

Morning Starters

BAKED GOODS

BAGEL \$5.25

with cream cheese



CROISSANT \$5.25

with butter



OATMEAL \$5.25

brown sugar, walnuts,
and raisins ADD: banana, peanut
butter, or berries \$.60



MUFFINS \$5.25



**LOCAL BAKED
GOODS \$6.25**



MORNING FUEL

BREAKFAST BURRITO

tortilla, avocado, scrambled eggs, shredded cheddar jack cheese, choice of meat and salsa on the side

\$13.29



THE GRAND RISING

croissant, ham, bacon, scrambled eggs, mozzarella cheese and aioli

\$13.95

ADD: bacon, ham, chicken, turkey \$3.89 or avocado \$2.50



Morning Starters

FUEL

Your Cup of JOE

Hot Coffee	SM	MD	LG
DRIP COFFEE	\$3.50	\$3.95	\$4.50
CAPPUCCINO		\$5.70	\$6.30
LATTES		\$5.70	\$6.45
SIGNATURE LATTES		\$6.30	\$7.30
CHAI LATTE		\$6.30	\$7.30
AMERICANO		\$4.55	\$4.75
ESPRESSO	\$3.75		
ESPRESSO MACCHIATO	\$3.95		
HOT TEA		\$3.75	\$3.99
HOT CHOCOLATE		\$3.99	\$4.45

FLAVORS \$.80 / ESPRESSO SHOT \$.85 / DAIRY FREE MILK \$.80

Cold Drinks	MD	LG
COLD BREW	\$5.50	\$6.45
ICED LATTES	\$5.70	\$6.45
SIGNATURE LATTES	\$6.30	\$7.30
ICED CHAI LATTE	\$6.30	\$7.30
ICED AMERICANO	\$4.55	\$4.75
FRAPPES	\$6.85	\$7.49
FRUIT SMOOTHIES	\$6.85	\$7.49
FLAVORED ENERGY DRINKS		\$6.49
ICED TEA	\$3.99	\$4.45
WATER	\$3.49	\$4.99



BUILD YOUR OWN

BREAKFAST SANDWICH
OR BREAKFAST BOWL

— CHOOSE 1 OF EACH —

1

BREAD:

choice of bagel, croissant,
ciabatta, or tortilla

2

PROTEIN:

egg with a choice of bacon,
sausage, turkey or ham

3

CHEESE:

choice of american, parmesan
provolone or mozzarella



\$12.89

ADD avocado \$2.50

gluten-free bread available

Signature LATTES

MD \$6.30 | LG \$7.30

*Coffee
Makes
Everything
Better*

LAVENDER LATTE

white mocha, lavender, espresso

DIRTY CHAI

tiger chai, espresso

LOCO MOCHA

coconut, white mocha, espresso

ALTERNATIVE DAIRY FREE MILKS

oat, soy, almond \$.85



FLT HAMMY SAMMY

ham, mozzarella,
provolone, aioli
and tomatoes

\$13.95



THE PHOENIX

ciabatta, aioli, turkey,
tomatoes, bacon and
avocado

\$14.95



PESTO CHICKEN

chicken, spinach, mozzarella cheese,
tomatoes, roasted red peppers
and pesto on a ciabatta bun

\$13.95

ADD: bacon, ham,
chicken, turkey \$3.89
or avocado \$2.50

FLT CLUB CLASSIC

turkey, bacon, aioli, tomatoes and lettuce on croissant

\$14.95



OH VEGGIE! WRAP

tortilla, spinach, lettuce, avocado, tomatoes, roasted red peppers, purple onion, feta, parmesan and chipotle pesto

\$13.95



AZ SUNS WRAP

\$14.95

grilled chicken, bacon, lettuce, tomato, provolone and pesto on tortilla - *gluten free bread upon request* \$2.89

SOUTHWEST CRUNCH WRAP

tortilla, grilled chicken, tortilla strips,
fresh jalapeno, tomatoes, purple onions,
lettuce, parmesan cheese and aioli

\$13.95

Healthy Eating FRESHLY MADE

SEDONA STRAWBERRY SALAD

strawberries, spinach and romaine
lettuce, tomatoes, bacon, walnuts, feta
cheese, and balsamic dressing

\$12.49

ANY SALAD CAN BE
MADE GLUTEN FREE,
VEGAN OR DAIRY FREE

ADD: bacon, ham,
chicken, turkey \$3.89



Fresh Salads

MADE-TO-ORDER

comes with choice of romaine or spinach
(half & half), tomatoes and onions

\$11

— CHOOSE YOUR TOPPINGS —

CHOOSE YOUR PROTEIN: grilled chicken, bacon,
ham or turkey **\$3.89** or avocado **\$2.50**

VEGGIES & FRUITS: jalapenos, roasted red
peppers, strawberries, blueberries, raisins

CHEESES: feta, parmesan, mozzarella, provolone,
shredded jack and american

CRUNCH: tortilla chip or walnuts

DRESSING:
balsamic, ranch
or caesar



DIETARY
NEEDS?

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VEGAN OR DAIRY FREE!

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Fresh
Smoothies

Build a SMOOTHIE

MD \$6.85 | LG \$7.49

CHOOSE A BASE

strawberry, mango,
four berry, matcha (\$2)
can choose multiple flavors

ADD-INS

banana, peanut butter, spinach

ALTERNATIVE DAIRY FREE MILKS

oat, soy, almond \$.85

Flavored ENERGY DRINKS

— \$6.49 —

mango strawberry lemonade
blue raspberry coconut
strawberry grapefruit
cherry limeade lemonade
pineapple orange



Let's
GO!