

# Breakfast Sandwiches

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

**Ham, Avocado, & Arugula Sandwich**  
Rye Bread, Ham, Egg, Swiss, Avocado, Arugula, Red Peppers, & Sundried Aioli

**Egg White, Avocado, & Arugula Sandwich**  
Multigrain Bread, Egg White, Avocado, Arugula, & Sundried Aioli

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

**Bacon/Sausage, Egg & White Cheddar**  
On a Croissant or Ciabatta

**Bacon & Egg Bagel**  
Asiago Bagel, Egg White, White Cheddar, Bacon

**Chorizo & Brioche Sandwich**  
Brioche Bun, Chorizo, Scrambled Egg, Scallions, Caramelized Onion, & Sriracha Mayo

## • BREAKFAST TOASTS •

**Caprese Avocado**  
Two Pieces of Wheat Toast with Avocado, Fresh Mozzarella, Tomato, Asiago, & Balsamic Glaze

**Garden Avocado Toast**  
Two Pieces of Multigrain Toast with Avocado, Tomato, & Asiago

**Bacon Avocado Toast**  
Two Pieces of Sourdough Toast with Avocado, Bacon & Feta Cheese

## BREAKFAST FAVORITES

**Oatmeal Kit**  
with Brown Sugar & Granola

**Acai Bowl**  
Comes with Banana, Granola, & Two Toppings of Your Choice  
Strawberries | Blueberries | Raspberries | Pecans | Almonds | Coconut | Chia Seeds | Chocolate Chips

## Breakfast Scrambles

**Comes with a Side of Fresh Fruit and Choice of Toast: Wheat, White, Multigrain, Rye, Sourdough, or Gluten-Free**

### All Iowa Scramble

Eggs, Ham, Bacon, Turkey Sausage & Pepper Jack Cheese  
**Bacon & Cheddar Scramble**  
Eggs, Bacon, Cheddar, Onions & Tomatoes  
**Garden Scramble**

Egg Whites, Onion, Spinach, Asiago Cheese, Avocado, Diced Tomatoes, Red Pepper, & Green Pepper  
**Ham & Swiss Scramble**

Eggs, Ham, Swiss, Sour Cream, & Green Onion  
**Fire Roasted Scramble**

Eggs, Fire Roasted Veggies, Spinach, Mushrooms, & Cheddar Cheese  
**Cajun Chicken Scramble**

Eggs, Cajun Chicken, Fire Roasted Veggies, Pepper Jack, & Cajun Sauce

## French Toast

**NEW Apple Spice French Toast • Brioche French Toast • Blueberry •**  
**• Strawberry • Strawberry Banana •**  
**• Chocolate Caramel •**

## Breakfast BURRITOS

**Veggie & Egg Burrito**  
Eggs, Spinach, Mushrooms, Cheddar, Fire Roasted Veggies, & Sundried Aioli

**Bacon & Cheddar Burrito**  
Eggs, Bacon, Potatoes, Onion, Tomato, Cheddar, Chipotle Mayo  
**Chorizo Breakfast Burrito**

Chorizo, Pepperjack, Signature Sauce, Red Pepper, Potatoes, Red Onion  
**Southwest Chicken Wrap**  
Eggs, Chicken, Bacon, Onion, Green Pepper, Potatoes, Cheese Sauce, Cheddar, & Avocado



*Fall '25*  
*at*  
*801 Grand*

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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

## Asian Chicken Salad

Romaine, Napa Blend, Fresh Cilantro, Chicken, Red & Green Peppers, Sesame Seeds, Wonton Strips, Topped with Peanut Sauce & Asian Dressing

## Blackened Chicken Salad

Romaine, Blackened Chicken, Bacon, Pepper Jack, Cheddar, Tomatoes, Croutons, Topped with Creamy Parmesan Dressing

## GS Blackened Salmon

Spinach, Spring Mix, Feta, Red Peppers, Onions, Tomatoes, Cucumbers, Blackened Salmon, & Walnuts, Topped with Lemon Vinaigrette

## Blackened Chicken Caesar

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

## FULL SALAD OR 1/2 SALAD & SOUP

## GS Blackened Shrimp

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

## Chicken Fajita Salad

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

## Chipotle Ranch Crunch

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

## GS Blueberry Medley

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

## GS Chicken Avocado Cobb

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

## Black Bean Burger Salad

Spring Mix, Spinach, Black Bean Burger, Avocado, Pepper Jack, Black Bean Corn Salsa, Wontons, Topped with Cilantro Lime Dressing & Chipotle Ranch

