



First Name : _____

HERE TO GO

BREAKFAST MENU

SERVED 8:00AM – 2:00PM

BREAKFAST ITEMS

- Breakfast Burrito** **5.00**
Scrambled eggs, black beans, guacamole, sour cream, and cheddar cheese in a flour tortilla.
- Monty's Breakfast Panini** **5.00**
A fried egg, applewood-smoked bacon, spinach, tomatoes, and herbed goat cheese on jalapeño cheddar bread.
- Breakfast Quiche** **3.50**
Meat lovers and vegetarian options each day.
- Granola** **4.00**
House-made granola with oats, honey, almonds, walnuts, cashews, and cinnamon with bananas and a choice of milk.
- Breakfast Pastries** **2.50**
A variety of muffins and scones available daily.

LUNCH MENU

SERVED 11:00AM – 2:00PM

SALADS — check here to make it a wrap

- Chopped Cobb Salad** **5.50**
Romaine lettuce, mixed greens, turkey, bacon, blue cheese, cherry tomatoes, hard-boiled egg, red onions, radishes, brioche croutons, and buttermilk ranch.
- Sesame Chicken Salad** **5.50**
Romaine lettuce, mixed greens, roasted chicken, grated carrots, radishes, red onions, roasted peanuts, black sesame seeds, sesame dressings, and wonton chips.
- Grilled Vegetable Salad** **5.50**
Baby spinach, roasted zucchini, peppers, eggplant, red onions, sunflower seeds, quinoa, mozzarella cheese, and lemon vinaigrette.

LUNCH MENU

CONTINUED

SOUP OF THE DAY

- Cup 3.00** **Bowl 4.00**

VEGETARIAN CHILI

- Cup 3.00** **Bowl 4.00**

SANDWICHES

- Slow Roasted Turkey Club** **5.50**
Turkey breast, bacon, avocado, red onions, lettuce, tomatoes, and pesto mayo on sourdough bread.
- Roasted Chicken, Bacon, Goat Cheese** **5.50**
Roasted chicken breast, bacon, tomatoes, and herbed goat cheese on grilled sourdough bread.
- Cajun Chicken** **5.50**
Roasted chicken breast in Cajun spices, mayo, lettuce, tomatoes, and red onions on a sesame seed bun.
- Grilled Vegetable Panini** **5.50**
Baby spinach, roasted zucchini, peppers, eggplant, red onions, and mozzarella cheese on sourdough bread.
- G.B.L.T** **5.50**
Guacamole, bacon, lettuce, tomatoes, and cumin-chipotle mayo on Silly Yak jalapeño-cheddar bread.
- Substitute Gluten-Free Bread** **1.50**

ENTRÉES — comes with choice of side (choose below)

- Chicken in a Pie** **7.00**
Chicken, carrots, celery, onions, peas, and chicken gravy in a homemade pie crust.
- Ultimate Mac and Cheese** **7.00**
Cavatappi pasta, homemade sharp cheddar cheese sauce, caramelized onions, bread crumbs, and Asiago cheese.

SIDES — choice is included with an entrée

- Potato Chips** (regular, sour cream & onion, cheddar, BBQ, salt & vinegar) **1.50**
- Fresh Fruit Salad** **1.50**
- Green Salad** **1.50**
- Coleslaw** **1.50**
- Bean Salad** **1.50**