

POWERBOWL

Alonti Powerbowl

Roasted kale, red quinoa, roasted sweet potatoes, black beans, avocado, green onions, cilantro, roasted red peppers, and roasted tortilla strips served with a roasted tomato and jalapeño vinaigrette.

Vegan – 13.60 VG Chicken – 15. GF

Falafel – 16.40 GF, VG Steak – 17. GF

Santa Fe Steak Powerbowl

Grilled steak is served with layers of quinoa, fresh-chopped spinach, freshcut radishes, avocado, creamy feta, our signature black bean and corn salsa topped off with fresh cilantro and our creamy lime dressing. 17.

Southwest Powerbowl

Tinga chicken, Mexican rice, fresh arugula, black beans, grape tomatoes, pickled red onion, avocado, and cilantro. Served with roasted tomato and jalapeño vinaigrette. 16.40

Tinga Chicken Powerbowl

Our signature Tinga chicken is served with layers of quinoa, spinach, radishes, avocado, creamy feta, black bean and corn salsa topped with fresh cilantro and our creamy lime dressing. 15.

Keto Shawarma Chicken Powerbowl

Certified as a Keto Diet Plan Meal! Romaine lettuce, fresh mozzarella, hardboiled egg, avocado, bacon bits, roasted cauliflower, roasted kale, roasted red pepper, and cilantro. Served with sugar-free roasted tomato and jalapeño vinaigrette. 16.40

Keto Steak Powerbowl

Certified as a Keto Diet Plan Meal! Romaine lettuce, fresh mozzarella, hardboiled egg, avocado, bacon bits, roasted cauliflower, roasted kale, roasted red pepper, and cilantro. Served with sugar-free roasted tomato and jalapeño vinaigrette. 18.50

Keto Southwest Chicken with

Mexican Vegetables Powerbowl

Certified as a Keto Diet Plan Meal and served warm! Mexican vegetables include zucchini, yellow squash, red onion, poblano peppers, red bell peppers, and cauliflower. Comes with a side salad with sugar-free roasted tomato and jalapeño vinaigrette, guacamole and sour cream. 21.70

BREAKFAST BOXES

Breakfast Sandwich

Your choice of bacon, honey ham, sausage or vegetarian, with scrambled eggs and cheddar cheese. Includes fresh fruit and a mint.

Ciabatta – 10.20

Gluten Free – 11.70 GF

Crissant – 14.

All American Breakfast Box

A classic hearty breakfast with scrambled eggs, sausage, bacon, roasted potatoes, and a buttermilk biscuit. 18.60

Muffin and Yogurt Parfait

A fresh baked muffin served with a yogurt parfait and a fresh fruit cup. 17.60

Breakfast Taco

Served with fresh fruit and a mint. 10.20

Classic - Choice of Bacon, Sausage, Ham or Brisket with egg, potato, cheddar, on flour tortilla

Vegetarian - Egg, potato, cheddar, on flour tortilla VG

Vegan - Black bean and corn salsa, potatoes, avocado, on flour tortilla. 11.90 VG

Tinga Migas Bowl

Tinga Brisket or Tinga Chicken, red onion, black beans, jalapeño, garlic, tortilla strips, oven-poached eggs, cilantro, and shredded cheddar cheese. Served with amanté salsa. 16.80 / 15.30

Vegan Breakfast Hash

Kale, red and yellow peppers, red onion, roasted potatoes, green onion. Served with tomato salsa and amanté salsa. Includes fresh fruit and a mint. 10.20 VG

ITALIAN SANDWICHES

Our delicious Italian classics featuring Italian classic meats and house-made spreads. 17.50

- Turkey with Soppressata
- Mortadella and Broccoli on Gambinos
- Bistecca and Pesto on Focaccia
- The Italian on Gambinos

TRADITIONAL SANDWICHES

Sandwiches served dry, with mayonnaise, mustard, and Dijon packets on the side. Includes chips and a fresh-baked jumbo cookie. 13.

- Honey Ham on Marble Rye
- Turkey on Ciabatta Roll
- New England Chicken Salad on Wheat
- Roasted Chicken on Focaccia
- Beef Brisket on Jalapeno Roll
- Tuna Salad on Wheat

PRESSATAS

Flat bread grilled sandwich, includes chips and a fresh-baked jumbo cookie. 14.90

- Pepper Jack Chicken
- Chicken Margherita
- The Antonio
- Honey Mustard BBQ Beef
- Chipotle Beef
- Turkey Provençal
- Vegetarian VG

SALADS

All Salads served with chips and a jumbo cookie, unless otherwise noted.

