

Highlands Bowls

Not a salad but a hearty - healthy bowl to keep you charging
Select chicken, *salmon or crispy falafel for any bowl

Temerity Bowl

\$ 16.25

Brown rice, sweet potato, black bean, bell pepper & cilantro

Thunder Bowl

\$ 16.25

Brown rice, butternut squash, edamame & kimchi

Oly Bowl

\$ 16.25

Quinoa, garbanzo beans, braised greens, fresh veggies & power seeds

***M-G-R Bacon Cheeseburger**

Local grass fed beef, LTO, brioche bun

\$ 16.90***Grass fed JR Cheeseburger****\$ 8.90****Meatless Burger**Plant based *Beyond Meat* patty, Swiss, LTO, brioche bun**\$ 15.45****Colorado Native Chicken Tenders****\$ 10.00****Colorado Native Chicken Sandwich**

Swiss, avocado spread

\$ 15.25***Teriyaki Salmon Sandwich**

Tamarind-teriyaki glazed salmon, asian slaw, brioche bun

\$ 16.65**Mountain Melt**

Griddled cheddar pullman, fresh tomato, bacon

\$ 11.00**Chili Cheese Dog**

All beef hot dog, pickle spear

\$ 13.35**Sweet Potato or Russet Fries****\$ 6.40****Kids Fries****\$ 3.40**

Homemade Local Grass-Fed Beef Lasagna

Fresh mozzarella & ricotta cheeses

\$ 15.85

Veggie Pesto Pasta

Fresh veggies, basil pesto sauce

\$ 15.85

Local Grass-Fed Beef Meatballs

Baked ziti with housemade marinara & fresh parmesan

\$ 15.85

Chicken Alfredo

Colorado Native Chicken, creamy garlic parmesan sauce, fresh vegetables

\$ 15.85

Classic Cheese or Pepperoni

\$ 8.15

Veg Head

\$ 9.05

Baby spinach, roasted tomatoes, banana peppers & mushrooms

Margarita

\$ 9.05

Fresh mozzarella, basil & sliced tomato

Special Pizza Slice

\$ 9.05

Always unique, changes daily

Individual Gluten Free

\$ 13.25

Changes daily but always GF

Fresh Salads

Tossed to order with house made dressings

\$ 13.00 / \$15.35

Soups of the Day

Unique and fresh every day

\$ 10.30

Stew of the Day

Hearty and created daily

\$ 12.20

Local grass fed Beef Chili

\$ 12.20

Ramen Noodle Bowl

Vegetarian miso broth, bean sprouts, radish, kimchi & herbs

\$ 12.50



HEY KIDS!

Combo it up for \$13⁵⁰

Ask for the **red plate** special

Junior Burger
Junior Cheeseburger
Chicken Tenders
Grilled Cheese

Kids Combo includes one
of the menu choices above
plus **two** sides from the Kids
Cooler selection:

Applesauce

Yogurt

Hummus

Carrots

Fruit Cup

Milk or Soy Milk

Juice or Punch

Edamame