



smart menu

Our menu has been developed with **you** in mind. As a **smart** parent we know you would like a smart menu. A nutrition professional's input certifies that we have included **healthy** options for you and your family. You can enjoy gourmet salads, paninis, pizzas and more. For your children, our **unique** kids menu sneaks ingredients that are a great source of protein, vitamins, and minerals into your child's **favorite** things to eat. So go ahead and **indulge** in dessert.

cool kids

For our guests 12 and under

PASTA

penne noodles with butter, marinara, or white sauce and parmesan. 5

add a large meatball for 1
add grilled chicken for 1.5

PIZZA

special house recipe sauce mixed with orange puree topped with low-fat mozzarella cheese. Choice of cheese or pepperoni. 5.5

COOL COMBO

your choice of pizza or pasta, a fountain drink, and ice cream for dessert! 9

TOASTED CHICKEN QUESADILLA

mixed cheeses and healthy orange puree with chicken baked in a flour tortilla. 5.5

TOTS PLATE

made especially for our littlest guests! Includes applesauce, Cheerios®, cubed cheese and diced chicken. 3.5

MAC & CHEESE

macaroni noodles with orange puree, cheese sauce and peas. 6

The following COOL KIDS items include a choice of carrots, fries, applesauce or fruit salad.

CHURRASCO, JR

a smaller portion of our Churassco entree, a good source of protein. 8

CRISPY NUGGETS

all white meat chicken nuggets with choice of BBQ or honey mustard for dipping. 6

GRILLED CHEESE

a combination of Monterey jack and cheddar cheese melted between two slices of whole grain wheat bread. 6.5

Your health and safety are important to us, so please inform us if you have any specific food allergies. We cook with 0 trans fat oils.

smart parents:

For your peace of mind, our cool kids menu has been reviewed by the nutrition professionals at **Compufood Analysis in Seattle, Washington**

Our special orange puree is made with sweet potatoes and carrots which are rich in vitamins A, C and B6 adding a “hidden” healthy twist to your child’s favorite foods.

appetizers

FRUIT SALAD

assorted seasonal fruits with vanilla yogurt and crunchy granola. 5.5

TRI-COLORED TORTILLAS & SALSA

fresh tri-colored tortilla chips with chunky salsa. 5

SPINACH

ARTICHOKE DIP

served with fresh tortilla chips, celery and carrots for dipping. 10

HUMMUS TRIO

our special recipes of roasted red pepper and garlic feta along side classic hummus with toasted flatbread and veggie sticks. 8

VEGGIE SPRING ROLLS

a healthy blend of Asian vegetables wrapped and cooked to a light crisp with ponzu and sweet chili sauce. 8.5

CHICKEN TENDERS

breaded all white meat chicken tossed in either our BBQ or homemade buffalo sauce with celery, carrots and bleu cheese. 8

CLASSIC MOZZARELLA STICKS

lightly breaded mozzarella cooked to a golden brown served with marinara. 8

TUNA TARTARE

sushi grade ahi tuna tossed with ginger vinaigrette and layered with avocado. 13.5

QUESADILLA

flour tortilla filled with a cheddar and Monterey jack cheese blend, served with a side of sour cream, guacamole and salsa. 8.5

Add grilled veggies 1
Add chicken 2

soups • salads

Add protein to any salad: Chicken 2 or Churrasco 3.

COOL WEDGE

iceberg wedges, sliced tomatoes with bleu cheese dressing topped with bacon and bleu cheese crumbles. 9.5

CAPRESE

vine ripe tomatoes, fresh mozzarella and basil drizzled with balsamic glaze and olive oil. 9.5

GOAT CHEESE

pan seared goat cheese over mixed greens, red onions, vine ripe tomatoes tossed in balsamic vinaigrette. 11.5

THAI CHICKEN

seasoned chicken breast tossed with mixed greens, cucumber, mandarin wedges, bean sprouts, chopped peanuts, cilantro, and sesame seeds with Asian dressing. 11

SOUTHWEST CHICKEN SALAD

romaine lettuce, grilled chicken mixed with black bean corn salsa, fresh diced avocado, and cilantro tossed in our homemade Southwest dressing and topped with crispy tortilla strips. 12.5

CAESAR

grilled chicken breast on a bed of romaine lettuce, shredded parmesan, garlic croutons, and our creamy Caesar dressing. 10.5

SEARED TUNA

sesame pepper crusted seared Ahi tuna, mixed greens, red onions, vine ripe tomatoes with Asian dressing. 14

GREEK

romaine lettuce, vine ripe tomatoes, kalamata olives, peperonicini, topped with crumbled feta cheese tossed with homemade vinaigrette. 9.5

SOUP OF THE DAY

ask your server about today's selection. 4.5

SOUP & SALAD

a smaller portion of today's soup with your of choice mixed greens or Caesar side salad. 7.5

Consuming raw or undercooked meat or shellfish may increase your risk of food borne illness.

healthy

gourmet pizzas

All of our pizzas are made fresh to order. Whole wheat crust add 1.

