

SOUPS AND SALADS

TOMATO SOUP • 	9.5
SERVED WITH BASIL AND GREEK YOGURT	
COLORADO BEEF CHILI •	10.5
CHEDDAR CHEESE / SCALLIONS / SOUR CREAM	
FRENCH ONION SOUP	10.5
CARAMELIZED ONION / BEEF BROTH / SWISS CHEESE CROSTINI	
SUPERFOOD GRAIN BOWL 	13.5
COLORADO QUINOA / FARRO / BROWN RICE / KALE / GREEN ONIONS / SOY BEANS / MUSHROOM DASHI	
SOUP OF THE DAY	9.5
PLEASE ASK YOUR SERVER ABOUT THE DAILY SELECTION	
KALE SALAD + •	12.5
BRUSSEL SPROUTS / APPLES / BACON / SUNFLOWER SEEDS / POPPY SEED VINAIGRETTE	
BABY SPINACH SALAD + • 	13.5
PEARS / FIGS / CANDIED WALNUTS / GOAT CHEESE / POMEGRANATE VINAIGRETTE	
MIXED GREENS SALAD + •	12.5
FENNEL / CARROT / ORANGES / RADISH / BEETS / SPICED ALMONDS / SHERRY VINAIGRETTE	
BIBB LETTUCE •	13.5
HEARTS OF PALM / CHERRY TOMATO / ARTICHOKE / BLEU CHEESE / BACON VINAIGRETTE	

ADD TO ANY SALAD:

CHICKEN / 7 STEAK / 12 SHRIMP / 10 SALMON / 12

SIDES

FRENCH FRIES	6.5	SEASONAL FRUIT	6.5
TRUFFLE FRIES	7.5	HALF HOUSE SALAD	6.5

• Gluten Free  Superfoods +Contains Nuts

**Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness.*

I LOVE GRILLED CHEESE

CHOICE OF HAND CUT FRIES, SIDE SALAD OR FRUIT

MAYA CHIHUAHUA CHEESE / CHORIZO / GUACAMOLE / PICKLED FRESNO / SOURDOUGH	14.5
CAPRESE + FRESH MOZZARELLA / SUN DRIED TOMATO / BASIL PESTO / BALSAMIC / ROASTED GARLIC BREAD	13.5
CRAB AND CHEESE BELL PEPPER / SPINACH / MASCARPONE / MUESTER / SOURDOUGH	15.5
MAC RIB MACARONI AND CHEESE / SHORT RIB / CARAMELIZED ONIONS / ROASTED GARLIC BREAD	14.5
MUSHROOM AND SWISS BABY SPINACH / CARAMELIZED ONION / WHOLE WHEAT BREAD	13.5
BLACK AND BLEU FIG AND APPLE COMPOTE / BLEU CHEESE / PROSCIUTTO / ARUGULA / ROSEMARY BREAD	13.5
LIFT 3 CHEESES / BACON / AVOCADO / TOMATO / SOURDOUGH	14.5
BYOGC CHOICE OF BREAD SOURDOUGH/ WHOLE GRAIN/ GARLIC & PARMISAN/ GLUTEN FREE (\$2) YOUR CHOICE OF ANY 4 ITEMS (\$1 FOR ADDITIONAL ITEMS) CHEDDAR/ SWISS/ PROVOLONE/ MOZZARELLA/ BLUE CHEESE/ GOAT CHEESE/ MUESTER/ CHIHUAHUA/ BACON CHORIZO/ PROCIUTTO/ HAM/ TURKEY/ TOMATO/ AVOCADO/ ARUGULA/ CARAMELIZED ONIONS/ SPINACH MUSHROOMS	13.5

SANDWICHES

CHOICE OF HAND CUT FRIES, SIDE SALAD OR FRUIT

LIFT BURGER CO CHUCK / SMOKED CHEDDAR / LETTUCE / TOMATO / ONION / AWESOME SAUCE	16.5
QUINOA BURGER +  ROASTED MUSHROOMS / RED PEPPER / ARUGULA / PESTO	15.5
ANCHO CHICKEN GRILLED OR FRIED / BLACK BEAN / GUACAMOLE / CHIPOTLE SLAW / PICKLED ONIONS	14.5
TURKEY AVOCADO WRAP  ARUGULA / BACON / TOMATO / FLOUR TORTILLA / CHIPOTLE AIOLI	15.5

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JUICES & SMOOTHIES

CARROT JUICE CARROT / ORANGE / TURMERIC / MANGO / GINGER	10.5
CELERY JUICE CELERY / CUCUMBER / LIME / COCONUT WATER	10.5
KALE SMOOTHIE + KALE / SPINACH / BANANA / MANGO / CINNAMON / ALMOND MILK	11.5
BLUEBERRY SMOOTHIE + WILD BLUEBERRIES / SPINACH / GRANOLA / AVOCADO / CHIA SEEDS / ALMOND MILK	11.5

