



breakfasts available 7 – 11 am

two eggs, any style*

side of home fries, fruit, and toast choice of bacon, sausage, or ham 8

three egg omelet*

choice of vegetables and meats, toast 8 substitute egg white +1 | make it a burrito +.5

az breakfast bagel sandwich*

choice of sausage or bacon, green onion, egg, salsa, pepper jack, on a bagel 6

taylor ham breakfast sandwich*

egg, american cheese, brioche roll 6

ham, egg, and swiss croissant*

egg, ham steak, swiss, sautéed bell peppers 6

two buttermilk pancakes

choice of blueberry or traditional, choice of bacon, sausage, or ham 8

french toast and berries

texas toast in a vanilla cinnamon custard topped with berries, choice of bacon, sausage, or ham 8

nova lox and bagel plate*

cream cheese, red onion, capers, tomato 9

seasonal fruit and berry bowl

fruit and berries served with a bran muffin 7.5

salads available after 11 am

all salads can be served as a whole wheat wrap

bbq chicken chop

honey whiskey bbq grilled chicken, romaine, black beans, corn, tomato, cilantro, tortilla strips, monterey jack, cheddar, buttermilk ranch 7 | 10

spinach, berry, and bacon

spinach, chicken, bacon, egg, strawberries, cranberries, walnuts, raspberry vinaigrette 7 | 10

chop chop

turkey, swiss, cheddar, romaine, tomato, egg, bacon, red onion, cucumber, balsamic vinaigrette dressing 7 | 10

spicy thai chicken chop

chicken, rice noodles, spinach, cabbage, edamame, carrots, scallions, roasted peanuts, cilantro thai peanut dressing 7 | 10

sandwiches and such

available after 11 am

gluten free bread or roll substitute +.5

served with your choice of side | french fries, garden salad, caesar salad, sweet potato fries, fruit salad, chips, potato salad

turkey cranberry walnut melt

turkey, bacon, cranberry sauce, brie cheese, grilled cranberry walnut bread 7 | 10

kiva roast beef sandwich

cheddar, bacon, roasted red pepper, lettuce, tomato, herb mayo, nine grain bread 7 | 10

tuna croissant

albacore tuna, sweet pickle relish, green onions, celery, cheddar, on a toasted croissant 7 | 10

cranberry walnut chicken salad croissant

chicken, dried cranberries, walnuts, celery, tomato, green onion, lettuce, croissant 7 | 10

b.l.a.t.

bacon, lettuce, avocado, tomato, cheddar, herb mayo, sourdough 7 | 10

angus burger*

half pound of certified angus beef burger, lettuce, tomato, onion, pickle 10
cheese or bacon +1
substitute boca veggie burger

hebrew national hot dog

5.75 | sauerkraut +1

nine grain veggie

cream cheese, spinach, cucumber, tomato, red onion, bean sprouts, avocado, bell pepper, sunflower seeds, pepper jack, nine grain bread 9

teriyaki bowl

chicken, stir fried edamame, water chestnut, bell pepper, celery, onion, carrots, bean sprouts, house sauce, over jasmine rice 10
substitute shrimp +1

not served with choice of side

 this item is gluten free

*These items may be served raw or undercooked.

Consuming raw or undercooked meat, seafood or eggs may increase your risk of food-borne illness, especially if you have certain medical conditions.



smoothies 6
reset protein scoop +1

banana mango
with or without reset protein

apple cinnamon
with or without reset protein

lunches available after 11 am

balsamic salmon filet
broccoli, cauliflower, cabbage 12

grilled southwest salmon
avocado, black beans, cilantro, onions,
bell peppers 12

drinks 8

bloody mary, caesar, or maria
vodka or tequila, celery garnish

margarita mule
agave tequila, lime juice, ginger beer

moscow mule
vodka, lime juice, ginger beer

white sangria
banana, peach, grape, lemon, pear, lime

make my day peach
vodka, sweet and sour, lemon lime soda,
peach puree, fruit juices

how you dew'ing?
melon liquor, lemon and lime juices, agave
nectar, honeydew garnish

screwdriver
orange juice with vodka

margarita
frozen or on the rocks, traditional or strawberry

draft beers 4

kilt lifter scottish export ale
four peaks brewing company | tempe, az

good life ale english style best bitter
four peaks brewing company | tempe, az

orange blossom light wheat ale
papago brewing company | scottsdale, az

coors light american light lager
coors brewing company | golden, co

more drinks

iced tea
unsweetened
hibiscus, raspberry,
cherry, peach 1.5

**meyers
lemonade** 2.5

assorted hot teas 1

sunny arizona soda
desert pear syrup,
cherry peach syrup,
grapefruit juice 2

soda
coke, diet coke,
coke zero, sprite 1.5

smoothies 6 | reset protein scoop +1

vanilla coffee

chocolate raspberry mocha

pineapple

berry delicious
greek yogurt, strawberries, blueberries

strawberry banana

coffee drinks

coffee 1.75

cafe breve 3.5

irish coffee
baileys irish cream 6
jameson whiskey 8

cappuccino 3.5

mocha latte 3.75

mexican coffee 6

cafe macchiato 3.75

espresso 3

cafe con pana 3.5

espresso doppio 5

americano 3.5

latte

chai tea latte 3

hot or iced 3.5
add caramel or
hazelnut +.25

solaz melange
coffee, whipped
cream 2