

BREAKFAST MENU

6:00AM – 1:30PM

3-Way Pancakes

CHOICE OF BUTTERMILK, CARAMEL, OR M&M'S.
ADD BERRIES OR MAPLE SYRUP.

3B Scrambler

EGGS, ITALIAN SPICY SAUSAGE, POTATOES, ONIONS,
BELL PEPPER, BACON, CHEDDAR CHEESE.
SERVED WITH GREEN SALAD & TOAST.

Breakfast Burrito

EGGS, ROASTED POTATOES, CHEDDAR CHEESE,
RED ONION, CHOICE OF SAUSAGE, BACON, BEEF,
CHICKEN, OR VEGAN SOY CHORIZO. ADD AVOCADO.

Veggie Omelette

BELL PEPPERS, TOMATOES, ONIONS, AVOCADO,
AND SPROUTS. SERVED WITH TOAST & SALAD.

Sunrise Croissant

BACON, EGG, CHEDDAR CHEESE, ORGANIC
BABY ARUGULA, TOMATO & SPICY AIOLI.

All-American Eggs

TWO EGGS ANY STYLE WITH GRILLED POTATOES
TOAST, AND YOUR CHOICE OF BACON,
ITALIAN SAUSAGE, OR VEGAN SOY CHORIZO.

Spicy Egg & Avocado Toast

TOASTED CIABATTA BREAD WITH AVOCADO,
BOILED EGG, SWEET CHERRY TOMATOES,
FRESH SPROUTS, SESAME OIL, CALABRIAN
PEPPERONCINI OIL. SERVED WITH SALAD.

Karina's Chilaquiles

CRISPY TORTILLA CHIPS TOSSED IN SALSA ROJA
WITH CREMA, QUESO FRESCO, AVOCADO,
& YOUR CHOICE OF FRIED EGG OR CHICKEN.

SALADS MENU

6:00AM – 1:30PM

Chicken Cobb Salad

MIXED GREENS, AVOCADO, CRISPY BACON, BOILED EGGS,
TOMATO, OLIVES & BUTTERMILK RANCH DRESSING.

Greek Salad

ROMAINE, TOMATOES, CUCUMBER,
RED ONIONS, KALAMATA OLIVES,
FETA CHEESE, GREEK VINAIGRETTE DRESSING.

Caesar Salad

ROMAINE LETTUCE, CAESAR DRESSING,
PARMESAN CHEESE & CROUTONS.

Berry Citrus Salad

BABY KALE, BOILED EGGS, MIXED BERRIES,
CANDIED WALNUTS, GOAT CHEESE,
& LIME-OLIVE OIL.



HANDHELDS

6:00AM – 1:30PM

Chicken Crunchwich

GRILLED CHICKEN, SWISS CHEESE, AVOCADO,
LETTUCE, TOMATO, 3B SAUCE, RED ONIONS,
SOURDOUGH & PARMESAN BREAD.

Chicken Quesadilla

SMOKED CHICKEN, THREE-CHEESE BLEND,
CARAMELIZED ONIONS, FLOUR TORTILLA,
CALABRIAN AIOLI, SALSA & SIDE SALAD.

Crispy Chicken Sandwich

FRIED CHICKEN, COLESLAW, SWISS, JALAPENOS,
PICKLES, SPICY AIOLI & BRIOCHE BUN.

Chicken Fingers

THREE FRIED TENDERS, COLESLAW, PARMESAN TOAST
& CHOICE OF RANCH OR SPICY CHIMICHURRI.

Classic Burger

DOUBLE PATTY, AMERICAN CHEESE, LETTUCE, RED ONION,
TOMATO, HOUSE SAUCE, PICKLES & BRIOCHE BUN.

Pastrami Sandwich

BEER-BRAISED PASTRAMI, SWISS, SAUERKRAUT, PICKLES,
THOUSAND ISLAND & RYE BREAD.

3B Tacos

YOUR CHOICE OF SHRIMP, CHICKEN, OR SOY CHORIZO,
WITH AVOCADO, JALAPENO-LIME CREMA, CABBAGE,
PICO DE GALLO & CORN TORTILLA.