## 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

## Turkey Bacon Avocado

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

## Chicken Bacon Ranch

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

# GRIDDLE MELTS

## Grilled Cheese

Cheddar, Swiss, Asiago, Tomato & Onion on Sourdough

## French Dip

Roast Beef, Bacon, Sauteed Onion, Asiago, Provolone, & Worcestershire Sauce on a Hoagie Bun

## Parmesan Roast Beef

Roast Beef, Cajun Sauce, Pepperjack, Provolone, and Fire Roasted Veggies on Parmesan Sourdough

## Salmon Melt

Dill Mayo, Blackened Salmon, Tomato, Onion, Avocado, & Cucumbers on Parmesan Sourdough

# BURGERS

## NEW Apple Maple Bacon Burger

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

## Black Bean Burger

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

## Main Street Cheeseburger

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

## Patty Melt

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

## Bacon Tangler Burger

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

## Frisco Burger

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

# Wild Rice Bowls

## GS Baja Bowl

Blackened Chicken, Avocado, Fire Roasted Veggies, Pepper Jack, Corn Salsa, Pico de Gallo, & Cilantro Lime Sauce

## GS Honey Dijon Chicken Bowl

Quinoa, Blackened Chicken, Harvest Veggies, Honey Mustard Sauce, Almonds, Craisins, & Parmesan Cheese

## GS Quinoa Power Bowl

Quinoa, Harvest Veggies, Stir Fry Veggies, Blackened Chicken, Maple Mustard Vinaigrette, Pumpkin Seeds, & Avocado

## GS Blackened Salmon Bowl

Olive Oil, Salmon, Lemon Juice, Tomatoes, Avocado, Onion, & Cucumbers

## Thai Chicken Rice Bowl

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

## GS Blackened Shrimp Bowl

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

# PASTAS & MAC N' CHEESE

Served with a Fresh Baked Baguette

## Alfredo with Chicken

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

## Cajun Chicken

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

## Blackened Salmon

Blackened Salmon, Penne Pasta, Garlic, Lemon Juice, Olive Oil, Basil, Veggie Mix, Tomatoes, & Parmesan

## Shrimp Pesto

Shrimp, Penne Pasta, Alfredo Sauce, Pesto, Spinach, Asiago, & Diced Tomato

## NEW Maple Bacon Mac

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

## NEW Hot Honey Mac

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

## White Cheddar Mac

Cavatappi Noodles & Cheese Sauce

## Brisket Mac

Beef Brisket, BBQ Sauce, Cheddar, & French Onions

## Chicken Bacon Ranch Mac

Chicken, Bacon, Ranch, Diced Tomato, & Scallions

## Buffalo Mac

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

# Wraps & Sandwiches

## Turkey Avocado BLT

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

## Apple Chicken Salad Sandwich

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

## Toasted BLT

Multigrain Bread, Mayo, Bacon, Lettuce & Tomato

## Toasted Turkey Club

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

## Toasted Turkey Cranberry

Toasted Croissant, Cranberry Mustard, Roasted Turkey, Cheddar, Tomato, Onion, & Spinach

## Asian Wrap

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

## Turkey Avocado Wrap

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

## Toasted Baja Chicken Wrap

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

## Toasted Chicken Caesar Wrap

Caesar Dressing, Arugula, Blackened Chicken, Red Onion, Tomatoes, & Asiago

## Buffalo Chicken Wrap

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

# Daily Soups

A Cup or Bowl: Comes with your choice of Wheat or White Baguette

• Broccoli Cheese (GF) • Tomato Bisque • Chicken Noodle • French Onion (GF) • Wicked Thai • Red Lentil Vegetable (V) • Chicken Enchilada (GF)

# TOASTED

# SANDWICHES

## NEW Roasted Veggies

Roma Tomato, Fire Roasted Veggies, Fresh Mozzarella, & Sundried Tomato Pesto on Sourdough

## Chicken Bacon Cranberry

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

## Chicken & Chipotle

Ciabatta Bread, Chipotle Mayo, Chicken, Bacon, Tomato, & Cheddar

## Turkey Bacon

White Bread, Roasted Turkey, Chipotle Mayo, Bacon, & Cheddar Cheese

## Turkey Reuben

Rye Bread, Signature Sauce, Swiss, Roasted Turkey, & Sauerkraut

## Chicken Pesto

White Bread, Chicken, Mozzarella, Tomato, Pesto, & Basil