

2625 s. Hwy 191 Bluff UT

435-672-2319



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Four Corners Omelet  Three cage free eggs with your choice of premium ingredients. Served with baked potato medley & 1/2 bagel with cream cheese.  Veggies: red and green bell peppers, red onion, tomatoes, mushrooms, spinach, green chilis, black bean and corn  Cheese: Shredded - cheddar, mozzarella or Sliced - swiss, pepper jack Meats: ham, sausage, bacon	\$10.00
<b>Keep it Wild</b> Two cage free eggs prepared the way you like them, baked potato medley, bacon or ham & 1/2 bagel with cream cheese.	\$9.00
<b>Waffles</b> - Fresh bananas, blended strawberries, ice cream, homemade buttermilk syrup	\$9.00
Breakfast Burrito	
Cage free scrambled eggs, potato medley, ham or bacon, cheddar	\$7.00
<b>Native Grains</b> - Corn grits with almond milk, blueberries, bananas	\$5.50
Fresh Fruit - Banana, apple, orange, 1/2 grapefruit	\$2.00
Cage Free Boiled Egg	\$2.00

**Bakery** - Muffins, cinnamon rolls, danish, bagel, peanut butter squares, cookies (\*\*Note: Selection Varies Daily) **Small \$2.00 Large \$3.00** 

# Smoothies & Beverages

**Smoothie 16 oz** (Made with almond milk and premium ingredients:)

\$4.99

Bears Ears Berry - Raspberry, blackberry, strawberry, frozen yogurt, apple juice

**Desert Sunrise** - Mango, pineapple, orange

San Juan River Rush - Banana, frozen yogurt, cocoa, peanut butter, Nutella

**Green Cactus Colada** - Coconut, banana, spinach, lime

**Red Rock Peach** - Peaches, cinnamon, frozen yogurt

**Night Sky** - Blueberry, banana

**Add Protein** - Whey or Vegan powder \$2.00

### **Drinks**

<b>Fountain</b> - Pepsi, Diet Pepsi, Mountain Dew, Dr. Pepper, Diet Dr. Pepper, Root-beer, Sierra Mist, Lemonade	24 oz <b>\$2.39</b>
<b>Lime Ricky</b> - Fresh lime, maraschino cherry, Sierra Mist	16 oz <b>\$2.99</b>
Sweet Oasis - Fresh lemons, strawberries, lemonade	16 oz <b>\$2.99</b>
Juice & Milk - Apple, orange, grapefruit, 2%, & chocolate	\$2.79



Coffee - Your basic cup	\$1.59
Americano - Fresh ground premium coffee blend	\$2.99
<b>Latte's</b> - A shot of espresso from premium coffee blend and steamed milk	\$3.99
<b>Espresso</b> - Espresso shot from premium coffee blend	
<b>Cappuccino</b> - Steamed milk, foam and a shot of espresso premium coffee	\$4.99
<b>Tea</b> - Herbal, Green, & Black varieties	\$1.59

# Sandwiches & Salads

## **Panini Sandwiches and Soups**

Turkey Bacon - Turkey, bacon, swiss, avocado, lettuce, tomatoes	
<b>Hawaiian</b> - Teriyaki , grilled pineapple, ham, swiss, lettuce, red onion	\$9.00
<b>Club</b> - Ham, turkey, bacon, cheddar, tomato, lettuce, red onion	\$9.00
<b>Italian</b> - peperoni, sausage, salami, mozzarella, spinach, tomatoes, mushrooms (Served with Marinara Red Sauce)	\$9.50
Plain Jane - Grilled Cheese. (Add Meat for \$1.00)	\$5.00
Kids Peanut Butter - With Nutella or Jam	
** Bread choices availible (wheat pita, ciabatta, and rustic sliced white)	
** Cheese substitutions available (Swiss, Cheddar, Pepper Jack)  **All Sandwiches sered with Chips and Pickle	
Chili - Made from scratch and served with corn bread (Vegan Option Avail.) cup	\$5.00
<b>Soup</b> - Soup of the day made from scratch (Ask for availability)	\$7.00

### **Salads**

Caesar	- Romaine, shredded Parmesan, croûtons	\$7.50
Spring	- Romaine, spinach, apple, craisin, feta cheese, pecans	\$8.50
Southv	vest - Romaine, roasted black bean and corn, red peppers, tomatoes, olives, shredded cheddar, grilled chicken	\$9.00
Cobb	- Romaine, spinach, ham, bacon, cage free boiled egg, shredded mixed cheese, red pepper, tomatoes, carrots	\$9.00
Garder	- Romaine, spinach, red & green pepper, tomatoes, carrots, cucumber	\$8.00
Add Pr	otein - Choice of Grilled chicken, ham, bacon, cage free boiled egg	\$1.00

**Dressing Choice** - Ranch, Caesar, Raspberry vinaigrette, Poppy seed, Southwest



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# **Finger Foods**



Cheese bread - light mozzarella, cheddar, parmesan, butter, garlic		
Crow Wings -	Tasty brick oven baked chicken wings with your choice of sauce: buffalo, teriyaki, or BBQ	\$8.00
Chips & Salsa	- Special blend salsa with a generous amount of tortilla chips (add guacamole for \$3.00)	\$6.00
Navajo Ash Bread - Brick oven ashbread served with amazing artichoke dip		
~	Flour tortillas topped with a mixed cheese blend, served with dwellings special blend salsa	\$6.00