

# COTTWELL

## Breakfast Menu

Overnight Oats w/ almond milk .....	\$10
Parfait w/ homemade granola & fruit .....	\$14
Veggie egg white frittata .....	\$12
side of fruit + 3 per order	
Avocado Toast .....	\$12
on ezeziel bread with hemp hearts & flax seed + (when in season)	
Acai Bowls .....	\$14
Bananas, strawberries, blueberries, shredded coconut, honey, flax seed, chia seed & hemp hearts	
Acai bowl .....	\$14
order made by request	
Plain Bagel with butter or cream cheese .....	\$7

## Lunch Menu

Signature Kale Salad .....	\$12
Pecorino romano cheese, toasted pecans & raisins	
Turkey & Eggplant Lasagna .....	\$18
w/ ricotta cheese over roasted kale	
Quinoa Bowl w/ roasted veggies .....	\$14
Caesar Salad .....	\$14
low fat greek yogurt caesar dressing	
Greek Salad .....	\$16
tomatoes, cucumbers, kalamata olives, red onions & feta	
Chicken salad wrap .....	\$18
with fruit	
Tuna melt w/ swiss cheese on multi grain .....	\$16
with fruit	

## Protein options- wild or grass fed

Salmon .....	\$7
Chicken breast .....	\$6
Turkey burger .....	\$6
Lentil burger .....	\$6
*vegan	

## Kids Menu & Snacks

Chicken Nuggets (10) with Chips .....	\$8
Chicken Fingers (4) with Chips .....	\$8
Pasta w/ Butter .....	\$7
Mac n cheese .....	\$7
Peanut butter & Jelly Sandwich .....	\$6
on multi grain bread	
Rice Krispie Treat .....	\$2.50
Assorted Fresh Muffins .....	\$3.50
Protein Brownies .....	\$3

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## Light Bites Menu 5pm-9pm

Hummus Platter .....	\$16
carrots, celery, olives & pita bread	
Baked Brie w/ crostini .....	\$16
apples, brown sugar & cranberries	
Chicken Wings .....	\$20
Options: bbq sauce, hot sauce or naked + oven roasted	
Beef Skewers w/ 4 cheese truffle aioli .....	\$18
Bang Bang Shrimp w /homemade asian dipping sauce .....	\$20
Flatbread w/ tomato, mozzarella & basil .....	\$18
Flatbread w/ prosciutto, pear & goat cheese .....	\$18
Flat bread w/ wild mushroom & herb .....	\$18

## Beer & Hard Seltzer

Corona, Amstel light, Heineken .....	\$6
Blue Moon .....	\$7
Fat Tire .....	\$7
Key West Sunset Ale .....	\$7
Miller Lite .....	\$5
Modelo .....	\$7
Peroni Nastro Azzuro .....	\$6
The Tank .....	\$6
Served in a Can	
Truly- hard seltzer strawberry & lemonade .....	\$6
White Claw - hard seltzer- variety of flavors .....	\$6

## Wine by the glass

Whispering Angel Rose .....	\$12/\$44
Chardonnay .....	\$12/\$46
Pinot Grigio .....	\$12/\$46
Cabernet Sauvignon .....	\$50
Kendall Jackson Chardonnay .....	\$12/\$42
Prosecco .....	\$12/\$44

## Coffee & Tea Options (hot or iced)

Espresso shot .....	\$4
Cappuccino .....	\$5
Latte .....	\$5
Matcha Latte .....	\$6
Chai Latte .....	\$6
Iced Coffee .....	\$4.50
Peppermint tea .....	\$4
Green ginger tea .....	\$4
Variety of tea flavors .....	\$4
ask for options	

MILK OPTIONS: SKIM, ALMOND SOY & OAT