BREAKFAST
(available 7:00 am to 11:00 am on weekdays & 8:00 am to 3:00 pm on weekends)

TEN-GRAIN OATMEAL
sun-dried sour cherries, dark brown sugar, toasted almonds - 6.50

VANILLA GREEK YOGURT
homemade granola or mixed berries - 6.95

CHIA CEREAL BOWL
puffed brown rice, toasted coconut, banana, organic peach compote - 7.95

PEPPER & EGG WHITE SANDWICH*
shishito, jalapeño, pepperjack, organic kale & spinach - 8.50

BRAISED POT ROAST & EGG SANDWICH*
aged white cheddar, jalapeño relish - 8.95

SPICY CHICKEN TINGA*
guajillo chili, sunny eggs, avocado, corn tortilla - 10.95

EGGS YOUR WAY*
golden hash browns, whole grain toast,
choice of brown sugar bacon or our chicken sausage - 11.95
sub roasted salmon* - add 3.50

A WONDERFUL EGG WHITE OMELET*
white cheddar, baby spinach, avocado & tomato salsa, organic turkey bacon - 12.95

STEAK CHIMICHURRI & EGGS*
grilled shishito peppers, eggs your way, golden hash browns - 15.95

FRESH-SQUEEZED JUICES

sweet valencia orange 4.50 lemon blueberry muffin 2.95
power greens 5.95 angel food cake muffin 2.95
pineapple, pear & ginger 6.50 morning bun 2.95
mango, orange & pineapple nectar 6.50 honey butter cinnamon roll 3.50
blueberry & basil smash 6.95 endurance bar 3.50

*consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.
Menu items & pricing are subject to change. • $4 delivery fee will be added to every order
LUNCH & DINNER
(available after 11:30 am on weekdays & after 3:00 pm on weekends)

VEGAN TOMATO SOUP
  ciabatta croutons, basil oil - 7.95

STRaight “A” SALAD
  arugula, avocado, asian pear, asiago, almonds - 11.95

ENLIGHTENED CAESAR
  hearts of romaine, capers, croutons, grana padano, greek yogurt dressing - 11.95
  add roasted chicken* - 3.95 / add salmon* - 5.95

ROASTED CAULIFLOWER SALAD
  arugula & kale, prairie breeze cheddar, toasted pistachios, capers, currants, pistachio vinaigrette - 13.95

PRIME BURGER*
  whole grain toast or classic bun, kennebec fries, house-made giardiniera, choice of aged white cheddar, wisconsin swiss or havarti - 13.95

GRILLED CHICKEN SANDWICH*
  (available before 4:00 pm on weekdays only)
  arugula, avocado, pickled shallots, peppercorn aioli, kennebec chips - 13.95

WARM POT ROAST SANDWICH
  (available before 4:00 pm on weekdays only)
  toasted white cheddar bun, caramelized onion, kennebec fries - 13.95

TURKEY, SWEET POTATO & GREENS NEATLOAF*
  braised kale, vegetable gravy - 17.95

HOUSEMADE RICOTTA RAVIOLI W/ BUTTERNUT SQUASH
  green beans, toasted pepitas, grana padano, basil - 17.95

CHILI & CHOCOLATE GLAZED SALMON*
  smoked almond slaw, corn tortillas - 24.95

SLOW-BRAISED SHORT RIB*
  (available for dinner hours only)
  citrus chili glaze, celery root puree, brussels sprout leaves - 23.95

SKIRT STEAK CHIMICHURRI*
  (available for dinner hours only)
  kennebec fries, grilled shishito peppers - 24.95

SNACKS
kennebec fries crispy lemons & chilis 6.95
hummus vegetables, warm naan 6.95
roasted beets whipped feta, winter citrus 7.95
chicken meatballs* ginger soy glaze 8.95
kung pao brussels sprouts 8.95
local burrata grapes, pecans 9.95

DESSERTS
just baked cookies A.Q.
(ask for today’s selection)
  oh my! caramel pie 7.95
tall, dark & handsome chocolate cake 8.95
chia pudding 6.95
chia seeds, coconut milk, pomegranate

Wine and local beer available by the bottle to your room upon request. Must be 21 years of age or older.
Zoom Service is delivered to your room through the Beatrix carryout team. All items will be served in-to-go style containers.
If you need plateware, glassware or silverware, please contact the hotel front desk.