



BREAKFAST

Add bacon or sausage to any item below +1.25/pc

- Breakfast Bowls** 5.95
Blackhawk: Scrambled eggs, avocado, Barriques black bean salsa, chipotle pico de gallo & power grains. (VG)(GF)
Vilas: Scrambled eggs, pesto, garlic edamame, spiced chickpeas, spinach & quinoa. (VG)(GF)
- Capital City Breakfast Sandwich** 5.95
Fresh egg, bacon, Wisco aged cheddar, sriracha-tomato spread & spinach served on a Barriques rosemary cheddar scone.
- Chorizo Huevos Wrap** 5.95
Scrambled eggs, chorizo, Barriques black bean salsa, potatoes & Wisco aged cheddar cheese in a flour tortilla.
- Avocado Jack Wrap** 5.95
Scrambled eggs, pepper jack cheese, tomato, avocado & spinach in a flour tortilla. (VG)
- Breakfast Sandwich** 2.85
Fresh egg with Wisco aged cheddar served on a Barriques breakfast roll. (VG) Upgrade your bread to a rosemary cheddar scone for \$1.00
- Crustless Quiche** 3.95
Personal sized, homemade fresh egg quiche. Choose Ham & Swiss or Veggie
- Baked Oatmeal** 3.95
Rolled oats, fire-roasted apples, apple sauce, brown sugar & golden raisins. (V)(VG)(DF)(GF)
- Granola & Milk** 3.95
A big bowl of Barriques granola served with milk. (VG)(GF)
- Chobani Yogurt Parfait** 4.25
Vanilla Greek yogurt with blueberries & raspberries topped with Barriques granola. (VG)(GF)



Coffee To Go

96oz of freshly brewed coffee - 17.95
cups & condiments included

SNACKS, SOUPS & CHILI

- The Mini Med** 5.45
Red pepper hummus & olive tapenade served with grilled pita, red peppers, tomato & zucchini.

Served with a Barriques roll. Chili available seasonally.

- Soup cup.....3.75 Chili cup.....4.65
- Soup bowl.....4.75 Chili bowl.....5.75

(DF) - Dairy Free (GF) - Gluten Friendly (V) - Vegan (VG) - Vegetarian

SANDWICHES & WRAPS

Served with Zapp's potato chips or mixed greens

Substitute a cup of soup +2.50

- California Turkey** 8.45
Smoked turkey breast, greens, tomato, avocado, with lemon-tarragon mayo on Clasen's artisan sourdough.
- Pork Quesadilla** 8.55
Pulled pork, pepper jack, Wisco aged cheddar, sautéed peppers & onions with a side of chipotle ranch.
- Power Burrito** 8.25
Power grains, pepperjack cheese, chicken, black bean salsa, greens & chipotle ranch in a flour tortilla.
- Roast Beef Melt @ Fitchburg Only** 8.55
Shaved roast beef with melted Wisco aged cheddar, horseradish mayo & tomato on a Barriques onion roll.
- Chucky Tuna** 7.45
Barriques tuna salad, Wisco aged cheddar & tomato on Clasen's artisan sourdough.
- Pesto Grilled Cheese** 7.95
Boursin Cheese, Wisco aged cheddar, spicy kale-basil pesto & tomato on toasted Clasen's artisan sourdough. (VG)
- BBQ Chicken Ranch Wrap** 7.45
Barbecue roasted chicken with tomato, bacon, spinach & ranch in a flour tortilla.

MARKET BOWLS

- The Wingra** - Bacon-braised brussel sprouts, apple, dried cranberries, smoked almonds, greens & maple-balsamic vinaigrette. (DF)(GF) 9.95
- The Sugar River** - Pesto marinated fresh mozzarella, roma tomato, garlic edamame, toasted pine nuts & maple-balsamic vinaigrette. (GF)(VG) 8.95
- The Winter Waubesa** - Curry roasted cauliflower, lightly pickled shredded beets, sunflower, pumpkin & sesame seeds, greens & tahini dressing. (GF)(DF)(V) 8.95
- The Mendota** - Black bean-corn-pepper salsa, avocado, tomato, greens & chipotle-ranch. (GF)(VG) 7.95

PICK ONE

CHOOSE A BASE

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|-------------------------------|---|---------------------------|
| Fresh Greens | Power Grains | Mixed Quinoa |
| blend of spring mix & spinach | wild, red & long-grain brown rice, split peas & sprouted amaranth | red, white & black quinoa |

ADD



- Herb Roasted Chicken.....1.75
- Smoked Pulled Pork.....2.00
- Balsamic Glazed Tofu..... 1.50
- Bacon.....1.25
- Wisco Cheddar.....1.00
- Avocado.....1.25
- Barriques Roll.....0.50