

# MENU



## CREPES - \$9

Comes with choice of chips, fruit salad or broccoli salad

### THE PLEX

sautéed mushroom and onion, garlic aioli, spinach, roasted tomatoes with provolone cheese +add grilled chicken \$4

### BERRIES + CREAM

strawberries, blackberries, honey, pecans, with a sweet cream cheese spread, garnished with cinnamon sugar

### BERRY NUTELLA

strawberries, blackberries, almonds with a nutella spread, garnish with cinnamon sugar

## PANINIS

Comes with choice of chips, fruit salad or broccoli salad

### FOUR CHEESE \$9

garlic aioli, roasted tomatoes, asiago, cheddar, mozzarella and provolone

### THE TUSCAN \$11

grilled chicken, pesto aioli, spinach, roasted tomatoes and provolone

### THE VEGETARIAN \$11

sautéed mushrooms and onions, spinach, garlic aioli and provolone

### UPTOWN HAM + CHEESE \$13

goat cheese, blackberries, prosciutto, honey, and spinach

## SALADS

Dressings: house ranch, honey mustard, raspberry vinaigrette, balsamic vinaigrette, caesar

### SIDE HOUSE SALAD \$5

### MANDARIN SALAD \$14

grilled chicken, spinach, mandarin oranges, almonds, cranberries with a raspberry vinaigrette

### SPINACH CAESAR \$14

grilled chicken, spinach, asiago, croutons with a caesar dressing

## 7" PERSONAL PIZZAS

### CHEESE \$7

mozzarella, asiago, pizza seasoning

### PESTO \$11

pesto, mozzarella, roasted tomatoes, mushrooms, pizza seasoning

### PEPPERONI \$11

mozzarella, asiago, pepperoni, pizza seasoning

### HAWAIIAN \$13

ham, pineapple, mozzarella, pizza seasoning

## KIDS - \$5

comes with choice of chips, fruit salad or broccoli salad

### CHEESE PIZZA

mozzarella, asiago +pepperoni (no charge)

### GRILL CHEESE PANINI

cheddar, provolone

### NUGGETS

### HOT DOG

## DESSERT \$5

### DIPPIN DOTS

### RED VELVET TEASER

### TIRAMISU TEASER

### ICE CREAM COOKIE

A 20% SERVICE CHARGE WILL BE ADDED TO ANY UNPAID CHECKS

SCAN ME



# REFUEL & RECOVERY SMOOTHIES

20oz. for \$9

Substitute whey protein with plant protein for \$1.50

## STRAWBERRY SLAM

strawberries, banana, & more strawberries  
with 20g vanilla whey protein

## BERRY, BERRY, GOOD

strawberries, blueberries, blackberries, raspberries, & banana with 20g vanilla whey protein

## CHOCOLATE THINNY MINT

vanilla almond milk, organic chocolate, mint & "Get Lean" with 20g chocolate whey protein

## PEANUT BUTTER CUP

vanilla almond milk, organic chocolate & peanut butter lite with 10g chocolate & 10g vanilla whey protein

## BANANA NUT BLAST

vanilla almond milk, peanut butter lite & banana with 20g vanilla whey protein

## ORGANIC COOKIE CRUNCH

vanilla almond milk, organic sandwich cookies, yogurt & vanilla with 20g vanilla whey protein

## TENDER GREENS

vanilla almond milk, kale, spinach, banana, flax seed oil, vanilla & honey with 20g vanilla whey protein



## FIKA COFFEE

### 8 OZ CUP HOT COFFEE \$2

choice of a Appalachian blend (light roast) or Smoky Mountain blend (dark roast)  
+add syrup \$.50 (Caramel, vanilla, roasted hazelnut, Irish cream)

### COLD BREW 8 OZ \$3

Iced or hot  
+add syrup \$.50 (caramel, vanilla, roasted hazelnut, Irish cream)

### COLD BREW FRAPPE 20 OZ \$7

cold brew blended with your choice of milk and flavor

## CANNED SODA \$1.50

PEPSI

DIET PEPSI

ORANGE CRUSH

STARRY

MOUNTAIN DEW

DIET MOUNTAIN DEW

GATORADE (ASSORTED)

DR. PEPPER

DIET DR. PEPPER

PURE LEAF SWEET/ UNSWEET TEA \$3

SIGNATURE FIKA TEA \$3

Sweet or Unsweet locally sourced black blackberry, green apricot tea blend

## REFRESHER OF THE DAY \$5

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SCAN ME