



BALANCED CHOICES MENU

Available 6:30am-11am daily



Pineapple Protein Power Bowl | 16

Acai Infused Greek Yogurt Packed with Protein Powder & Flaxseeds, Mixed Nuts, Granola, Fresh Berries - Served in a Pineapple bowl

Farmers Layover | 12

Two eggs your way, choice of lean protein and toast

Protein: Turkey Bacon, Chicken Sausage +2, or Marinated Tofu + 3



Egg White Frittata | 14

Egg Whites, baby spinach, onions, heirloom tomatoes, and goat cheese. Served with crispy heirloom potatoes

Lots of Lox | 16

Everything Bagel, Fresh Herbs, Preserved Lemons, Red Onions, Caperberries, Cream Cheese, Loaded with Smoked Salmon Lox & Green Garlic Oil



Avocado Toast Points | 12

Fresh Avocados Mashed with Citrus, Garlic & Toasted Spices, Served on Multi-grain Wheat Bread, topped with Cruitite & Eggs your way

Shelby Campbell's Breakfast Sandwich | 12

Fried Egg, Maple Brown Sugar Bacon, Wisconsin Cheddar Cheese, Roasted Garlic Mayo, on an English Muffin, Served with Crispy Heirloom Potatoes



Balanced Bowl | 14

Roasted Garlic Farro, Roasted Seasonal Vegetables & Poached Egg



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Lavender Mimosa | 10

A floral twist on the classic brunch cocktail. Brut Champagne, Lavender syrup, lemonade

Bloody Mary | 10

Tito's Vodka, House mix topped with all the fixings. Beef stick, olives, pickle, cheese, celery salt and lime.

Add a beer chaser for \$3



Baileys Hot Cocoa | 14

Baileys Irish cream infused cocoa. Topped with fresh cream and chocolate drizzle

London Fog | 8

Hot or Iced Earl Grey tea steeped with vanilla and lightly sweetened, finished with steamed milk or chilled over ice





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Available 11am-10pm daily



Cauliflower Steak Provencal | 20
V | GF

Fried cauliflower in a crispy panko herb breading, blistered heirloom cherry tomatoes, charred broccolini, finished with an agrodolce sauce.

Exotic Mushroom Risotto | 19
local mushrooms, aged parmesan, a top
broccoli, parsnips and kale



Barcelona Turkey Sandwich | 19
Hand breaded turkey breast, ciabatta
bun, arugula, preserved lemons,
heirloom tomatoes and saffron aioli

Prime Rib Italian Beef | 19
Thinly shaved prime rib, aromatic beef
jus, French baguette, mild giardiniera,
provolone cheese & roasted garlic mayo



Capella Salad | 17
Heirloom tomatoes, basil pesto,
burrata, aged balsamic, focaccia
croutons, red onion, and arugula with a
red wine and aged balsamic vinaigrette

Herb-Crusted Tilapia | 18
Farm raised tilapia, fresh herbs with
seasonal veggie over pasta aglio e olio,
with lemon and microgreens



Pan Con Tomato | 16
Focaccia toast, honey whipped ricotta,
blistered cherry tomatoes, local honey,
herb garlic oil & pistachio crumble

Protein add-ons
Grilled chicken breast +3 | Steak +5 | Jumbo Shrimp +6 | Salmon +7



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*A thoughtful selection of low-ABV cocktails,
zero-proof mocktails, and lighter classics.*



Haven On Earth | 12
Rumhaven coconut water rum,
Pineapple juice, Soda and lime

Superbird Ranch Water | 14
Superbird spicy blanco tequila, fresh
lime, soda water, tajin rim



Cucumber Lemon Press | 12
Cucumber vodka, fresh lemon juice,
soda and lemon-lime soda

Montenegro Spritz | 10
Amaro Montenegro, orange bitters,
soda fresh orange twist



Peach Ginger Refresher- N/A | 6
Non Alcoholic ginger beer, peach
simple syrup, and fresh lemon juice

Prickly Pear Paloma - NA | 6
Prickly pear nectar, grapefruit juice,
fresh lime and soda water



Lavender Lemon Tonic - NA | 8
Fresh lemon juice and lavender tonic
water