

STARTERS

Tater Tot Platter \$11.95

Loaded Tots \$15.95

Mozzarella, cheddar, crispy bacon & green onion

Avocado Salsa  \$12.95 

Avocado, cucumber, roasted garlic, cilantro, red onion, green onion & lime

Cheesy Garlic Bread \$12.95

Flatbread topped with garlic sauce and mozzarella

Giant German Pretzel \$12.95

Salt, beer cheese & mustard

Hummus Plate \$16.95

Hummus, tortilla chips, cheddar, fresh veggies, fruit & gherkins

SMOOTHIES

[Add whey or vegan protein +\$2]

Smooth Operator \$10.95 

Strawberries, banana, orange juice, almond milk, vanilla & chia seeds

Funky Monkey \$10.95 

Banana, peanut butter, cacao powder, dates, vanilla & almond milk

Tropic Thunder \$10.95 

Raspberries, mango, avocado, pineapple juice, dates, vanilla & coconut milk

Green Machine \$10.95 

Cucumber, celery, avocado, mango, lime, spinach, pineapple juice & chia seeds

Pina Colada \$10.95 

Pineapple, banana, vanilla, dates, coconut milk & pineapple juice

Peach-Berry Pie \$10.95 

Peaches, blueberry, graham cracker, dates, vanilla, flax seed, cardamom & coconut milk

Quaker Shake \$10.95 

Blueberries, banana, rolled oats, maple syrup, vanilla, cinnamon & almond milk

Cocoa Joe \$10.95 

Banana, peanut butter, cacao powder, cold brew, dates, vanilla & almond milk

SOUP & SALADS

[Add chicken to any salad +\$3]

Soup du Jour

Cup \$5.95 Bowl \$8.95

Greek \$13.95

Olives, cucumber, tomato, red onion & feta over fresh spinach

Chicken Caesar \$16.50

Roasted chicken, parmesan, & croutons over romaine tossed with caesar dressing

Spring Fling \$15.95

Fresh strawberries, diced avocado, pickled onions, feta cheese, candied pecans and basil over fresh spinach

Southwest Chicken \$16.95

Roasted chicken, avocado, tomato, black beans, pickled onion, cotija, cilantro & pepitos over romaine

Mediterranean Chicken Cobb \$17.95

Roasted chicken, bacon, avocado, tomato, cucumber, olives & feta over chopped romaine

Carnitas Tots **NEW** \$15.95 

Slow-cooked pork, green onion, cilantro, mozzarella & cotija with chipotle ranch dip

Nachos  \$13.95

Mozzarella, black beans, jalapeno, cucumber pico, pickled onion & fresh cilantro

-Avocado +\$2

-Chicken +\$3

-Carnitas +\$3



WINGS

Bone-In

5 Wings: \$10.95

10 Wings: \$20.95

Boneless

1/2 LB: \$9.95

Full LB: \$18.95

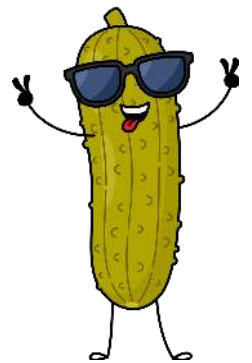
Boneless Wings + Tots Combo

1/2 LB: \$13.95

Full LB: \$22.95

Sauce: BBQ, Buffalo, Fire, Honey-BBQ, Garlic-Buttalo, Teriyaki, Garlic-Parmesan, Hot-Honey, Buffalo-Ranch, Chipotle (Dry), Cajun (Dry)

MAKE IT A BOOZY
SMOOTHIE!
ADD A SHOT OF
VODKA, RUM OR
TEQUILA FOR \$5



Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.

WE ARE A CASHLESS FACILITY. CARDS ONLY or CHARGE TO MEMBERSHIP. 20% GRATUITY ADDED TO ALL PARTIES OF 8+.

