



thrive

kitchen and catering

Breakfast - available until 9am

Acai Bowl / \$10.99 (V, V+)

Acai, strawberries, banana, blueberries, granola with flax seeds, honey Allergens: wheat, milk

Avocado Toast / \$6.99 (V)

Mashed avocado, olive oil, capers, pepitas, chia seeds, multigrain toast Allergens: gluten, wheat, egg, milk, sesame, soy **Add egg \$0.99**

Prosciutto Arugula Toast / \$8.99

Mashed avocado, arugula, prosciutto, lemon squeeze, pepitas, olive oil, multigrain toast Allergens: gluten, egg, milk, sesame, soy, wheat **Add egg \$0.99**

Plain Bagel / \$1.99 (V)

Allergens: gluten, soy, wheat

Add butter n/c, cream cheese \$0.75, nutella \$1.49

Egg & Cheese Breakfast Sandwich* / \$3.49 (V)

Served on a whole wheat bun or plain bagel

Southwest Wrap* / \$6.99 (V)

Scrambled eggs, black beans, shredded cheddar, pico de gallo on sundried tomato wrap Allergens: egg, milk

Swift Burrito* / \$8.99 (V)

Sun-dried tomato tortilla, rice, black beans, shredded cheddar, pico de gallo and sour cream on the side Allergens: egg, milk

Add avocado \$0.99, bacon \$0.99 smoked ham \$2.99

grilled chicken \$2.99, extra cheese \$0.59, choice of veggies \$0.80ea, extra egg \$0.99

(V) vegetarian, (V+) vegan, (GF) gluten free

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness

menu edited: 1/6/23

Salads, Bowls & Sandwiches - available 10am until 9pm

Fall Kale Salad / \$9.39 (V, V+, GF)

Kale blend w/carrot, cucumber, sweet potatoes, golden raisins, pepitas and cilantro citrus dressing

Mixed Greens Salad / \$9.39 (V, V+, GF)

Mixed greens, tomatoes, cucumbers, carrots, red peppers and balsamic vinaigrette

Thrive Cobb Salad / \$11.49 (GF)

Chopped leaf lettuce, applewood bacon, tomatoes, avocado, grilled diced chicken, shredded cheddar cheese, fried egg & buttermilk ranch dressing Allergens: milk, egg

Ginger Chicken Bowl* / \$9.99 (GF)

Grilled chicken, broccoli, red pepper, carrot, over jasmine rice with ginger sauce & sesame seeds

Siracha Chicken Bowl* / \$10.99 (GF)

Grilled Chicken, jasmine rice, edamame, carrot, cucumber, avocado, red pepper, sesame seeds, Siracha ginger dressing Allergens: soy, fish, sesame

Buffalo Bacon Ranch Bowl* / \$11.99 (GF)

Grilled chicken tossed in buffalo sauce, jasmine rice, leaf lettuce, applewood bacon, tomato, roasted corn, colby jack cheese, buttermilk ranch Allergens: milk

Tex Mex Bowl* / \$10.99 (GF)

Grilled chicken, jasmine rice, black beans, roasted corn, avocado, pico de gallo, cilantro citrus dressing

Veggie Bowl / \$9.99 (V, V+, GF)

Jasmine Rice, kale blend w/carrot, roasted sweet potato, cucumber, roasted corn, edamame, ginger vinaigrette

Build your own Salad or Bowl / \$8.99

Grain, lettuce (1): jasmine rice, mixed greens, kale blend, , chopped leaf lettuce, spinach

Veggies (5): edamame, sweet potatoes, carrot, cucumber, red pepper, sesame seeds, black beans, roasted corn, tomato, mushrooms, pepitas, green onion, golden raisins, broccoli, pickled jalapeños

Dressings (1): ginger, buttermilk ranch, cilantro citrus, balsamic vinaigrette

Add shredded cheese \$0.59, applewood bacon \$0.99, grilled chicken \$2.99, flank steak \$2.99, avocado \$0.99, egg \$0.99, hummus \$2.99 smoked ham \$1.79, oven roasted turkey \$2.99, scoop of chicken salad \$2.99, salmon \$6.99

Sandwiches served w/chips or side salad - Sourdough or multigrain bread, whole wheat bun, sundried tomato wrap or lettuce wrap also available to substitute for no charge Gluten Free bread available for \$1.50

Turkey & Provolone / \$10.50

Turkey, provolone lettuce, tomato, mayo, toasted multi-grain Allergens milk, egg, soy, wheat

Veggie & Hummus Wrap / \$8.99 (V, V+)

Cucumber, carrots and peppers with traditional hummus, mixed greens, arugula & tomato on sundried tomato wrap with ginger dressing Allergens: wheat, sesame

Roast Beef Sandwich* / \$12.99

Served with melted provolone cheese, horseradish sauce, lettuce and tomato on sourdough bread

Chicken Avocado BLT* / \$10.99

Grilled chicken, applewood bacon, provolone, avocado, leaf lettuce, tomato, on whole wheat bun Allergens: wheat, milk, egg, soy

Thrive Chicken Salad Sandwich* / \$9.99

House made tarragon chicken salad with lettuce and tomato on sourdough bread Allergens: wheat, egg, soy

Blue Devil Club / \$12.99

Boar's Head Ovengold Turkey and Beechwood Smoked Ham, applewood bacon, sharp cheddar, leaf lettuce, tomato, toasted multigrain w/mayo Allergens: wheat, milk, egg, soy

Grilled Chicken Wrap* / \$9.99

Grilled chicken, cucumber, leaf lettuce, tomato, carrot & balsamic vinaigrette dressing on sundried tomato wrap Allergens: wheat

Buffalo Chicken Wrap* / \$10.99

Grilled chicken tossed in buffalo sauce, leaf lettuce, tomato, shredded cheese, diced bacon & ranch dressing on sundried tomato wrap Allergens: wheat, milk, egg, soy

Swift BLT / \$8.99

Applewood smoked bacon, leaf lettuce, tomato and mayonnaise on toasted sourdough bread Allergens, wheat, egg, soy **Add Avocado \$0.99, Cheddar Cheese \$0.59**

Goey Grilled Cheese / \$4.99 (V)

Grilled sourdough bread with melted sharp cheddar and provolone cheeses Contains: wheat, milk **Add veggies \$0.80ea, applewood bacon \$0.99, avocado \$0.99, egg \$0.99, smoked ham \$1.79, oven roasted turkey \$2.99**



