

# Breakfast Menu

## Smoothies & Morning Boosters

### Green Monster

Green Apple, Spinach, Kale, Parsley, Celery, Cucumber, Lime, Poblano Chili

### Seasonal Fruit Smoothies

Strawberry, Strawberry Banana, Mixed Berry, Mango, Pineapple Coconut

### Protein Smoothie

Strawberry Pineapple, Blueberry Açai, Peanut Butter Banana

## Healthy Start

### Avocado Toast

Prairie Toast, Smashed Avocado, EV OO, Everything Seasoning, Brûléed Grapefruit  
Add Fried Egg\* or Smoked Salmon

### Açai Berry Bowl

Blended Açai, Banana, Blueberries, Flax Seeds, Toasted Coconut, Almond Granola

### Ancient Grains

Wheat Berry, Quinoa, Oats, Freekeh, Almond Milk, Macerated Berries, Cinnamon Crème

### Rolled Oats

Milk, Golden Raisins, Brown Sugar  
Add Blueberries or Banana



## Handhelds

Served with Choice of Side

### Breakfast Burrito

Choice of Protein, Scrambled Eggs, Pepper Jack Cheese, Crispy Potatoes, Pico de Gallo, Avocado

### The Pinnacle \*

Fried Egg, Ham, Bacon, Cheddar Cheese, Avocado, Tomato, Chipotle Ketchup, Challah Bun

### Pork Sausage English Muffin \*

Fried Egg, American Cheese

### Thanks a Lox Bagel

Smoked Lox, Cream Cheese Schmear, Tomato, Capers, Onion, Arugula, Dill, Everything Bagel



\* Note:

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# Breakfast Menu

## Griddle Selections

### Belgium Waffle

Bacon or Sausage, Whipped Butter, Maple Syrup

### Buttermilk Pancake Stack

Two Cakes, Bacon or Sausage, Whipped Butter, Maple Syrup  
Add Blueberries

### Protein Pancake

Egg Whites, Oats, Greek Yogurt, Cottage Cheese, Vanilla, Protein, Maple Syrup  
Add Blueberries

### Cinnamon Roll French Toast

Cream Cheese Glaze, Maple Syrup

## You Must Be Folking

### Two Eggs Your Style \*

Choice of Meat, Choice of Two Sides

### Egg White Frittata

Woodland Mushrooms, Spinach, Fiesta Peppers, Goat Cheese, Choice of Toast

### "Egg"Chiladas

Chicken Chorizo, Oaxaca-Cheddar Cheese, Spicy Green Chili Sauce

### Corned Beef Hash Eggs Benedict \*

Soft Poached Egg, Hollandaise, Toasted English Muffin

### Two Egg Omelet

**Protein:** Ham, Bacon, Chorizo, Turkey Sausage, Pork Sausage

**Cheese:** Cheddar, American, Pepper Jack, Swiss, Goat Cheese

**Vegetables:** Spinach, Asparagus, Mushrooms, Tomatoes, Onions, Bell Peppers, Green Chiles

## Sides

Seasonal Fruit  
Mixed Berries  
Hash Browns  
Cottage Cheese  
Yogurt  
Brûléed Grapefruit  
Toast  
Avocado  
Single Pancake

## Protein Selections

Applewood Smoked Bacon  
Turkey Sausage Patty  
Pork Sausage Link  
Country Ham  
Chicken Chorizo

## Toast

Multi Grain  
White  
Sourdough  
Marble Rye  
Prairie  
Gluten Free  
English Muffin  
Bagel



# Lunch Menu

## Lighter Fare

### Daily Soup Special

Cup or Bowl

### Chicken & White Bean Chili

Cup or Tortilla Bowl

### Ultimate Single Layer Nachos

Flour and Corn Tortilla Chips, Four Cheese Blend, Queso,  
Black Beans, Pickled Jalapeños, Pico de Gallo, Scallions, Crème  
Add Shredded Chicken

