



## BREAKFAST

Add bacon or sausage to any item below +1.35/pc

- Breakfast Bowls** 5.95  
*Blackhawk:* Scrambled eggs, avocado, Barriques black bean salsa, chipotle pico de gallo & power grains. (VG)(GF)  
*Shorewood:* Scrambled eggs, Wisco aged cheddar, bacon & a potato medley (yukon, red & sweet).(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 in a flour tortilla.
- Avocado Jack Wrap** 5.95  
Scrambled eggs, pepper jack, 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 (GF) or Veggie (GF)(VG)
- 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** 5.65  
Red pepper hummus & olive tapenade served with grilled pita, red peppers, tomato & zucchini.

Served with a Barriques roll. Chili available seasonally.

- Soup cup.....3.85      Chili cup.....4.85
- Soup bowl.....4.85      Chili bowl.....5.85

(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** +2.60
- California Turkey** 8.65  
Smoked turkey breast, greens, tomato, avocado, with lemon-tarragon mayo on Clasen's artisan sourdough.
- Pork Quesadilla** 8.75  
Pulled pork, pepper jack, Wisco aged cheddar, sautéed peppers & onions with a side of chipotle ranch.
- Power Burrito** 8.35  
Power grains, pepper jack, chicken, black bean salsa, greens & chipotle ranch in a flour tortilla.
- Roast Beef Melt @ Fitchburg Only** 8.75  
Shaved roast beef with melted Wisco aged cheddar, horseradish mayo & tomato on a Barriques onion roll.
- Chucky Tuna** 7.65  
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** 7.65  
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, greens & maple-balsamic vinaigrette. (GF)(VG) 8.95
- The Waubesa** - Curry roasted cauliflower, lightly pickled shredded beets, sunflower, pumpkin & sesame seeds, greens & tahini dressing. (GF)(DF)(V) 8.95
- The Monona** - Herb falafel, cucumber-tomato relish, radish, greens & tzatziki dressing. (GF)(VG) 8.95
- The Mendota** - Black bean-corn-pepper salsa, avocado, tomato, greens & chipotle-ranch. (GF)(VG) 8.75

PICK ONE

## CHOOSE A BASE

- Power Grains**  
wild, red & long-grain brown rice, split peas & sprouted amaranth
- Mixed Quinoa**  
red, white & black quinoa



- Herb Roasted Chicken.....1.85
- Smoked Pulled Pork.....2.00
- Balsamic Glazed Tofu..... 1.60
- Bacon.....1.35
- Falafel.....1.60
- Avocado.....1.40
- Wisco Cheddar.....1.20
- Barriques Roll.....0.60