






SOUPS & SALADS

	TOMATO SOUP	8
	SERVED WITH BASIL AND GREEK YOGURT	
	HOUSE CHILI	10
	COLORADO BEEF / CHEDDAR / SOUR CREAM / SCALLIONS	
	SUPERFOOD GRAIN BOWL	14
	COLORADO QUINOA / BROWN RICE / FARRO / KALE / GREEN ONIONS / SOYBEANS	
	ROASTED BEET SALAD +	14
	AVOCADO/ GRAPEFRUIT / MIXED GREENS / HAZELNUTS / BEET VINAIGRETTE	
	BABY SPINACH SALAD	13
	FENNEL / APPLE / WALNUTS / BLEU CHEESE / SHERRY VINAIGRETTE	
	PEAR SALAD	14
	JICAMA / POMEGRANATE / ARUGULA / PEPITAS / MANCHEGO / CURRY VINAIGRETTE	
	KALE CAESER	14
	CORNBREAD CROUTONS / GRANA PADANO	
	ADD TO ANY SALAD:	
	CHICKEN / 7 STEAK / 10 SHRIMP / 12 SALMON / 10	

SANDWICHES & WRAPS

CHOICE OF HAND CUT FRIES, SIDE SALAD OR FRUIT

	CO BEEF BURGER	15
	COLORADO BEEF / LETTUCE / TOMATO / RED ONIONS / SMOKED CHEDDAR / PAPRIKA AIOLI EXTRAS \$1.5 EACH BACON / GRILLED ONIONS / AVOCADO / MUSHROOMS / EGGS	
	ANCHO CHICKEN SANDWICH	15
	PICKLED VEGETABLE SALAD / BLACK BEAN / GUACAMOLE / MUISTENSTER CHEESE	
	GRILLED CHEESE	14
	3 CHEESE / BACON / TOMATO / AVOCADO	
	TURKEY AVOCADO WRAP	14
	ARUGULA / BACON / TOMATO / FLOUR TORTILLA / CHIPOTLE AIOLI	

	CORNMEAL DUSTED ROCK FISH	15
	JICAMA SLAW / POBLANO TARTAR SAUCE / BRIOCHE BUN	

	VEGGIE BANH MI	14
	MARINATED TOFU / PICKLED CARROT AND CUCUMBER / SRIRACHA AIOLI	

	HALF SANDWICH	15
	HALF SANDWICH OF THE DAY WITH CHOICE OF SIDE SOUP OR SIDE HOUSE SALAD	

LIFT DISHES

	GRILLED SALMON	18
	LENTILS / CITRUS / BALSAMIC	
	WHOLE WHEAT PASTA WITH SHRIMP POMODORO	16
	SHRIMP / BROCCOLI / ASPARAGUS / BASIL / PARMESAN	
	LIFT CHEESE PIZZA	15
	ADD TOPPINGS \$1.50 PEPPERONI / ONIONS / MUSHROOMS / SPINACH / SAUSAGE / PESTO / BACON / EXTRA CHEESE	

• GLUTEN FREE

 SUPERFOODS°

+ CONTAINS NUTS

* CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOOD BORNE ILLNESS.