### Blue Crab Cake Slider

Napa Cabbage Slaw, Pickled Onions, Sriracha Mayo

### Brandt Beef Slider \*

Shredded Lettuce, Tomato, Pickles, American Cheese, Thousand Island

### Crispy Fried Pickles

Sriracha Aioli



## Fresh Salads

### Southwestern Chicken Cobb

Grilled Chicken Breast, Field Greens, Romaine, Avocado, Jicama, Roasted Corn, Tomato,  
Red Onion, Black Beans, Nopalitos, Crumbled Egg, Cotija Cheese, Tortilla Strips,  
Chipotle Buttermilk Dressing

### Crispy Buffalo Chicken

Romaine, Roasted Corn, Red Bell Pepper, Cheddar Cheese,  
Grape Tomatoes, Celery, Orange-Honey Dressing

### Mandarin Chicken Salad

Napa Cabbage, Romaine, Carrots, Avocado, Cilantro, Peanuts, Apples,  
Orange Segments, Pickled Onion, Crispy Wontons, Craisins, Honey Sesame Dressing

### Blue Crab Avocado Stack

Wonton, Crisps, Napa Cabbage, Mizuna, Carrots, Radish,  
Chili Threads, Sriracha Mayo, Mango-Yuzu Dressing

### Black Pepper Salmon Caesar Salad

(Classic Caesar Available)

Baby Romaine Leaves, Grape Tomatoes, Lemon, Parmesan Cheese, Rustic Croutons

### The Italian Chop

Baby Romaine, Grape Tomatoes, Shaved Red Onion, Salami, Oregano,  
Crispy Chick Peas, Pepperoncini, Feta Cheese, Italian Vinaigrette

### BLT Wedge

Crisp Iceberg, Applewood Bacon, Grape Tomatoes, Point Reyes Bleu Cheese,  
Chives, Cracked Black Pepper

# Lunch Menu

## Artisanal Sandwiches/Entrees

### Deli Sandwich-Your Way

Choice of Tuna Salad, Ham, Turkey, Club, BLT, Chicken Salad, Egg Salad  
with Lettuce, Tomato, Choice of Side

**Bread:** White, Multi-Grain, Sourdough, Marble Rye, Prairie, Gluten Free, English Muffin, Bagel  
**Cheese:** Sharp Cheddar, American, Pepper Jack, Swiss, Provolone

### Ahi Tuna Poke Bowl

Steamed Rice, Avocado, Ginger, Mango, Shishito, Nori, Sesame Seeds,  
Ponzu Sauce, Taro Root Chips

### The Estancia Burger \*

Brandt Beef, Fresh Turkey or Black Bean Quinoa, Challah Bun, LTO, Pickle,  
Choice of Cheese, Choice of Side

### Baja Fish Tacos

Blackened Mahi, Two Tortillas, Napa Cabbage Slaw, Pico de Gallo, Avocado, Cotija Cheese, Baja Sauce

### Classic French Dip

Slow Roasted Prime Rib, Swiss Cheese, Sautéed Onions, Artisan Roll, Au Jus, Choice of Side

### Grilled Brie Sandwich

Avocado, Beefsteak Tomatoes, Field Greens, Cracked Black Pepper,  
Multi-Grain Roll, Choice of Side

### Carolina BBQ Fried Chicken Sandwich

Applewood Smoked Bacon, Swiss Cheese, Carolina Mustard BBQ Sauce, Challah Bun,  
Choice of Side

### Blackened Chicken Rice Bowl

Brown Rice, Black Beans, Avocado, Pico de Gallo, Sweet Potatoes, Pickled Onions,  
Dried Corn, Cilantro, Cotija Cheese

### Charred Steakhouse Salad \*

Grilled Brandt Flat Iron Steak, Arugula, Grape Tomatoes, Point Reyes Bleu Cheese, Crispy Shallots,  
Extra Virgin Olive Oil, Aged Balsamic

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## Enhancements

House Salad	Mixed Berries
Tater Tots	Seasonal Fruit
French Fries	Cottage Cheese
Sweet Potato Fries	Coleslaw
Onion Rings	House Chips

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