

SOUPS AND SALADS

TOMATO SOUP • 	9.5
SERVED WITH BASIL AND GREEK YOGURT	
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	

ADD TO ANY SALAD:
CHICKEN / 7 SHRIMP / 10 STEAK / 12 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.*

SANDWICHES

CHOICE OF HAND CUT FRIES, SIDE SALAD OR FRUIT

LIFT BURGER CO CHUCK / SMOKED CHEDDAR / LETTUCE / TOMATO / ONION / AWESOME SAUCE	16.5
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
CAPRESE + FRESH MOZZARELLA / SUN DRIED TOMATO / BASIL PESTO / BALSAMIC / ROASTED GARLIC 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/ MUENSTER/ CHIHUAHUA/ BACON CHORIZO/ PROCIUTTO/ HAM/ TURKEY/ TOMATO/ AVOCADO/ ARUGULA/ CARAMELIZED ONIONS/ SPINACH/ MUSH- ROOMS	13.5

SWEETS

BEIGNETS CINNAMON SUGAR / TRIO OF DIPPING SAUCES	9.5
CARROT CAKE + WHITE CHOCOLATE CREAM CHEESE ICING / CANDIED CARROT / SALTED CARAMEL GELATO / CANDIED WALNUTS	9.5
BOWL OF BERRIES •  Superfoods ASSORTED FRESH BERRIES	6.5

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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

MILKSHAKES 8.5

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

BEVERAGE

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

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WINES BY THE GLASS

BUBBLES

CHANDON. BRUT. CALIFORNIA 13 / 48
PROSECCO. RUFFINO 12 / 46

WHITES

CHARDONNAY. MAGNOLIA GROVE. CALIFORNIA 9 / 36
CHARDONNAY. SONOMA-CUTRER. CALIFORNIA 14 / 56
PINOT GRIGIO. BOLLINI. ITALY 9 / 36
SAUVIGNON BLANC. KIM CRAWFORD. NEW ZEALAND 11 / 44
REISLING. ANEW. WASHINGTON 9 / 36
ROSE. BANFI CENTINE. ITALY 8 / 32

REDS

PINOT NOIR. DELOACH. CALIFORNIA 10 / 40
RED BLEND. ALAMOS. ARGENTINA 9 / 36
MERLOT. BERINGER FOUNDER ESTATE. CALIFORNIA 9 / 36
CABERNET SAUVIGNON. MAGNOLIA GROVE. CALIFORNIA 10 / 40
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

WINES 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