

SOUPS AND SALADS

TOMATO SOUP • BASIL / GREEK YOGURT 	9.5
SUPERFOOD GRAIN BOWL  COLORADO QUINOA / FARRO / BROWN RICE / KALE / GREEN ONIONS SOY BEANS / MUSHROOM DASHI	13.5
KALE SALAD + •  BRUSSEL SPROUTS / APPLES / BACON / SUNFLOWER SEEDS POPPY SEED VINAIGRETTE	12.5
PEAR & DATES SALAD • RED LEAF LETTUCE / PEARS / DATES / BLUE CHEESE / GRAPEFRUIT APPLE CIDER VINAIGRETTE	13.5

ADD TO ANY SALAD:
CHICKEN / 7 SHRIMP / 10 STEAK / 12 SALMON / 12

SWEETS

ROASTED APPLE & FIG COBBLER BERRY INFUSED SAUCE / VANILLA BEAN ICE CREAM	9.5
DONUT HOLES CHOCOLATE SAUCE	8
PANNA COTTA + CHILLED CUSTARD / CINNAMON / TOASTED ALMONDS	9
TRIPLE CHOCOLATE CAKE DULCE DE LECHE ICE CREAM / CARAMEL SAUCE	9.5
BOWL OF BERRIES • 	6.5

• Gluten Free  Superfoods +Contains Nuts

**Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness.*

SANDWICHES

CHOICE OF HAND CUT FRIES, SIDE SALAD OR FRUIT

LIFT BURGER	16.5
CO BEEF / SMOKED CHEDDAR / LETTUCE / TOMATO / ONION / AWESOME SAUCE / BRIOCHE BUN	
PORTOBELLO SANDWICH 	15
ROASTED PORTOBELLO MUSHROOMS / SUN DRIED TOMATOES / ROASTED ARTICHOKE AND SPINACH / GOAT CHEESE / ROASTED GARLIC BREAD	
ANCHO CHICKEN	14.5
GRILLED OR FRIED / BLACK BEAN / GUACAMOLE / CHIPOTLE SLAW / MUENSTER CHEESE / PICKLED ONIONS / TORTA ROLL	
RUEBEN	15.5
CORNEB BEEF / SAUERKRAUT / SWISS / RUSSIAN DRESSING / RYE BREAD	
TURKEY AVOCADO WRAP 	15.5
ARUGULA / BACON / TOMATO / CHIPOTLE AIOLI / FLOUR TORTILLA	
CAPRESE GRILLED CHEESE	13.5
FRESH MOZARELLA / SUN DRIED TOMATO / BASIL PESTO BALSAMIC / ROASTED GARLIC BREAD	
CUBAN GRILLED CHEESE	14.5
PULLED PORK / HAM / MUSTARD / PICKLES / GRUYERE / TORTA ROLL	
LIFT GRILLED CHEESE	14.5
3 CHEESES / BACON / AVOCADO / TOMATO / SOURDOUGH	
BYOGC	13.5
CHOICE OF BREAD SOURDOUGH / WHOLE GRAIN / GARLIC & PARMESAN / GLUTEN FREE (\$2) YOUR CHOICE OF ANY 4 ITEMS (\$1 FOR EACH ADDITIONAL ITEM) CHEDDAR / SWISS / PROVOLONE / MOZZARELLA / BLEU CHEESE / GOAT CHEESE / MUENSTER / CHIHUAHUA CHEESE / BACON / CHORIZO / PROSCIUTTO / TOMATO / TURKEY / HAM / AVOCADO / ARUGULA / CARAMELIZED ONIONS / SPINACH / MUSHROOMS	

SIDES



FRENCH FRIES	6.5
TRUFFLE FRIES	7.5
SEASONAL FRUIT	6.5
SIDE HOUSE SALAD	6.5
SIDE CAESAR SALAD	6.5

• Gluten Free  Superfoods +Contains Nuts

**Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness.*



JUICES & SMOOTHIES

CARROT JUICE CARROT / ORANGE / TURMERIC / MANGO / GINGER	10.5
CELERY JUICE CELERY / CUCUMBER / LIME / COCONUT WATER	10.5
KALE SMOOTHIE +  KALE / SPINACH / BANANA / MANGO / CINNAMON / ALMOND MILK	11.5
BLUEBERRY SMOOTHIE +  WILD BLUEBERRIES / SPINACH / GRANOLA / AVOCADO / CHIA SEEDS / ALMOND MILK	11.5

MILKSHAKES 8.5

SALTED CARAMEL	ESPRESSO
PEANUT BUTTER	VANILLA
CHOCOLATE	STRAWBERRY

BEVERAGE

JUICE ORANGE JUICE / CRANBERRY / APPLE / GRAPEFRUIT	5.5	ASSORTED COKE® PRODUCTS	2.5
TOMATO JUICE / V-8	5.5	COKE / DIET COKE / SPRITE / LEMONADE / GINGER ALE / ORANGE FANTA / ROOT BEER	
TAZO® TEA (ASSORTED)	5.5	ICED TEA	3
STARBUCKS® FRESHLY BREWED COFFEE	5.5	MAYA BLOODY MARY	10
CAFÉ LATTE— HOT COCOA	5.5	A MIMOSA...	10
MILK: SOY / SKIM / 2% / WHOLE / ALMOND	5.5	GRAPEFRUIT, ORANGE OR MANGO	
		BOTTOMLESS MIMOSAS	15

- Gluten Free
-  Superfoods
- +Contains Nuts

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness.

WINES BY THE GLASS

BUBBLES

CHANDON. BRUT. CALIFORNIA 13 / 50
PROSECCO. RUFFINO 12 / 48

WHITES

CHARDONNAY. MAGNOLIA GROVE. CALIFORNIA 9 / 36
CHARDONNAY. SONOMA-CUTRER. CALIFORNIA 14 / 56
PINOT GRIGIO. BOLLINI. ITALY 9 / 36
SAUVIGNON BLANC. KIM CRAWFORD. NEW ZEALAND 11 / 44
RIESLING. ANEW. WASHINGTON 9 / 36
ROSE. BANFI CENTINE. ITALY 8 / 32

REDS

PINOT NOIR. DELOACH. CALIFORNIA 10 / 40
RED BLEND. ALAMOS. ARGENTINA 9 / 36
MERLOT. BERINGER FOUNDERS' ESTATE. CALIFORNIA 9 / 36
CABERNET SAUVIGNON. MAGNOLIA GROVE. CALIFORNIA 9 / 36
MALBEC. ALAMOS. ARGENTINA 9 / 36

BOTTLED BEER

DOMESTIC 5

BUDWEISER. BUD LIGHT. COORS LIGHT. COORS BANQUET.

IMPORT & CRAFT 6

HEINEKEN. HEINEKEN LIGHT. CORONA EXTRA. CORONA LIGHT.
SAMUEL ADAMS BOSTON LAGER. BLUE MOON. STELLA ARTOIS.
CRAZY MOUNTAIN AMBER. CRAZY MOUNTIAN HOOKIEBOBB IPA.
CRAZY MOUNTAIN LIVIN PALE ALE.
ANGRY ORCHARD HOPPIN'MAD CIDER

NON ALCOHOLIC 5

ST. PAULI GIRL