

Breakfast Scrambles

Served with Choice of Red Potatoes, Cheesy Hashbrowns, or Fresh Fruit,
Includes Multigrain, Soudough, White, Wheat, or Rye Toast

Corned Beef Hash Scramble

Corned Beef, Harvest Veggies, Eggs, Swiss
Cheese, Honey Mustard Sauce, Scallions

Chicken Bacon Waffle

Eggs, Waffle Batter, Chicken, Bacon, Cheddar,
Maple Aioli, & Maple Syrup

Ham & Swiss

Eggs, Ham, Swiss, Sour Cream, Green Onions

All Iowa

Bacon, Turkey Sausage, Ham, Eggs, Pepper
Jack

Steak Scramble

Eggs, Onion, Potatoes, Mushroom, Steak,
Pepper Jack, Tomato

Fire Roasted

Eggs, Fire Roasted Veggies, Mushrooms, Spinach,
Cheddar

Fiesta Citrus Chili & Chorizo

Eggs, Jalapenos, Chorizo, Red Pepper & Green
Pepper, Pepper Jack, Citrus Chili Sauce, Sour
Cream, & Green Onion

Fajita Chicken or Steak

Eggs, Fire Roasted Veggies, Pico de Gallo, Pepper
Jack, Citrus Chili Sauce, & Fajita Chicken or
Steak

Bacon & Cheddar

Eggs, Bacon, Cheddar, Tomato, Onion

Garden

Egg Whites, Spinach, Onion, Tomato, Red &
Green Pepper, Asiago, & Avocado

• BREAKFAST TOASTS •

Caprese Avocado

Wheat Toast, Avocado, Fresh Mozzarella,
Tomato, Asiago, Balsamic Glaze

Peanut Butter Banana

White Toast, Peanut Butter Drizzle, Banana
Slices, Honey Drizzle

Garden Avocado

Multigrain Toast, Avocado, Tomato, Asiago

Bacon Avocado

Sourdough Toast, Avocado, Bacon, Feta
Cheese

KIDS MENU

Breakfast

Comes with a Gogurt

Junior Egg Breakfast Scrambled Eggs, Turkey Sausage or Bacon, & a Slice of Toast

French Toast Sticks

Plain, Blueberry, Triple Berry, Strawberry, Strawberry Banana,
Chocolate & Caramel, Caramel Pecan Creme Brulee

1/2 Waffle

Plain, Blueberry, Triple Berry, Strawberry, Strawberry Banana,
Chocolate & Caramel, Caramel Pecan Creme Brulee

Lunch & Dinner

Items in the Box Below Come with Goldfish, Go-Gurt, Grapes, Mixed Fruit, or Broccoli

Ham or Turkey Sandwich White Bread & American Cheese

Grilled Chicken Strips & Steamed Broccoli Comes with an Additional Side

Peanut Butter & Jelly Melt Served Hot on White Bread

Kids Grilled Cheese Toasted White Bread with American Cheese

Kids Soup Comes with a Piece of Baguette

Dino Nuggets Comes with Six Dinosaur Shaped Breaded Chicken Nuggets

Power Rice Bowl Wild Rice, Avocado & Protein Choice: Chicken, Steak, or Shrimp

White Cheddar Mac & Cheese Comes with a Piece of Baguette

Bacon Mac & Cheese Comes with a Piece of Baguette

Penne Pasta Choice of Butter, Red, or White Sauce & Piece of Baguette

Pepperoni or Cheese Flatbread

Pizza Crunchers Comes with Marinara

Breakfast Sandwiches

Egg White Delight

Cheddar Bun, Egg White, Bacon, Tomato, Arugula,
Sriracha Mayo, & Swiss

Everything Bagel & Steak Sandwich

Everything Bagel, Steak, Smoked Cheddar, & Egg

Ham, Avocado, & Arugula Sandwich

Rye Bread, Ham, Egg, Swiss, Avocado, Arugula, Red
Peppers, & Sun-dried Aioli

Egg White, Avocado, & Arugula Sandwich

Multigrain Bread, Egg White, Swiss, Avocado,
Arugula, & Sun-dried Aioli

Ham & Swiss Egg Melt

Sourdough, Ham, Swiss, Scrambled Egg, &
Sundried Aioli

Bacon or Sausage, Egg & White Cheddar

Bacon or Turkey Sausage on a Croissant or
Ciabatta with Egg & White Cheddar

Bacon & Egg Bagel

Asiago Bagel, Egg White, White Cheddar, Bacon

Chorizo & Brioche Sandwich

Brioche Bun, Chorizo, Scrambled Eggs, Scallions,
Caramelized Onion, American Cheese & Sriracha
Mayo