GRILLED VEGGIE
pizza sauce with mozzarella topped with zucchini, eggplant, yellow squash and roasted red peppers. 10

MARGHERITA
fresh mozzarella, vine-ripened tomatoes, garlic and fresh basil leaves finished with a touch of olive oil. 10.5

SPINACH CHICKEN
alfredo sauce, grilled chicken breast, spinach, mozzarella, and shredded parmesan. 11.5

CLASSIC HAWAIIAN
mozzarella, thinly sliced honey ham and sweet pineapple. 11

BISTRO BALSAMIC CHICKEN
grilled seasoned chicken, sun dried tomatoes, spinach, and caramelized onions topped with goat cheese and a drizzle of our balsamic glaze and olive oil. 13

Sides

sweet potato fries 4

fries 3

mixed greens salad 5

caesar salad 5

applesauce 1.5

carrots or celery 1

 = smart choices

ITALIAN MEATS

mozzarella topped with thinly sliced prosciutto, pepperoni, and sweet Italian sausage. 13.5

COOL CHEESE PIZZA

the original with just sauce and cheese. 9

add pepperoni for 1

BBQ CHICKEN

bbq sauce, diced grilled chicken, thinly sliced red onions, Monterey jack and cheddar cheese mix finished with cilantro herb. 11.5

HALF & HALF

enjoy your choice of half of a pizza along side a house salad. 10

rice 3

sauteed veggies 3

sauteed spinach 3

steamed broccoli 3

side of avocado 3

paninis • sandwiches

All of our paninis come with your choice of mixed greens or fries, add sweet potato fries for 1.

CLUB STYLE

shaved oven-roasted turkey, crispy bacon, baby spinach, vine ripe tomatoes and Swiss with garlic aioli. 10

ITALIAN ROAST

thinly sliced prosciutto, fresh mozzarella, roasted red peppers and basil with original recipe cracked pepper garlic aioli. 10.5

VEGGIE

grilled zucchini, eggplant, yellow squash and roasted red peppers with pesto and Swiss cheese. 9

CHURRASCO

thin cuts of marinated grilled churrasco on garlic aioli topped with thinly sliced red onion and tomatoes with chimichurri on the side. 13

CHICKEN PESTO

seasoned chicken breast, red onion, baby spinach, crumbled goat cheese and pesto spread. 11.5

MEATBALL

PARMESAN SUB

three large beef-Romano meatballs layered with homemade marinara sauce and low-fat mozzarella cheese in a toasted ciabatta roll. 9.5

AVOCADO

GRILLED CHICKEN

grilled chicken breast topped with sliced avocado, bacon strips, sliced tomato and julienne romaine with mustard sauce on whole grain bread. 11

entrees

CHURRASCO

marinated grilled churrasco topped with thinly sliced red onion and chimichurri served with sauteed spinach and fries. 18

SESAME

SEARED TUNA

fresh sushi grade Ahi tuna crusted with black and white sesame seeds with ponzu and ginger vinaigrette served with rice and sauteed veggies. 16

SEARED BBQ

RUBBED SALMON

pan-seared wild Salmon filet spiked with our homemade dry BBQ rub, layered with black bean and corn salsas topped with a cool ranch sauce. 14

* Perfect low carb alternative

pastas

All pastas are served with a side of garlic bread. Add two meatballs to any of our pastas for 3 or add chicken for 2.

PENNE POMODORA

penne pasta tossed with our homemade tomato sauce, basil and fresh low-fat mozzarella. 11

CHEESE RAVIOLI

large cheese ravioli topped with fresh spinach and choice of a creamy white wine sauce or marinara. 14

COOL PASTA

italian sausage and sun-dried tomatoes mixed in a creamy pink sauce with spinach and penne pasta. A house specialty. 13.5

unique

desserts

ICE CREAM

one scoop of all natural vanilla ice cream with your choice of sauce—chocolate, caramel, or strawberry—light whipped topping, sprinkles and a cherry on top. 4

CHOCOLATE DECADENCE

a slice of pure heavenly dark chocolate cake rich in flavonoids, a natural antioxidant. 9

MILKSHAKE

blended all natural ice cream with added protein powder. Choose from Chocolate, Vanilla or Strawberry. Have it made with your choice of 2% or Soy Milk. 5

APPLE PIE A LA MODE

baked apples with cinnamon spice served warm with a scoop of all natural ice cream. 9

BROWNIE SUNDAE

baked chocolate brownie topped with ice cream, chocolate sauce and whipped cream. 7.5

DULCE DE LECHE CHEESECAKE

NY Style cheese cake with swirls of dulce de leche. 8.5

NUTELLA PIZZA

whole wheat pizza dough sprinkled with cinnamon sugar topped with Nutella and caramelized bananas. 7.5

beverages

SOFT DRINKS

Coke, Diet Coke, Sprite,
Fanta Orange, Mr. Pibb,
Barq's Rootbeer,
Pink Lemonade, or
Fruit Punch 2.5

CHINA MIST ICED TEAS

choice of freshly
brewed unsweetened
traditional black or
passion fruit tea 2.5

BOTTLED WATERS

Acqua Panna
spring water 4.5
Perrier sparkling water 4.5

MIGHTY LEAF HOT TEAS

select from a variety of
flavors including green teas
and herbal infusions 2.5

MILK

2% milk or
chocolate milk 2.5
soy milk 3

JUICES

100% juice box 2.5
orange juice 3

LAVAZZA FRESH GROUND COFFEE

Gran Filtro dark roast
regular or decaf 3

LAVAZZA GRAND ESPRESSO

espresso 3
latte 4
cappucino 4.5

BOTTLED BEERS

ask your server for our
selection

domestic 4
microbrew 5
import 5

WINE BY THE GLASS

chardonnay, merlot,
cabernet, or pinot grigio 8

For your convenience, an 18% gratuity will be added
to parties of 6 more guests.

indulge

