

FLAME & GRILL

BURGERS

THE 1/3 POUNDER

1/3 pound of juicy black angus beef served on a toasted bun with choice of toppings and sauce

\$6.50 720 CALS

TURKEY BURGER

1/3 pound of juicy turkey patty served on a toasted bun with choice of toppings and sauce

\$6.50 490 CALS

IMPOSSIBLE BURGER ^{VG}

1/3 pound of juicy plant based meat served on a toasted bun with choice of toppings and sauce

\$7.50 490 CALS

TOPPINGS:

griddled onion
tomato
lettuce

SAUCES:

secret sauce
onion aioli
chipotle aioli

SESAME GARLIC BIBIMBAP ^V

carrots, kimchi, scallions, quinoa, and sesame ginger vinaigrette topped with a fried egg

\$6.50 380 CALS

CHIPOTLE CHICKEN WRAP

crispy chicken, cheddar, pico de gallo, lettuce, chipotle avocado dressing, honey wheat wrap

\$6.50 800 CALS

CHICKEN TENDERS ^{DF}

crispy fried chicken tenders made to order

3PC **\$3.50** 550 CALS 6PC **\$6.50** 860 CALS

PHILLY

griddled chopped steak, mushrooms, bell peppers, onions, provolone and pepper jack, french roll

\$6.50 620 CALS

FAJITA QUESADILLA ^V

adobo seasoned chihuahua, pepper jack & cheddar cheese on a flour tortilla topped with pico de gallo, sour cream, onions, green pepper

\$6.50 870 CALS

FEATURED

ALL CAP

angus beef patty, lettuce, jalapeno bottle caps, red onion, chipotle spread, brioche bun

\$8.50 750 CALS



CHIMICHURRI CHICKEN

grilled chicken breast, chimichurri kale slaw, roasted red peppers, red onion, whole wheat bun

\$7.00 460 CALS

SIDES

HOUSEMADE CHIPS

ranch, cajun or plain

\$1.50 140 CALS | ^{VG} ^{GF} ^{DF}

FRENCH FRIES

\$2.00 220 CALS | ^{VG} ^{GF} ^{DF}

SWEET POTATO FRIES

\$2.50 280 CALS | ^{VG} ^{GF} ^{DF}

GRILLED CHICKEN

\$3.00 150 CALS | ^{GF} ^{DF}

ADD BACON (2)

\$1.50 130 CALS | ^{GF} ^{DF}

ADD CHEESE

\$0.75 60-115 CALS | ^V ^{GF}

ADD AVOCADO

\$1.25 60 CALS | ^{VG} ^{GF} ^{DF}

GLUTEN-FREE (GF) BREAD
AVAILABLE UPON REQUEST



V-VEGETARIAN

VG-VEGAN

GF-GLUTEN FREE

DF-DAIRY FREE

CN-CONTAINS NUTS

THOROUGHLY COOKING FOODS OF ANIMAL ORIGIN SUCH AS BEEF, EGGS, FISH, LAMB, MILK, POULTRY OR SHELLFISH REDUCES THE RISK OF FOODBORNE ILLNESS. INDIVIDUALS WITH CERTAIN HEALTH CONDITIONS MAY BE AT HIGHER RISK IF THESE FOODS ARE CONSUMED RAW OR UNDERCOOKED.



FOOD PREPARED MAY CONTAIN WHEAT, FISH, DAIRY, EGGS, SOY, & NUTS.