

## PANCAKES

### EXTRAS 1.00 EACH

Bacon bits, Strawberries, Blueberries, Bananas, Pecans,  
Walnuts, Sunflower Seeds, Chocolate Chips, Granola

**BUTTERMILK 2 FOR 9.99**

**GLUTEN FREE 2 FOR 11.29**

**FRUIT NUT 2 FOR 15.99**

Banana Walnut Pancakes topped with Blueberries,  
Strawberries, Pecans & Powdered Sugar

**FRENCH TOAST 12.99**

5 Slices of our French Bread dipped in batter and dusted  
with powdered sugar

## BENEDICTS

### PESTO

2 poached eggs, grilled tomato and onions, over a  
parmesan crusted english muffin topped with our pesto  
cream sauce. With potato or grits. 14.99

### FLOURENTINE

2 Poach eggs, Spinach Tomato and Bacon in our  
Garlic/Rosemary cream sauce, over parmesan crusted  
english muffin, and Swiss 14.99

### BERKLEY PARK

2 Poached eggs fresh Avocado and Pulled Pork over a  
Parmesan crusted English Muffin, finished with  
Garlic/Rosemary Cream Sauce

## FRESH & LIGHT

### THE ALLISON

2 eggs with fresh avocado over toast and fresh fruit 10.99

### FRUIT SPLIT

A split Banana with Fresh Fruit, topped with Greek Yogurt  
and Homemade Granola.  
Served with Toast or Pancakes 11.29

### OATMEAL

Made with sugar on the raw, Raisins, Cinnamon & Vanilla,  
finished with sliced Banana and Walnuts.

**Dairy Free and Vegan! 8.49**

## LUNCH MENU

## GREENS

### CITY PARK

Turkey, Tomato, Avocado, Crumbled Bacon, Cheddar  
Cheese and Sunflower Seeds on a bed of mixed greens  
14.29

### FRONT RANGE

Grilled Chicken, Cheddar Cheese, Bacon Bits,  
Strawberries, Pecans and Sunflower Seeds on Mixed  
14.29

### HARVEY PARK

Mixed Greens, Grilled Chicken, Roasted Corn, Black  
Beans, Tomato, Guacamole and fresh Tortilla Strips  
14.29

## CREATIVE OPTIONS

### POWER BOWL

Quinoa Tabouleh, Hummus, sliced Avocado slice Tomato,  
Mixed Toasted Nuts with toast or flour tortilla served over  
mixed greens Add Chicken 3.00

### SALAD STUFFED AVOCADO

Half Avocado stuffed with our Tuna Salad, served with  
Quinoa Tabouleh Salad, Fresh Fruit and your choice of  
toast 13.99

### MEXICALI MAC

Mac with Pulled Pork Carnitas and salsa fresca 13.99

### COLORADO MAC

Mac tossed in our signature four cheese sauce 10.99  
add bacon +2.00 add chicken +4.00

## SAMMIES

### GRILLED CAPRESE

Turkey, Mozzarella, Fresh Basil, Tomato, Sweet  
Onion on Pesto Grilled Bread, Served with Waffle  
Fries 13.99

### COLORADO CLUB

Turkey, Bacon, Avocado, Tomato, Lettuce, Swiss &  
Cheddar Cheese and Mayo on your choice of bread. In  
the Traditional Triple Decker style, served with Waffle  
Fries 13.99

### B.L.A.T.

Bacon, Lettuce, Tomato, Mayo, and Avocado on your  
choice of toasted bread, served with Waffle Fries 11.29

### TUNA MELT

Tuna Salad, Swiss & Cheddar on your bread of choice  
with Waffle Fries 12.49

### HIGHLANDS GRILLED CHEESE

Sharped Cheddar, Creamed Brie, & Fresh Basil on your  
choice of bread with Waffle Fries 10.99

## SIDES

QUINOA TABOULEH SALAD 3.50

WAFFLE FRIES 3.50

SIDE SALAD 4.00

FRUIT 2.50

HUMMUS 3.50

## ALLERGEN ALERT

WE DO NOT GUARANTEE ANY PRODUCT TO BE FREE FROM  
ALLERGENS

Cooked in a Facility that contains wheat and tree nuts