



MARKET SOUP CREATED FRESH DAILY **\$5 CUP \$8 BOWL**

GREEN CHILE PORK STEW SLOW SIMMERED PORK, TOMATILLOS, POBLANO CHILIES, HOMINY, CILANTRO, SHAVED RED CABBAGE, COTIJA CHEESE, CUMIN SCENTED CORN TORTILLA STRIPS. **\$8 CUP, \$12 BOWL GF**

SMOKED TURKEY BLT & AVOCADO CRISP APPLEWOOD BACON, LEAF LETTUCE, VINE RIPENED TOMATO **\$14**

SERVED ON TOASTED WHEAT BREAD OR AS A WRAP ON WHOLE WHEAT TORTILLA. CHOICE OF WARM CORN TORTILLA CHIPS & CHARRED TOMATO SALSA, SALAD WITH HOUSE MADE DRESSING, OR CUP OF MARKET SOUP

BAR10 RANCH GRASS FED BEEF BURGER LOCAL BEEF BURGER, SLICED TOMATO, LEAF LETTUCE SERVED ON A FRESH BAKED BUN. **\$15**

TURKEY OR PLANT BASED BURGER AVAILABLE ON REQUEST. CHOICE OF WARM CORN TORTILLA CHIPS & CHARRED TOMATO SALSA, SALAD WITH HOUSE MADE DRESSING, OR CUP OF MARKET SOUP

SWEET POTATO FRIES SPICY SAMBAL MAYO **\$6 GF**

CHARRED TOMATO SALSA FRESCA, GUACAMOLE & STONEGROUND TORTILLA CHIPS **\$7 GF**

HUMMUS, GRILLED PITA & GARDEN FRESH VEGGIES **\$8**

CANYON NACHOS BLACK BEANS, CORN, CILANTRO, SERRANO CHILIES, CHEDDAR & COTIJA CHEESE, SOUR CREAM, SALSA & AVOCADO, TORTILLA CHIPS **\$12 GF**

GRAB & GO LUNCH CHICKEN SALAD OR VEGGIE HUMMUS WRAP **\$12**

with Tortilla Chips & Salsa, Adventure Bar, Red Mountain Granola, Seasonal Fresh Fruit, Bottled Water

SMOOTHIES \$7

GREEN MACHINE Spinach, Kale, Apple, Celery, Banana, Chia Seed, Lemon, Lime & Ginger

BERRY BREEZE Seasonal Mixed Berries, Apple, Banana

MANGO PEACH Coconut, Orange, Pineapple, Banana, Apple

Add Whey or Pea Protein \$1

BARISTA BLENDS

TALL/GRANDE

ESPRESSO OR AMERICANO

\$4 / \$5

CAPPUCCINO

\$5 / \$6

LATTE

\$6 / \$7

EXTRA SHOT OR PLANT BASED MILK

\$1

QUICK BITES