

breakfast available 7 – 11 am

two egg sunrise breakfast*

choice of bacon, ham and sausage with two eggs cooked to order, hash browns, toast, and fruit salad 8

corn beef hash*

corned beef sautéed with onion, bell peppers, potato on an egg – sunny side up. served with toast 8

three egg omelet*

choice of vegetables and meats, toast 8
substitute egg white +1 | add avocado .75

solaz breakfast sandwich*

scrambled eggs, bacon, boars' head turkey, fresh avocado, and cheddar cheese on an everything bagel 7

egglish muffin sandwich*

choice of bacon, taylor ham, sausage patty or canadian bacon, scrambled eggs, tomato & onion with american cheese 6

pancakes or french toast

includes choice of bacon, sausage or ham and served with berries 8

l.a.t.

lox, avocado, toasted plain bagel with tomato and thinly sliced onion 9

the burro*

stuffed flour tortilla, chorizo, scrambled eggs, hash brown, pico de gallo, green onion, avocado, cotija cheese, cheddar cheese. served with salsa and sour cream on the side 8

rancher's breakfast bowl*

crispy hash browns sautéed with tomato, bell peppers, onion, mushroom, black bean relish, two eggs any-style, choice of bacon, sausage or ham, fresh avocado, ranchero sauce. served with a warm corn tortilla 9

seasonal fruit and berry bowl

fruit and berries served with a bran muffin 8

steel-cut oatmeal 4

add berries +2
add walnuts +.75

salads available after 11 am

all salads can be served as a whole wheat wrap with choice of a side

kale and quinoa ☒

quinoa, kale, sunflower seeds, diced red peppers, seedless grapes, grated parmesan, manchego cheese, grilled chicken, champagne vinaigrette 7 | 10
sub grilled atlantic salmon 8 | 12

chicken chopped

corn, arugula, spinach, cherry tomato, israeli couscous, avocado, cranberries, chopped almonds, grilled chicken served with pesto dressing 7 | 10
sub grilled atlantic salmon 8 | 12

classic caesar

romaine, grilled chicken breast, parmesan cheese, croutons, tossed with caesar dressing 7 | 10
sub grilled atlantic salmon 8 | 12

pear and bleu

mixed greens, anjou pear, farro, celery, candied walnuts, cherry tomato, red seedless grapes, bleu cheese, apple cider vinaigrette 7 | 10

chop chop ☒

turkey, swiss, cheddar, romaine, tomato, egg, bacon, red onion, cucumber with balsamic vinaigrette dressing 7 | 10

bbq chicken chop ☒

honey whiskey bbq grilled chicken, romaine, black beans, corn, tomato, cilantro, tortilla strips, monterey jack, cheddar, buttermilk ranch 7 | 10
sub herb-lime shrimp 8 | 11

sandwiches and such

available after 11 am

gluten free bread or roll substitute +.5

choice of side | french fries, garden salad, caesar salad, sweet potato fries, fruit salad, chips, potato salad or coleslaw

oven-browned chicken banh mi

deli sliced chicken, cucumber, pickled carrots and radish, jalapeno peppers, cilantro mayonnaise spread on a hoagie roll 7 | 10

croissant sandwich

choice of tuna salad or cranberry-walnut chicken salad, lettuce & tomato 7 | 10

california steak and cheese hoagie

roast beef, sautéed onion, mushroom with cheddar and swiss cheese. au jus served on the side 7 | 10

turkey cranberry walnut melt

turkey, bacon, cranberry sauce, brie cheese on grilled cranberry walnut bread 7 | 10

southwest wrap

grilled chicken, bacon strips, romaine, pico de gallo, black bean relish, avocado, black olives, cotija cheese in a wheat tortilla, ancho dressing 10

buffalo chicken wrap

golden fried chicken tenders, lettuce, tomato, red onion, celery, bleu cheese, shredded cheddar cheese with ancho mayo in a wheat tortilla 10

b.l.t.t.

bacon, lettuce, tomato, turkey, mayo & cheddar cheese, on toasted sourdough 7 | 10 add avocado +1

the veggie wrap

spinach, cucumber, roasted peppers, shredded carrots, feta cheese, tabbouleh salad in a wheat tortilla 10

omaha reuben sandwich

a classic made with thinly sliced corned beef, swiss cheese, sauerkraut 7 | 10

angus burger* ☒

half pound of certified angus beef burger, lettuce, tomato, onion, pickle 10
cheese or bacon +1
substitute spinach burger +1

hebrew national hot dog

7 | sauerkraut +1

sesame crusted salmon ☒

6 oz atlantic salmon, grilled to order and served with jasmine rice & steamed veggies 12

teriyaki bowl ☒

stir-fried mixed vegetables – onions, carrots, bell peppers, celery, water chestnuts and edamame in our house made sauce served over jasmine rice.
with chicken 10
substitute shrimp +1
not served with a choice of side

☒ this item is gluten free





smoothies 6
reset protein scoop +1

banana mango
with or without reset protein

apple cinnamon
with or without reset protein

lunches available after 11 am

balsamic salmon filet
broccoli, cauliflower, cabbage 12

grilled southwest salmon
avocado, black beans, cilantro, onions,
bell peppers 12

drinks 8

bloody mary, caesar, or maria
vodka or tequila, celery garnish

margarita mule
agave tequila, lime juice, ginger beer

moscow mule
vodka, lime juice, ginger beer

white sangria
banana, peach, grape, lemon, pear, lime

make my day peach
vodka, sweet and sour, lemon lime soda,
peach puree, fruit juices

how you dew'ing?
melon liquor, lemon and lime juices, agave
nectar, honeydew garnish

screwdriver
orange juice with vodka

margarita
frozen or on the rocks, traditional or strawberry

draft beers 4

kilt lifter scottish export ale
four peaks brewing company | tempe, az

good life ale english style best bitter
four peaks brewing company | tempe, az

orange blossom light wheat ale
papago brewing company | scottsdale, az

coors light american light lager
coors brewing company | golden, co

more drinks

iced tea
unsweetened
hibiscus, raspberry,
cherry, peach 1.5

**meyers
lemonade** 2.5

assorted hot teas 1

sunny arizona soda
desert pear syrup,
cherry peach syrup,
grapefruit juice 2

soda
coke, diet coke,
coke zero, sprite 1.5

smoothies 6 | reset protein scoop +1

vanilla coffee

chocolate raspberry mocha

pineapple

berry delicious
greek yogurt, strawberries, blueberries

strawberry banana

coffee drinks

coffee 1.75

cafe breve 3.5

irish coffee
baileys irish cream 6
jameson whiskey 8

cappuccino 3.5

mocha latte 3.75

mexican coffee 6

cafe macchiato 3.75

espresso 3

cafe con pana 3.5

espresso doppio 5

americano 3.5

latte

chai tea latte 3

hot or iced 3.5
add caramel or
hazelnut +.25

solaz melange
coffee, whipped
cream 2