Pretzel Bun, Ham & Dijon Sandwich

Ham, Egg, Swiss, Avocado, Dijon, Pretzel Bun

Breakfast BURRITOS

NEW Steak & Sriracha

Eggs, Steak, Fire Roasted Veggies, Pepperjack, &
Sriracha Mayo

Meat Lover's

Eggs, Ham, Bacon, Turkey Sausage, Country Gravy

Bacon & Cheddar

Eggs, Bacon, Cheddar, Potatoes, Tomatoes,
Onions, Chipotle Mayo

Chorizo & Pepperjack

Eggs, Chorizo, Pepperjack, Signature Sauce, Red
Pepper, Potatoes, Onions

Southwest Chicken

Eggs, Chicken, Bacon, Onion, Green Pepper,
Potatoes, Cheese Sauce, Cheddar, & Avocado

Veggie & Egg

Eggs, Spinach, Mushrooms, Cheddar, Fire

Waffles

NEW Bacon Cheddar

Strawberries & Cream

Blueberry

Triple Berry

Strawberry

Strawberry Banana

Caramel Pecan Creme Brulee

Chocolate Caramel

*Waffle Available Until 10:30 Weekdays | 2PM
Weekends*

French Toast

NEW Apple Spice

Strawberries & Cream

Cinnamon Roll

Blueberry

Triple Berry

Strawberry

Strawberry Banana

Caramel Pecan Creme Brulee

Chocolate Caramel

**All flavors are made with croissant french toast except
cinnamon roll & banana nut creme brulee*

BREAKFAST FAVORITES

Acai Bowl or Smoothie

Comes with Banana, Homemade Granola, and
Two Toppings:

**Strawberries • Blueberries • Raspberries • Pecans •
Coconut • Chia Seeds • Chocolate Chips • Almonds**

Oatmeal Kit

Brown Sugar & Homemade Granola

Biscuits & Gravy

Served with Eggs, Red Potatoes, & Turkey
Sausage

Breakfast Bowl

Eggs, Ham, Bacon, Chorizo, Fire Roasted
Veggies, Potatoes, Sweet Chili Sauce, Cheddar,
Scallions & a Biscuit



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Fall '25

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Salads

Comes with a Wheat or White Baguette

NEW Harvest Salad

Spring Mix, Arugula, Quinoa, Beets, Cranberries, Pistachios, Almonds, Carrots, Avocado, Pumpkin Seeds, Feta, Honey Balsamic

NEW Autumn Salad

Spring Mix, Napa Blend, Feta, Chicken, Bacon, Apples, Granola, Apple Vinaigrette

Blueberry Medley

Spring Mix, Napa Blend, Feta, Chicken, Almonds, Blueberries, Sunflower Seeds, Poppyseed Dressing

Asian Chicken

Romaine, Napa Blend, Cilantro, Chicken, Red & Green Pepper, Sesame Seeds, Wontons, Peanut Sauce, & Asian Dressing

Black Bean Burger

Spring Mix, Spinach, Black Bean Pattie, Avocado, Pepper Jack, Black Bean Corn Salsa, Wontons, Cilantro Ranch & Chipotle Ranch Dressing

Blackened Steak

Romaine, Spring Mix, Blackened Steak, Onion, Tomato, Cucumber, Gorgonzola, & Balsamic

Blackened Shrimp

Romaine, Blackened Shrimp, Hard Boiled Egg, Tomato, Onion, Avocado, & Yum Yum Dressing

FULL SALAD
OR
1/2 SALAD & SOUP

Chicken Fajita

Romaine, Fajita Chicken, Pepper Jack, Fire Roasted Veggies, Wonton Strips, Pico de Gallo, Salsa & Ranch Dressing

Chipotle Ranch Crunch

Spring Mix, Napa Blend, Craisins, Peanuts, Wonton Strips, Asiago, Blackened Chicken & Chipotle Ranch

Chicken Avocado Cobb

Romaine, Gorgonzola, Chicken, Bacon, Avocado, Hard Boiled Egg, Tomato, & Greek Dressing

