

FLAME & GRILL

SESAME GARLIC BIBIMBAP ^V

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

\$6.50 380 CALS

PHILLY

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

\$6.50 620 CALS

CHICKEN TENDERS ^{DF}

crispy fried chicken tenders made to order

^{3PC} **\$3.50 550 CALS** | ^{6PC} **\$6.50 860 CALS**

ON THE SIDE

HOUSEMADE CHIPS

freshly made in-house chips with choice of chip flavor: ranch, cajun or plain

\$1.50 140 CALS | **VG GF DF**

FRENCH FRIES

\$2.00 220 CALS | **VG GF**

ADD BACON (2)

\$1.50 130 CALS | **GF DF**

SWEET POTATO FRIES

\$2.50 280 CALS | **VG GF**

ADD CHEESE

\$0.75 60-115 CALS | **V GF**

GRILLED CHICKEN BREAST

\$3.00 150 CALS | **GF DF**

ADD AVOCADO

\$1.25 60 CALS | **VG GF DF**

CHIPOTLE CHICKEN WRAP

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

\$6.50 800 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

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

CHOICE OF TOPPINGS:

griddled onion, tomato or lettuce

CHOICE OF SAUCE:

secret sauce, onion aioli or chipotle aioli



V-VEGETARIAN **VG-VEGAN** **GF-GLUTEN FREE** **DF-DAIRY FREE**
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.



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

GLUTEN-FREE (GF) BREAD
AVAILABLE UPON REQUEST