ready to reheat. Great alone or as an easy add-on to any meal.

8/9 – 8/15

Bakery of the Week

Raspberry White Chocolate Chunk Scones

A classic flakey and buttery scone with white chocolate chunks and raspberries.

AVAILABLE UNTIL GONE
10:30AM – 2:30PM

Whole30 Shepard Pie

A hearty Whole30-friendly shepherd's pie made with seasoned ground meat, vegetables, and a creamy mashed potato topping.

Lemon Dill Chicken Bowl

Grilled lemon-dill chicken over rice with cucumber, tomatoes, feta, and creamy tzatziki.

AVAILABLE UNTIL GONE
2:30PM – 7:00PM

Protein - to - go

Protein grilled to perfection and ready to reheat. Great alone or as an easy add-on to any meal.