



Morning Menu

Served M-F 7:30 am to 11:00 am
All day on Saturday

- Fresh from the Fetting's** 8
Poached eggs with bacon, toast and jam
- Breakfast Burrito** 8
Scrambled Eggs with Salsa, Bacon and Cheddar cheese. Served with Balsamic Tossed Greens
- Waffle** 8
A golden fluffy Belgian waffle served with Berries, Coconut Whip and pure Maple Syrup
- Protein Waffle** 9
Ground flaxseed, Oat flour, chia seeds make a great power packed foundation to fuel your morning. Topped with a dollop of Peanut butter and real maple syrup
- Unicorn Waffle** 8
A sprinkle filled, fluffy, whipped cream topped Belgian waffle, sure to bring a smile to kids of all ages
- Granola and Berries** 8
Our House Made "Aunt Cookies" Granola served with Vanilla Greek yogurt and berries
- Avocado Toast** 10
Smashed Avocado with Aleppo pepper flakes, sea salt and a Poached egg on toasted farm bread
- Toast & Jam** 2
- Breakfast Sandwich** 12
A Farm fresh fried egg with your choice of Bacon, Sausage or Ham, melted sharp cheddar on a made from scratch Thyme and Honey Buttermilk Biscuits served with Balsamic Greens
- Champagne Campaign** 25
Forget about the ladies who lunch, we have the perfect combo for Babes Who Brunch! Each Serving will have either 2 Poached or 3 Scrambled eggs with your choice of our Avocado Toast or a Belgian Waffle and a Mimosa (Single Serving Only 13)
- Add On - Bacon or Sausage** 2.25
2 slices Bacon or 2 Sausage Links



Salads & Such

- Grandmas Garden** 9
Crisp Greens, Tomato, Cucumber, Red Onion, Broccoli Choice of Vinaigrette or Ranch dressing
Add Chicken Breast 3 Add Shrimp 4
- Bistro Caesar** 9
Romaine, House Made Croutons, shaved parmesan, tomato
Add Chicken Breast 3 Add Shrimp 4
- Summer Salmon & Berries** 14
Mixed Greens, Honey Glazed Salmon, Avocado, Red Onion, Berries, shredded Co-Jack cheese and Berry Poppy Seed dressing
- Asian Quinoa Power Bowl** 12
We pair the protein powerhouse Quinoa with crisp veggies, Edamame and dried cranberries all tossed with a delicious House Made Ginger Miso dressing
- Quiche Plate** 9
Enjoy a slice of made from scratch quiche (flavors change daily) and balsamic tossed greens

House Made Soups

Soups	Cup	Bowl
	3.75	4.50

Served with a hunk of Farm Bread

Soup of the Season

Tomato and Roasted Red Pepper Bisque with Spinach Tortellini

Soup of the week

Check in on facebook each Monday to find out what we are cookin' up!

Made to Share

- Parmesan Truffle Fries** 8
Served with Parmesan Lime Aioli
- Rose' All Day** 25
2 servings of crisp Chilled Rose' with a Seasonal Charcuterie Plate
- Spinach & Artichoke** 10
Spinach and Artichoke dip and Tortilla Chips

Sandwiches/Wraps

Served with your choice of Kettle Chips with House made French Onion Dip, Bistro Salad or Sweet Potato Puffs with Chipotle Aioli & Honey Mustard

- Bistro Club** 13
Turkey, Ham, Applewood Bacon, Lettuce, Avocado Aioli, Swiss Cheese on 7 Grain
- Chicken Salad** 12
Sandwich or Wrap - Cookin' Up A Storm's Signature Chicken Salad served on our 7 Grain Sandwich Bread or Hearty Grains Wrap
- Cubano** 12
Seasoned Pork topped with ham, pickle, stone ground mustard and Swiss cheese
- Buffalo Chicken Wrap** 12
Shredded Buffalo flavored chicken combined with a carrot-celery chop, romaine lettuce, blue cheese crumbles and buffalo ranch
- Blue Hills Beef Brisket** 14
Another CUAS favorite, slow smoked, sliced thin, topped with caramelized onions, roasted red peppers, finished with signature creamy horseradish sauce and a side of bbq
- PJ Sannich** 7
Peanut Butter & Jelly are the perfect combo for kids or "kids at heart", served with Applesauce and chips

Paninis

- Vegallcloud** 12
Ooey, gooey sautéed peppers, onions, mushrooms, provolone - just what your taste buds are craving
- BBQ Chicken** 12
Shredded Chicken Breast, Bacon, BBQ Sauce, Red Onion and Sharp Cheddar Cheese
- Wicked Turkey** 12
Turkey Breast & Bacon get a kick of flavor from Raspberry Chipotle sauce with Brie & Provolone Cheese
- Chicken Parmesan** 12
Flavorful Marinara topped Chicken and savory Parmesan cheese make this classic dish an even better panini

- Baked Breast of Chicken** 12
Seasoned & Sliced Chicken Breast served on a bed of Rice Pilaf, drizzled with a Hard Cider Reduction served with Balsamic Tossed Greens

- Meat & Cheese Lasagna** 12
House Made full of cheese and hearty Meat Marinara sauce served with Balsamic Tossed Greens and fresh baked bread

- Steak Strips and Smashers** 14
Seasoned Steak strips with Garlic Smashed Potatoes and Balsamic Tossed Greens and fresh baked bread