Garden Avocado Ciabatta

AVOCADO, TOMATO, CUCUMBER, MIXED GREENS,
ALFALFA SPROUTS, JALAPENO-LIME AIOLI,
& TOASTED CIABATTA.

SIDES

6:00AM – 1:30PM

AVOCADO
FRENCH FRIES
MIXED GREENS
POTATO CHIPS



PLATES MENU

11:00 AM – 8:00 PM (COMES WITH TWO SIDES)

Grilled Steak Plate

GARLIC & HERB MARINADE; MEDIUM RARE

Seasonal Veggie Plate

SEASONAL VEGGIES (VG)

Salt & Pepper Chicken Plate

GARLIC & HERB MARINADE

Grilled Salmon Plate

GRILLED MEDIUM WITH SEA SALT & HERB OIL

Falafel Plate

BAKED FALAFEL (VG)

Veggie Pesto Pasta Plate

(VG)

Burger Plate

Chicken Pesto Pasta Plate

SOUPS

11:00 AM – 8:00 PM

CHICKEN POZOLE SOUP
ROASTED SQUASH SOUP
ROASTED TOMATO SOUP
RUSTIC CHICKEN SOUP

SIDES (CHOOSE 2)

11:00 AM – 8:00 PM

ARUGULA SALAD
BRAISED BEANS
CAESAR SALAD
FRENCH FRIES
MACARONI & CHEESE
MASHED POTATOES
ROASTED VEGGIES
ROASTED POTATOES
SPROUTED RICE



BEVERAGES AND DESSERTS

6:00AM – 1:30PM

Coffee and Tea

COFFEE 16 OZ.	EARL GREY
ESPRESSO	ENGLISH BREAKFAST
AMERICANO	CHAMOMILE
LATTE	MINT
CAPPUCCINO	GREEN

Lattes

CHAI LATTE

TRES LECHES ICED LATTE

TRES LECHES COLD FOAM, ESPRESSO, VANILLA & MILK.

SHAKY SHAKY ICED LATTE

VERMONT MAPLE SYRUP SHAKEN WITH ESPRESSO,
MILK & CINNAMON.

SPANISH LATTE

CONDENSED MILK, CHOICE OF MILK, ESPRESSO
& A DASH OF CINNAMON.

MATCHA LATTE

CEREMONIAL MATCHA SWEETENED WITH PURE HONEY.

STRAWBERRY MATCHA TRES LECHES LATTE

STRAWBERRY PUREE, MILK & STRAWBERRY
TRES LECHES CREAM.

Soda / Lemonade / Juices

SODA: COKE, DIET COKE, SPRITE, GINGER ALE

LEMONADE: REGULAR, STRAWBERRY

JUICE: APPLE, ORANGE, CRANBERRY

COCONUT WATER

Smoothies / Parfait

MANGO-PINEAPPLE SMOOTHIE

DATES, FRESH-SQUEEZED ORANGE
JUICE & COCONUT MILK.

GOLDEN BERRY BOOST SMOOTHIE

BLUEBERRIES, RASPBERRIES,
BANANA, DATES, COCONUT WATER,
CINNAMON, GINGER & TURMERIC.

STRAWBERRY-BANANA SMOOTHIE

DATES, GREEK YOGURT & NON-FAT
MILK. CHOCOLATE WHEY PROTEIN
AVAILABLE.

BERRY PARFAIT

GRANOLA, GREEK YOGURT, HONEY,
SEASONAL BERRIES, AND BANANA.

Bakery

BAGELS: PLAIN, JALAPENO,
OR EVERYTHING.

MUFFINS: BANANA NUT, LEMON
POPPY, OR DOUBLE CHOCOLATE.

CROISSANTS: PLAIN OR CHOCOLATE.

BEAR CLAW

CARAMEL COOKIE

CARROT CAKE

CHEESE DANISH

CHOCOLATE CHIP COOKIE

CINNAMON BUN

FLOURLESS LAVA CAKE



MILKS: WHOLE, FAT-FREE, HALF & HALF, OAT, ALMOND, SOY
FLAVORS EXTRAS: VANILLA, SUGAR-FREE VANILLA, CARAMEL, PUMPKIN HAZELNUT
PISTACHIO, MOCHA WHITE MOCHA, TRES LECHES CREAM TOP