HANDHELDS

side choices: kettle chips & pickle spear | tortilla chips & salsa |
 | roasted broccoli | carrot sticks & hummus |
 [side soup or salad +\$2] [substitute vegan mozzarella +\$1]

Quesadilla \$11.95
 Add Chicken or Carnitas +\$3 | Avocado +\$2 | Spinach +\$1

Carnitas OR Chicken Tacos (3) \$15.95
 Choice of carnitas or roasted chicken topped with cilantro & onion in corn/flour tortillas

Carne Burrito 🌶️ **NEW** \$15.95
 Choice of carnitas or roasted chicken with cilantro-lime rice, black beans, tomato, pickled onion, mozzarella, cotija & aji verde sauce

Chicken Caesar Wrap \$14.95
 Roasted chicken, grated parmesan, tomato, romaine & caesar dressing in a grilled tortilla

Buffalo Chicken Wrap \$14.95
 Roasted buffalo chicken, blue cheese sauce, celery, romaine & mozzarella wrapped in a grilled tortilla

Peruvian Chicken Wrap 🌶️ \$15.50
 Roasted chicken, avocado, jalapeno, tomato, red onion, romaine, mozzarella & house aji verde sauce wrapped in a grilled tortilla

Chicken Bacon Ranch Panini \$14.50
 Roasted chicken, bacon, ranch & mozzarella

Smokehouse Chicken Panini \$14.95
 Roasted chicken, bacon, red onion, cheddar & bbq sauce on pressed ciabatta

Hot Italian Panini 🌶️ \$15.95
 Turkey, salami, pepperoni, romaine, tomato, red onion, mozzarella & Italian mayonnaise on pressed ciabatta

Curried Chickpea Wrap 🌱 \$13.95
 Curry chickpea salad (golden raisins, toasted almonds, shredded carrot, green onion and a mild curry sauce) with avocado, tomato, hummus & romaine in a grilled tortilla

Roasted Veggie Wrap 🌱 \$14.50
 Hummus, avocado, roasted carrots & broccoli, red onion, cucumber, spinach, tomato & house pesto in a grilled tortilla

RICE BOWLS

Southwest Rice Bowl \$16.95
 Cilantro-lime rice, black beans, avocado, tomato, cucumber pico, pickled onions, jalapeno & cotija cheese with aji verde sauce
 [add roasted chicken or carnitas +\$3]

Toasted Sesame Rice Bowl \$16.95
 Cilantro-lime rice, roasted carrots and broccoli, cucumber, avocado, pickled onions, green onion & sesame seeds with sesame ginger dressing
 [add chicken +\$3]

FLATBREAD PIZZAS

[gluten-free pizza crust +\$3] [substitute vegan mozzarella +\$1]

Cheese \$12.95
 Marinara & mozzarella

Pepperoni \$13.95
 Pepperoni, marinara & mozzarella

Margherita \$14.50
 Tomato, basil, balsamic, marinara & mozzarella

Veggie Supreme \$14.95
 Roasted broccoli, kalamata olives, red onion, spinach, tomato, marinara, feta & mozzarella

Meat Lovers \$15.95
 Salami, pepperoni, bacon, marinara & mozzarella

Firestarter 🌶️🌶️🌶️ \$14.95
 Very spicy marinara, pepperoni, jalapenos, pickled onion & mozzarella

Hot Honey 🌶️ \$15.95
 Pepperoni, spinach, marinara, parmesan, mozzarella, candied walnuts & hot honey

The Californian \$15.95
 Chicken, avocado, black beans, tomato, red onion, salsa & mozzarella

Chicken Florentine \$14.50
 Roasted chicken, spinach, kalamata olives, tomato, house pesto, mozzarella & parmesan

Sauce (choose 1):

- Marinara
- Ranch
- Wing Sauce
- Salsa
- Pesto (v) +\$1
- Beer Cheese +\$1

Cheese (choose 1):

- Mozzarella
- Cheddar
- Vegan Mozzarella +\$1

CUSTOM FLATBREAD \$12.95

Regular Toppings: \$1.50

- Pepperoni
- Red Onion
- Green Onion
- Black Beans
- Diced Tomato
- Fresh Spinach
- Fresh Cilantro
- Fresh Basil
- Kalamata Olives
- Dill Pickle
- Banana Peppers
- Diced Jalapeno
- Shaved Parmesan
- Feta
- Wing Sauce Drizzle
- Balsamic Drizzle

Premium Toppings:

- Roasted Chicken +\$2
- Bacon +\$2
- Salami +\$2
- Carnitas +\$2
- Avocado +\$2
- Pesto (v) +\$1.5