Blackened Salmon

Spinach, Spring Mix, Feta, Red Pepper, Onion, Tomao, Cucumber, Blackened Salmon, Walnuts, & Lemon Vinaigrette

Blackened Chicken Caesar

Romaine, Blackened Chicken, Asiago, Tomato, Onion, Croutons, & Caesar Dressing

Blackened Chicken

Romaine, Blackened Chicken, Bacon, Pepper Jack, Cheddar, Tomato, Croutons, & Creamy Parmesan Dressing

GS Blackened Salmon Bowl

Olive Oil, Blackened Salmon, Lemon Juice, Tomato, Avocado, Onion, & Cucumber

GS Blackened Shrimp Bowl

Olive Oil, Minced Garlic, Lemon Juice, Blackened Shrimp, White Wine, Fresh Basil, Onion, Roma Tomato, Spinach, & Red Pepper Flakes

Steak Stir Fry Rice Bowl

Steak, Broccoli, Carrots, Gochujang Sauce, Asian Sauce, & Sesame Seeds

Thai Rice Bowl

Peanut Sauce, Scallions, Carrots, Peanuts, Blackened Chicken, Mozzarella, Cilantro Lime Sauce

SANDWICHES & WRAPS

Comes with a Side

Apple Chicken Salad Sandwich

Cranberry Mustard, Apple Chicken Salad, Walnuts, Swiss, Lettuce, Onion, & Tomato on Multigrain

Turkey Avocado BLT

Mayo, Roasted Turkey, Bacon, Avocado, Lettuce, & Tomato on Sourdough

Toasted Turkey Club

Chipotle Mayo, Roasted Turkey, Bacon, Cheddar, Lettuce, Tomato, & Onion on a Croissant

Toasted Turkey Cranberry

Cranberry Mustard, Roasted Turkey, Cheddar, Tomato, Onion, & Spinach, on a Croissant

Toasted BLT

Mayo, Bacon, Lettuce, & Tomato on Multigrain

Turkey Avocado Wrap

Dill Mayo, Roasted Turkey, Avocado, Arugula, Cucumber, & Tomato

Asian Chicken Wrap

Napa Blend, Cilantro, Chicken, Red & Green Pepper, Asian Dressing, Peanut Sauce, Wontons Strips, & Sesame Seeds

Prairie Trail Club Wrap

Sun-Dried Tomato Aioli, Turkey, Ham, Bacon, Cheddar, Lettuce, Tomato & Pickles

Buffalo Chicken Wrap

Romaine, Chicken, Gorgonzola, Tomato, Onion, Buffalo Sauce, & Ranch

Toasted Chicken Caesar Wrap

Caesar Dressing, Arugula, Blackened Chicken, Onion, Tomato, & Asiago

Toasted Baja Chicken Wrap

Blackened Chicken, Napa Blend, Pico de Gallo, Avocado, Black Bean Corn Salsa, Chipotle Mayo, & Basil Pesto

Chicken & Chipotle on Ciabatta

Chipotle Mayo, Chicken, Bacon, Tomato & Cheddar

Chicken Pesto on White

Basil Pesto, Chicken, Mozzarella, Tomato, & Arugula

Turkey Reuben on Rye

Signature Sauce, Swiss, Roasted Turkey, & Sauerkraut

Corned Beef Reuben on Rye

Signature Sauce, Swiss, Corned Beef, & Sauerkraut

Turkey Bacon on White

Roasted Turkey, Chipotle Mayo, Bacon & Cheddar

TOASTED SANDWICHES

Comes with a Side

NEW Roasted Veggies on Sourdough

Roma Tomato, Fire Roasted Veggies, Fresh Mozzerella, & Sundried Tomato Pesto

Turkey Honey Mustard on Sourdough

Turkey, Fresh Mozzarella, Tomato, Bacon, Honey Mustard Sauce,& Avocado

Chicken Bacon Cranberry on Ciabatta

Chicken, Bacon, Arugula, Fresh Mozzarella, Maple Bacon Aioli, & Cranberry Mustard

