

Chromium

available before 11:30am

breakfast classics

midtown breakfast*	\$10
two eggs your way, choice of bacon or turkey sausage, potatoes, toast	
two eggs your way*	\$8
two eggs your way, choice of fruit salad or potatoes, toast	
rochester skillet*	\$12
whole egg, potatoes, bacon, onion, tomato, peppers, cheddar	
avocado toast	\$8
toasted multigrain, mashed avocado, roasted tomato, pickled red onion, lemon, extra virgin olive oil, microgreens add egg* - \$2	

omelettes

cheese*	\$12
three whole eggs, cheddar	
utica*	\$13
three whole eggs, turkey sausage, cheddar, spinach, onion, peppers	
eastern*	\$13
three whole eggs, bacon, onion, peppers	
avocado garden*	\$13
three whole eggs, feta, avocado, spinach, tomato	

add extra egg* - \$1
substitute egg whites* - \$2

breakfast sandwiches

classic*	\$5	rise & shine blt*	\$8
egg, cheddar, english muffin		bacon, egg, lettuce, tomato, avocado, sriracha aioli, multigrain toast	
average joe*	\$7	avocado delight*	\$8
choice of bacon or turkey sausage, egg, cheddar, english muffin		fried egg, avocado, spinach, bean sprouts, lemon aioli, multigrain toast	
sunshine wrap*	\$7	breakfast burrito*	\$8
egg, cheddar, avocado, sriracha aioli, spinach tortilla		eggs, choice of bacon or turkey sausage, cheddar, chipotle ranch, jalapeño tortilla	

a la carte

two eggs*	\$4	avocado	\$2
bacon	\$3	fresh fruit	\$3
turkey sausage	\$3	toast	\$3

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

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salads

harvest salad roasted butternut squash, mixed greens, pear, feta, bacon, walnut, maple dijon vinaigrette	\$14	balsamic steak* grilled steak, mixed greens, goat cheese crumble, tomato, radish, avocado, red onion, sunflower seed, balsamic vinaigrette	\$17
house salad artisanal spring mix, cherry tomato, shredded carrots, chickpeas, dried cranberries, house vinaigrette	\$10	grilled salad artisanal spring mix, grilled eggplant, zucchini, mushroom, peppers, onion, tomato, kalamata olives, house vinaigrette	\$14
superfood salad baby kale, spinach, artisanal spring mix, quinoa, dried cranberries, blueberries, avocado, carrots, chickpeas, almonds, pumpkin seed, feta, chia seed vinaigrette	\$13		
garden root medley roasted beet, parsnip, carrot and sweet potato, mixed greens, goat cheese crumble, pomegranate seed, pepitas, hot honey dressing	\$14		

add: grilled chicken - \$5, grilled steak* - \$6, grilled salmon* - \$6, tofu - \$5

bowls

midtown power bowl grilled chicken, cahokia high protein brown rice, mixed greens, tomato, carrot, red onion, cucumber, chickpea, white balsamic	\$15	buddha bowl artisanal spring mix, mango, carrots, edamame, cahokia high protein brown rice, cucumber, avocado, sesame ginger dressing	\$14
chicken shawarma cahokia high protein brown rice, hummus, feta, cherry tomato, cucumber, red onion, kalamata olive, mint, cilantro	\$15	firecracker salmon* grilled salmon, cahokia high protein brown rice, cabbage, red pepper, cucumber, corn, edamame, sriracha aioli	\$17
texas steak* grilled steak, mixed greens, cahokia high protein brown rice, cherry tomato, mushroom, onion, bleu cheese crumbles, garlic aioli	\$16		

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handhelds

midtown burger* 6oz schrader farms grass fed beef, american cheese, shredded lettuce, red onion, pickles, dijonaise, brioche bun	\$16	midtown spring roll hummus, leaf lettuce, artisanal spring mix, cucumber, shredded carrots, avocado, microgreens, whole grain tortilla	\$10
grilled chicken sandwich lettuce, tomato, onion, cheddar, brioche bun	\$15	roc tuna house-made tuna salad, spinach, carrots, apple, alfalfa sprouts, honey dijon, toasted multigrain	\$12
veggie burger lettuce, tomato, onion, brioche bun	\$15	town royal oven roasted turkey, lettuce, tomato, avocado, cheddar, sriracha aioli, toasted multigrain	\$12
buffalo chicken wrap pulled chicken, buffalo sauce, cheddar, bleu cheese crumble, lettuce, red onion, tomato, jalapeño tortilla	\$12		
sesame salmon wrap* grilled salmon, spinach, carrots, dried cranberries, apple, sesame ginger dressing, whole grain tortilla	\$15		

substitute gluten-free bread - \$2
add: avocado - \$2, hickory smoked bacon - \$2
served with choice of side: house chips, fruit salad, side salad (+\$1)

quesadillas

cheese cheddar, jalapeño tortilla	\$9	bon works pulled chicken, avocado, cheddar, sriracha aioli, jalapeño tortilla	\$12
chicken pulled chicken, cheddar, jalapeño tortilla	\$10	vegetarian grilled seasonal vegetables, cheddar, spinach, jalapeño tortilla	\$12
buffalo chicken pulled chicken, buffalo sauce, tomato, cheddar, jalapeño tortilla	\$12		

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