Southwest Steak

Grilled flank steak, feta, black bean and corn salsa, pickled onions, green onion, avocado, romaine lettuce. Served with a creamy lime dressing. 18.50

Modern Steakhouse

Grilled flank steak, goat cheese, hard boiled egg, radish, cherry tomatoes, grilled red onion, spiced pecans, mixed greens. Served with lemon agave vinaigrette. 18.50

Harvest Salad

Mixed greens with quinoa, chicken, apples, crumbled goat cheese, tomatoes, dried cranberries, spiced pecans, roasted red peppers, and green onions. Served with a lime vinaigrette. Includes a gluten-free pistachio oatmeal bar. 16.60

Pecan-Crusted Chicken

Pecan-crusted chicken breast slices, mixed greens and spinach, cucumber, tomatoes, feta, flatbread strips, and shaved fennel served with honey-lime vinaigrette. 16.60

Chicken Caesar

Romaine lettuce with chicken breast, croutons, Parmesan cheese and creamy Caesar dressing. 16.60

Caesar

Romaine lettuce with Parmesan, crisp croutons and creamy Caesar dressing. 16.60

Mixed Greens GF, VG

Mixed greens, romaine and leaf lettuces, cucumber, tomato and croutons. Served with balsamic vinaigrette dressing. 16.60

Cobb with Ranch Dressing

Mixed greens with chicken, tomatoes, bacon, diced eggs, avocado and cheddar cheese. 16.60

Falafel with Balsamic Vinaigrette VG

Spinach and spring mix, house-made falafel, red onions, tomatoes, green olives, roasted red peppers, feta cheese and flatbread crisps. 16.60

Mediterranean Chicken with Balsamic Vinaigrette

Spinach and spring mix, chicken, red onions, tomatoes, green olives, roasted red peppers, feta cheese and flatbread crisps. 16.60

Pesto Chicken with Ranch Dressing

Romaine and spring mix topped with pesto coated roasted chicken, cucumbers, tomatoes, Parmesan cheese and flatbread crisps. 16.60

PREMIUM SANDWICHES

Includes chips and a fresh-baked jumbo cookie. 15.90

- Chicken Club with Avocado Aioli on Wheat
- Buttermilk Baked Chicken on Jalapeño Roll
- Capri Chicken and Mozzarella on Wheat
- Stacker on Focaccia
- Tuscan Turkey on Focaccia
- New England Chicken Salad on Raisin Walnut
- Mediterranean Vegetarian on Ciabatta Roll VG
- Honey Ham and Swiss on Marble Rye
- Vegetarian on Focaccia VG
- California Club on Ciabatta Roll
- Monterey Chicken on Jalapeño Roll
- Big Al's Club on Wheat
- Vegetables a la Griglia on Focaccia VG

WRAPS

Includes chips and a fresh-baked jumbo cookie. 15.90

- Asian Crispy Chicken in Spinach Tortilla
- Ancho BBQ Beef in Chipotle Tortilla
- Vegetarian in Honey Wheat Tortilla VG
- Tuscan Turkey in Spinach Tortilla
- Santa Fe Chicken in Chipotle Tortilla
- Chicken Caesar in Wheat Tortilla

PITA

Includes chips and a fresh-baked jumbo cookie.

TINGA CHICKEN PITA 15.90

SHAWARMA CHICKEN PITA 15.90

HOT PLATES

Includes garlic bread and a fresh-baked jumbo cookie, unless noted otherwise. 21.70

Fajitas

Choice of steak and/or chicken, over grilled onions, poblano, and cilantro. Served with tortillas, cheddar, sour cream, salsa, amanté salsa, mexican rice, and charro beans. Chicken 21.70 / Mixed 23.20 / Steak 26.30

Kebabs GF

Three marinated grilled kebabs choice of steak and / or chicken, over a bed of quinoa, with roasted red peppers, parsley, and green onion. Includes cucumber yogurt, pita bread, and a mint. Chicken 21.70 / Steak 26.30

Tinga Chicken GF

Tinga chicken served with Mexican rice, black beans, tomatoes, cilantro, green onions, and topped corn tortilla strips and cheddar. Includes salsa, guacamole, jalapeños, and a gluten-free pistachio oatmeal bar.

Buttermilk Baked Chicken

Breaded buttermilk marinated chicken breast topped with a creamy, zesty honey mustard sauce. Includes macaroni and cheese and roasted vegetable medley.

Pecan-Crusted Chicken

Baked pecan coated chicken breast served with creamy pecan sauce. Includes our herb roasted red potatoes and green beans

Chicken Florentine

Tender breaded chicken breast stuffed with spinach, feta and bacon, served with a creamy red pepper sauce. Includes our herb-roasted red potatoes and green beans.

Tinga Brisket

Tinga Brisket on a bed of Mexican rice, topped with sliced grape tomatoes, black beans, cilantro, avocado, and fresh lime. Served with house made Amanté salsa.

Sliced BBQ Beef Brisket

Slow cooked beef brisket drizzled with barbecue sauce. Includes our crushed red potatoes and corn sauté.

Chicken Tequila Pasta

Spicy cream sauce with roasted chicken breast, tri colored bell peppers and jalapeños, served over cavatappi pasta.

Vegetarian Pasta VG

Cavatappi pasta tossed in a zesty marinara sauce with zucchini, yellow squash, carrots, broccoli and red onion then topped with shredded Parmesan cheese.