GRIDDLE MELTS

Comes with a Side

NEW Spinach Artichoke Grilled Cheese

Spinach Artichoke Dip, White Cheddar, & Provolone on Sourdough

NEW Apple Grilled Cheese

Bacon, Apples, Cheddar, White Cheddar, Hot Honey, & Onion Jam on Sourdough

Chicken Bacon Ranch

Chicken, Bacon, Pepperjack, Ranch, & Tomato on Parmesan Sourdough

Turkey Bacon Avocado Melt

Signature Sauce, Swiss, Cheddar, Tomato, Roasted Turkey, Bacon, & Avocado on Parmesan Sourdough

Main Street Cuban Melt

Dijon Mustard, Swiss, Pickles, Ham, Roasted Turkey, & BBQ Pulled Pork on Focaccia

BURGERS

Comes with a Side

NEW Apple Maple Bacon Burger

Bacon, Apples, White Cheddar, Cheddar, Maple Apple Bacon Jam, Onion Jam, & Garlic Aioli on a Cheddar Bun

NEW Santa Fe Burger

Corn Salsa, Avocado, Provolone, Pepperjack, & Sweet Chili Sauce on a Cheddar Bun

NEW Bacon Whiskey Burger

Bacon, French Onions, White Cheddar, Smoked Cheddar, Bourbon Sauce, Garlic Aioli on a Cheddar Bun

Patty Melt

Swiss, American Cheese, Signature Sauce, Pickles, Onions, & Onion Jam on Rye Bread

Frisco Burger

Swiss, Cheddar, Grilled Onions, & Signature Sauce on Parmesan Sourdough

Truffle Burger

Truffle Aioli, Bacon, Mushrooms, & Swiss on a Pretzel Bun

Black Bean Burger

Salsa, Sour Cream, Wonton Strips, & Pico de Gallo on a Brioche Bun

Main Street Cheese Burger

Beef Patty, Cheddar, Lettuce, Tomato, Onion, Pickle on a Brioche Bun

Bacon Tangler Burger

Smoked Cheddar, Bacon, French Onions, Bourbon Yum Yum Sauce on a Brioche Bun

Pastas & MAC

NEW Maple Bacon Mac

Chicken, Bacon, Cheddar, Pepperjack, Brown Sugar, Maple Aioli, & Pecans

NEW Hot Honey Mac

Chicken, Bacon, Tomatoes, Bread Crumbs, Hot Honey, & Hot Honey Sauce

Beef Brisket Mac

Beef Brisket, BBQ Sauce, Cheddar, & French Onions

Buffalo Chicken Mac

Chicken, Buffalo Sauce, Bacon, Tomato, Gorgonzola, & Ranch

Chicken Bacon Ranch Mac

Chicken, Bacon, Ranch, Tomato, & Scallions

3 Cheese Truffle Mac

Bacon, Mushrooms, Alfredo, Mozzarella, Truffle Aioli, & Bread Crumbs

White Cheddar Mac

White Cheddar Cheese Sauce

Steak Tangler Pasta

Steak, Tangler Sauce, Alfredo, Spinach, Fire Roasted Veggies, Parmesan Cheese

Chicken Parmesan Pasta

Chicken, Marinara, Penne, Mozzarella, Breadcrumbs, & Basil

Cajun Chicken Pasta

Cajun Chicken, Penne, Fire Roasted Veggies, Alfredo, & Cajun Sauce

Alfredo with Chicken Pasta

Olive Oil, Penne, Chicken, Red Peppers, Alfredo, Asiago, & Pistachios

Shrimp & Basil Pasta

Penne, Basil, Asiago, Tomato Basil Sauce, Alfredo Sauce, Shrimp, & Tomato

Spinach & Avocado Pasta

Cavatappi, Olive Oil, Garlic, Basil Pesto, Lemon Juice, Avocado, Tomato, Spinach, Basil, & Feta

Shrimp Pesto Pasta

Shrimp, Alfredo, Pesto, Spinach, Penne, Asiago, & Tomato

DAILY SOUPS

A Cup or Bowl | Comes with Wheat or White Baguette

• Chicken Enchilada (GF)

• Chicken Noodle

• Red Lentil & Vegetable (V)

• French Onion (GF)

• Wicked Thai Chicken & Rice

• Tomato Basil Bisque

• Golden Broccoli Cheese (GF)

S•I•D•E•S

•Cup of Soup

• Mixed Fruit

• Today's Side

• Green Salad

•Kettle Chips: BBQ, Sea Salt, Jalapeno, Sweet Onion, or Sea Salt & Vinegar