

BREAKFAST FAVORITES

- Create Your Own Breakfast Sandwich

190 - 730 Cal

Build your own breakfast sandwich with your choice of bread, egg, protein, & cheese.

\$3.49
- Create Your Own Scramble

45 - 770 Cal

Your choice of eggs with the option to add veggies, protein, & cheese.

\$4.39
- Create Your Own Omelet

250 -770 Cal

Tender egg omelet filled and topped with your choice of toppings, made exactly how you like it!

\$5.89
- Create Your Own Breakfast Bowl

220 - 680 Cal

Built on top of golden tator tots

\$4.39
- Create Your Own Burrito

370 - 810 Cal

A breakfast burrito created for you!

\$5.89
- Create Your Own Bowl

100 - 560 Cal


Build your own oatmeal or yogurt bowl, just the way you like it!

\$4.98


SIDES

- Bacon

110 Cal

\$1.49
-  Hash Brown Patty

130 Cal

\$1.79
-  Tater Tots

200 Cal

\$1.79
- Pork Sausage Patty

180 Cal

\$1.49
- Turkey Sausage Patty

90 Cal

\$1.79



Embers
— GRILL —



CREATE YOUR OWN BOWL

Grain Bowl 310 - 540 Cal **\$10.98**
Made to order grain bowl with your choice of sauce, protein & unlimited toppings!

Green Bowl 210 - 660 Cal **\$10.98**
Made to order salad bowl with your choice of greens, protein & unlimited toppings!



BUTCHER BLOCK


Build Your Own Handheld 300 - 720 Cal **\$7.98**
Made to order lunch handheld toasted to perfection!




SPECIALTY SANDWICHES

Smash Burger 370 Cal **\$4.99**
Our signature smash burger with American, lettuce, tomato, pickle and special sauce on a toasted bun


 **Farmhouse Chicken Sandwich** 360 Cal **\$4.89**
 All-natural chicken breast, lettuce, tomato and smoky peppercorn sauce on a toasted bun


 **Four Cheese Grilled Cheese** 510 Cal **\$4.89**
Cheddar, American, Swiss, & pepperjack cheese on artisan white bread

Crispy Chicken Tenders 390 Cal **\$4.69**
Crispy chicken breast strips

 **Chicken Quesadilla** 490 Cal **\$4.69**
Grilled chicken breast with a blend of cheddar jack and salsa folded inside a warm flour tortilla

SIDES

 **Shoestring Fries** 190 Cal **\$1.79**

 **Sweet Potato Fries** 200 Cal **\$1.79**

 **Tater Tots** 200 Cal **\$1.79**



ENERGY



STRENGTH



WELLBEING



VEGAN



VEGETARIAN



PLANT FORWARD



COOLFOOD MEALS

Additional nutrition information available upon request. 2,000 calories a day is used for general nutrition advice, but calorie needs vary.