

morning

midtown breakfast* two eggs, bacon or sausage, bravas potatoes, multigrain toast	15	breakfast sandwich* egg, pork sausage, american cheese, jam, english muffin	9
avocado toast* frisée, fennel, sunny egg, dill pollen	13	loaded chicken sandwich grilled chicken, avocado, bacon, pickled red onion spicy mayo, radish, fries	17
multigrain pancake brown sugar streusel, cinnamon butter	12	italian deli sandwich salami, mortadella, capicola, soppressata,	15
sausage skillet* chicken sausage, baby bell pepper, onion, sweet potato, egg, smoked provolone	14	red onion, provolone, pepperoncini, tomato, italian dressing, basil aioli, fries	
omelette* broccolini, feta, sundried tomato	14	falafel pita sweet potato tahini, pickled pepper, radish, frisée, tzatziki	13
warm oatmeal apples, cinnamon	9	grilled shrimp salad* orzo, corn, kalamata, zucchini, peppadew, chive, pine nut, greek vinaigrette	16
yogurt parfait berries, housemade granola	9	salmon & wild rice bowl* brussels, turnip, sunflower seeds, sunflower shoots, poppy seed dressing	16
all day			
midtown smashburger* two 4oz beef patties, american cheese, lettuce, red onion, pickle, dijonaise, fries	16	chilled soba noodle salad carrrot, pepper, scallion, peanut, red cabbage, edamame, cilantro, lime, chili crisp	13
fried chicken sandwich cabbage slaw, pickles, signature sauce, fries	16	chicken curry bowl chicken thigh, brown rice, coconut green curry, carrot, roasted pineapple	15
cobb salad romaine, avocado, bacon, boiled egg, tomato, bleu cheese crumble, scallion, red wine vinaigrette	16	grilled short rib bowl* mexican rice, black bean, cherry tomato, charred corn, serrano, cilantro lime crema add egg* - 2	15
kale caesar baby kale, house crouton, parmesan	13	housemade ravioli pumpkin, bacon lardon, pearl onion,	16
mixed greens salad radish, champagne vinaigrette	12	butter sauce	
a la carte			
two eggs*	4	bravas potatoes	6
toast & jam	4	falafel	7
avocado	5	grilled steak*	9
bacon	6	roasted salmon*	9
pork or turkey sausage	6	grilled shrimp*	8
fresh fruit	5	grilled chicken breast	7

hromium all day

evening	
house focaccia rosemary, parmesan, orange walnut butter	8
fried green beans crispy prosciutto, pepper relish, mint	8
chorizo roasted carrots casteluetrano aioli, chive	12
baked goat cheese sundried tomato, honey, multigrain toast	16
artichoke dip roasted brussels, fontina, grilled baguette	14
caramelized onion dip cashew, sweet potato chips	12
tuna tartare* avocado, wakame, wonton, sesame, wasabi mayo	16
baby beet salad whipped feta, spinach, date, pepita, green goddess	15
red pozole hominy, green cabbage, carrot, turnip, oyster mushroom, crispy tortilla	14
grilled trout miso, mussels, fennel, citrus, rainbow chard	25
pan roasted salmon* green papaya, cherry tomato, scallion, snow pea, cilantro	23
6oz filet mignon truffle cauliflower puree, baby carrot, paris mushroom, shallot, beef jus	29
roval basmati chicken	24

rice, labneh, almond, pomegranate, golden raisin

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kale caesar baby kale, house crouton, parmesan	13
mixed greens salad radish, champagne vinaigrette	12
chilled soba noodle salad carrot, pepper, scallion, peanut, red cabbage, edamame, cilantro, lime, chili crisp	13
chicken curry bowl chicken thigh, brown rice, coconut green curry, carrot, roasted pineapple	15
grilled short rib bowl* mexican rice, black bean, cherry tomato, charred corn, serrano, cilantro lime crema add egg* - 2	15
housemade ravioli pumpkin, bacon lardon, pearl onion, butter sauce	16

additions

avocado	5	roasted salmon*	9
falafel	7	grilled shrimp*	8
grilled steak*	9	grilled chicken breast	7



green machine

spinach, honeydew, avocado, banana, orange, hemp hearts

beet box

blueberry, strawberry, beet, chia seeds

mango tango

mango, pineapple, vanilla yogurt, orange, turmeric

carrot cake

25g vanilla whey protein, carrot, pineapple, banana, date, flax meal, cinnamon

banana buzz

25g vanilla whey protein, almond butter, banana, double shot espresso, choice of milk

peanut butter cup

25g chocolate whey protein, chocolate, peanut butter, choice of milk

proteins — 2

25g whey (vanilla, chocolate, unflavored)25g plant (vanilla, chocolate)10g blue spirilina

boosters — 2

5g - collagen, creatine, get lean, ashwagandha, maca powder

smoothie add-ins — 1

10g - chia seeds, hemp hearts, flax meal

milk choices almond, coconut, oat, skim, 2%, whole add espresso shot - 1



coffee & tea	12oz/16oz
midtown private label drip	3/4
café au lait	3/4
redeye	4/5
chai tea latte	4/5
hot tea	3
draft	
cold brew (12oz)	7
maple dirty chai latte (12oz) — new	7
espresso	
single / double	3/4
macchiato (3oz)	3
cortado (40z)	4
latte	4/5
cappuccino	4/5
flat white	4/5
americano	4/5
mocha (dark or white chocolate)	5/6
specialty	
pumpkin spice latte	5/6
candied orange mocha — new	5/6
hot apple cider	2/3
hot chocolate (dark or white chocolate)	2/3

milk choices almond, coconut, oat, skim, 2%, whole add flavor - .50 vanilla, SF vanilla, caramel, hazelnut, SF hazelnut, seasonal add espresso shot - 1

dessert

flourless chocolate cake coconut mousse, toasted coconut basque cheesecake raspberry, chocolate ganache	
crème brûlée almond, blueberry	8 8
coffee	
midtown private label drip	4
café au lait	3
redeye	4
espresso	
single / double	3/4
latte	4
cappuccino	4
americano	4
bilogram tea	
chai tea latte	4
caffeine-free blend 333, chamomile, king crimson, tumeric tonic	4
black breakfast blend, earl grey	3
green emerald spring, ginger peach, jasmine green	3

milk choices almond, coconut, oat, skim, 2%, whole add flavor - .50 vanilla, SF vanilla, caramel, hazelnut, SF hazelnut, seasonal

^{*}consuming raw or undercooked meats, poultry, seafod, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