SWEETS

DARK CHOCOLATE MOUSSE + VANILLA PUFF PASTRY / CARAMEL / ROASTED BANANA ICE CREAM / CANDIED PEANUTS	9.5
BEIGNETS CINNAMON SUGAR / TRIO OF DIPPING SAUCES	9.5
DULCE DE LECHE SEMIFREDO MEXICAN CHOCOLATE CAKE / TOASTED MERINGUE / VANILLA ANGLAISE	9.5
CARROT CAKE + WHITE CHOCOLATE CREAM CHEESE ICING / CANDIED CARROT / SALTED CARAMEL GELATO / CANDIED WALNUTS	9.5
BOWL OF BERRIES •  ASSORTED FRESH BERRIES	6.5

MILKSHAKES 8.5

SALTED CARAMEL	ESPRESSO
ROASTED BANANA & BROWN SUGAR	COCONUT
PEANUT BUTTER	VANILLA / CHOCOLATE / STRAWBERRY

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WINE BY THE GLASS

SPARKLING

CHANDON. BRUT. CALIFORNIA 12 / 46
PROSECCO. RUFFINO 12 / 46

WHITES

CHARDONNAY. MAGNOLIA GROVE. CALIFORNIA 10 / 38
CHARDONNAY. SONOMA-CUTRER. CALIFORNIA 14 / 52
PINOT GRIGIO. BOLLINI. ITALY 9 / 36
SAUVIGNON BLANC. KIM CRAWFORD. NEW ZEALAND 12 / 46
REISLING. ANEW. WASHINGTON 9 / 36
ROSE. BANFI CENTINE. ITALY 8 / 32

REDS

PINOT NOIR. DELOACH. CALIFORNIA 10 / 38
RED BLEND. ALAMOS. ARGENTINA 9 / 36
MERLOT. BERINGER FOUNDER ESTATE. CALIFORNIA 8 / 32
CABERNET SAUVIGNON. MAGNOLIA GROVE. CALIFORNIA 10 / 38
MALBEC. ALAMOS. ARGENTINA 9 / 36

BEER

DOMESTIC 5

BUDWEISER. BUD LIGHT. COORS LIGHT

IMPORT & CRAFT 6

HEINEKEN. HEINEKEN LIGHT. CORONA EXTRA. CORONA LIGHT.
SAMUEL ADAMS BOSTON LAGER. BLUE MOON. CRAZY MOUNTAIN AMBER.
CRAZY MOUNTAIN PILSNER. CRAZY MOUNTAIN LIVIN PALE ALE.
SIERRA NEVADA PALE ALE. ANGRY ORCHARD HOPPIN' MAD CIDER

NON ALOCOHOLIC 5

ST PAULI GIRL

BEVERAGE

JUICE:	5.5	MAYA BLOODY MARY	10
ORANGE JUICE / CRANBERRY / APPLE / GRAPEFRUIT			
TOMATO JUICE / V-8	5.5	A MIMOSA...	10
TAZO TEA (ASSORTED)	5.5	GRAPEFRUIT, ORANGE OR MANGO	
STARBUCKS® FRESHLY BREWED COFFEE	5.5	BOTTOMLESS MIMOSAS	15
CAFÉ LATTE— HOT COCOA	5.5		
MILK:	5.5		
SOY / SKIM / 2% / WHOLE / ALMOND			

WINE BY THE BOTTLE

BUBBLES

CHARLES DE FERRE JEAN LOUIS. FRANCE 35
PROSECCO. SANTA MARGHERITA. ITALY 47
MUMM "BRUT PRESTIGE". NAPA VALLEY, CALIFORNIA 50
VEUVE CLICQUOT BRUT. YELLOW LABEL. FRANCE 110

WHITE WINE

CHARDONNAY. CHATEAU STE. MICHELLE "INDIAN WELLS". WASHINGTON 42
PINOT GRIGIO. STELLINA DI NOTTE. DELLE VENEZIE, ITALY 46
SAUVIGNON BLANC. ECHO BAY. MARLBOROUGH 38
WHITE BLEND. 14 HANDS "HOT TO TROT". WASHINGTON 27

ROSE & REISLING

REISLING. EROICA. WASHINGTON 50
ROSE. MINUTY COTES DE PROVENCE. FRANCE 51

RED WINES

PINOT NOIR. MACMURRAY RANCH. WILLAMETTE VALLEY 44
CABERNET SAUVIGNON. CHATEAU ST JEAN. CALIFORNIA 40
MERLOT. WILD HORSE. PASO ROBLES 46
RED BLEND. DON MIGUEL GASCON COLOSSAL. MENDOZA 40
RED BLEND. THE PRISONER. NAPA VALLEY 82
RED BLEND. BUENA VISTA "THE COUNT". SONOMA COUNTY, CALIFORNIA 50
MALBEC. ALAMOS. ARGENTINA 27