Appetizers

Greek Za
- Flour tortilla, fresh pesto, grilled mushrooms, onions, tomatoes, spinach and feta cheese 8.95

Italian Za
- Cauliflower crust, marinara sauce and mozzarella cheese 8.95

Cauliflower Za
- Cauliflower crust, housemade hummus, kalamata olives, feta cheese, and diced tomatoes 12.95

Chicken Tenders
- All white meat chicken tenders, regular or buffalo, choice of ranch, BBQ or honey mustard 4 / 8.95

Hummus
- Housemade hummus, toasted pita bread, cucumbers, celery sticks and carrot sticks 7.95

Mozzarella Sticks
- Marinara or ranch dipping sauce 5 / 4.95

Salads

All salads served with warm french bread and choice of dressing

Add ons:
- Chicken 2.95
- Salmon* 7.95
- Sirloin* 10.95

Cajun Chicken Salad
- mixed greens, grilled peppers & onions, cheddar-jack cheese, blackened chicken and spicy cajun dressing 10.95

Raspberry Chicken Salad
- crisp romaine lettuce, sugared pecans, toasted almonds, dried cherries and a raspberry glaze chicken breast 10.95

Caesar Salad
- crisp romaine, zesty garlic and parmesan dressing, grated parmesan cheese and croutons 8.95

Almond Chicken Salad
- Almond encrusted chicken breast, mixed greens, red onions, dried cherries, almonds and apples 10.95

Mango Salmon Salad
- Salmon grilled with cumin and brown sugar crust, baby spinach, bleu cheese, crumbles, red onions, cherry tomatoes and homemade mango vinaigrette dressing 18.95

House Salad
- mixed greens, tomato, cucumbers, red onions and cheddar-jack cheese 4.95

Salad Bar 7.50
- Romaine
- Baby spinach
- Bleu cheese
- Lime Italian
- Ranch
- Lite Italian
- Raspberry vinaigrette
- Balsamic vinaigrette
- Garlic herb vinaigrette
- Mango vinaigrette
- Chipotle ranch

Southwest Salad
- mixed greens, corn, black bean, tomatoes, cheddar-jack cheese and our homemade chipotle ranch dressing 7.75

Burgers

All served on a Kaiser bun with choice of side

The Burger*
- certified angus burger, lettuce, tomato, onion and pickle 8.95

Veggie Burger*
- grilled sweet potato veggie patty, lettuce, tomato, onion and pickle 8.95

Black & Bleu Burger*
- Cajun seasoned certified angus burger and melted bleu cheese crumbles 10.95

Turkey Burger*
- lean turkey patty cooked to well and served on a Kaiser roll with tomato, onion and pickle 8.95

Bacon Cheeseburger*
- Our angus burger topped with bacon and your choice of cheese 10.95

Handhelds

All served with choice of one side

Southwest Chicken Wrap
- grilled chicken, lettuce, tomato, cheddar jack cheese and our homemade chipotle ranch dressing in a flour tortilla 8.95

Chicken Caesar Roll Up
- grilled chicken breast, crisp romaine lettuce, parmesan cheese and caesar dressing in a flour tortilla 8.95

Chicken Kalamata Wrap
- grilled chicken, brown rice, baby spinach, kalamata olives and housemade hummus in a flour tortilla 8.95

Veggie Hummus Wrap
- baby spinach, cucumbers, red onions, tomatoes, brown rice and our housemade hummus in a flour tortilla 7.95

Club Wrap
- Michigan turkey, bacon, cheddar jack, lettuce, tomato 8.95

Soup and Salad Combos

Pick 2
- House Salad, Caesar Salad, 1/2 tuna sandwich, 1/2 Michigan turkey with lettuce and tomato sandwich, 1/2 grilled cheese, cup of soup 7.85
- Salad Bar & Potato 8.95

Soup & Salad
- Soup and choice of a house salad, Caesar salad or salad bar 8.95
- Soup & salad 7.95
- Salad bar & choice of a baked or sweet potato 8.95

Ala Carte

Sides
- Steamed veggies 1.95
- Cole slaw 1.95
- Chips 1.95
- Fries 1.95
- Cottage cheese 1.95
- Baked potato 1.95
- Loaded baked potato 2.95
- Sweet potato 1.95
- French fries 1.95
- Quinoa 1.95
- Sweet potato fries 1.95
- Brown rice 1.95

Proteins
- Chicken 2.95
- Salmon* 7.95
- Sirloin* 10.95
- Turkey Patty* 8.95
- Sweet potato veggie patty 3.95

Signifies gluten friendly items
**House Favorites**

**BBQ SALMON BOWL**
Salmon grilled with a blend of chili powder and allspice, served over brown rice and black beans topped with sweet baby bay's barbeque sauce 13.95

**SUPER FOOD SALAD**
Kale and quinoa with chickpeas, toasted almonds, red onions, and feta cheese crumbles, tossed with a lite lemon and olive oil dressing. 7.95
Add chicken 2.95 - Add salmon 7.95

**HUMMUS BOWL**
Baby spinach, brown rice, housemade hummus with toasted pita bread 8.95
Add chicken 2.95 - Add salmon 7.95

**QUESADILLA**
Grilled sirloin steak tips or chicken, grilled peppers, onions, cheddar-jack cheese, and housemade chipotle ranch dressing in a grilled tortilla. Choice of side steak 10.95 - Chicken 10.95

**Breakfast**

**Egg Whites Available**

**Build Your Own Omelet**
Three fresh eggs with choice of two toppings 4.50

**Breakfast Burrito**
Choice of flour or low-carb wheat tortilla with scrambled eggs and choice of two toppings 4.50

**Breakfast Sandwich**
Bagel or English muffin, fried or scrambled eggs and your choice of two toppings 5.50

**Add-ins**
- Ham
- Bacon
- Mushrooms
- Onions
- Tomatoes
- Spinach
- Peppers
- Swiss
- Mozzarella
- Parmesan
- Feta
- Cheddar
- American Cheese

.50 per additional item. Add home fries for 1.50

**Smoothies**

**Small 4.75 • Large 5.75**

**Beverages**

**Regular Drinks**
- Coke
- Diet Coke
- Cherry Coke
- Ginger Ale
- Sprite
- Root Beer
- Cranberry Juice
- Ice Tea
- Apple Juice
- Lemonade
- Orange Juice
- Skim Milk
- Chocolate Milk

**Immunity**
White cranberry juice, blueberries, raspberries, pineapples, protein powder and ice.

**Recovery**
White cranberry juice, bananas, strawberries, pineapples, protein powder and ice.

**Muscle Builder**
Milk, bananas, graham crackers, ice and choice of vanilla or chocolate protein powder.

**Strawberry Banana**
Strawberries, bananas, ice, water and protein powder.

**Strawberry Blueberry Banana**
Strawberries, blueberries, bananas, flaxseed, ice, water and protein powder.

**Energy Booster**
Carrot juice, strawberries, pineapples, peaches, protein powder, B12 and ice.