

COTTWELL

Breakfast Menu

Egg or Egg White Omelette	\$12
Options: mushrooms, peppers, onions, broccoli, tomatoes & cheese + cheese options: American, Münster or Havarti	
Avocado Toast	\$12
whole grain bread w/ tomatoes + (when in season)	
Egg & Bagel sandwich	\$16
eggs, cheese & turkey bacon/bacon or made to order	
Parfait w/ homemade granola & fruit	\$14
Acai Bowls	\$14
Bananas, strawberries, blueberries, shredded coconut, honey, flax seed & chia seed	
Plain Bagel with butter or cream cheese	\$10
w/ fruit	
Smoothie of your choice	\$12
+ protein \$2	

Lunch Menu

Signature Kale Salad	\$12
Pecorino romano cheese, toasted pecans & raisins	
Turkey & Eggplant Lasagna	\$18
w/ ricotta cheese over roasted kale	
Hamburger/Cheeseburger	\$18
On a brioche bun w/ sweet potato fries (or chips) + bacon \$2	
Caesar Salad	\$12
low fat greek yogurt caesar dressing	
Greek Salad	\$16
tomatoes, cucumbers, kalamata olives, red onions & feta	
Chicken Salad Wrap	\$18
with fruit	
Tuna Melt w/ Swiss Cheese on multi grain bread or wrap	\$16
with fruit	

Protein options- wild or grass fed

Salmon	\$8
Chicken Breast	\$7
Turkey Burger	\$7
*optional on brioche bun	
Quinoa Burger	\$7
*vegan	
Chicken Salad or Tuna Salad (scoop)	\$7

Kids Menu

Chicken Nuggets (10) with Chips	\$10
Chicken Fingers (4) with Chips	\$12
Penne Pasta w/ Butter or Marinara Sauce	\$8
Mac n cheese	\$10
w/ fruit	
Peanut butter & Jelly Sandwich	\$6
on multi grain bread	
Mozzarella Cheese Sticks	\$10
+ with chips & fruit	

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Light Bites Menu

Grilled shrimp over cabbage slaw w/ toasted peanuts & rice wine vinegar	\$20
Flatbread w/ tomato, mozzarella & basil	\$18
Flatbread w/ prosciutto, pear & goat cheese	\$18
Flat bread w/ wild mushroom & truffle	\$18
Chicken & Vegetable steamed dumpling (6) w/ dipping sauce	\$10
Vegetable spring rolls (4) w/ Ginger soy sauce	\$12

Beer

Corona	\$6
Blue Moon	\$7
Fat Tire	\$7
Key West Sunset Ale	\$7
Modelo	\$7
Peroni Nastro Azzuro	\$6
Lagunitas IPA beer	\$7

Wine by the glass

Whispering Angel Rose	\$12/\$44
Chardonnay	\$12/\$46
Pinot Grigio	\$12/\$46
Cabernet Sauvignon	\$50
Kendall Jackson Chardonnay	\$12/\$42
Prosecco	\$12/\$44

Liquor

Ketel One, Tito's, Patron, Casamigos, Maker's Mark, Bombay Sapphire, Jameson, Black Label, Bacardi Gold, Chambord, Santa Teresa Rum, Tanqueray Gin	\$8
Mixed drinks	\$12

Coffee & Tea Options (hot or iced)

Espresso shot	\$4
Cappuccino	\$5
Latte	\$5
Iced Coffee	\$4.50
Peppermint tea	\$4
Green ginger tea	\$4
Variety of tea flavors ask for options	\$4

MILK OPTIONS: SKIM, ALMOND SOY & OAT