

The Perch



L4 Breakfast 7am – 10am | Coffee Bar 7am-4pm

DAILY BREAKFAST SANDWICHES

SUNRISE BREAKFAST WRAP V | 490 CAL | 6.00 |

potato, egg, black beans, cheddar, creamy habanero dressing, tortilla wrap

BEYOND BREAKFAST BURRITO V | 510 CAL | 6.00 |

beyond breakfast mix, egg, cheddar cheese, garlic aioli, tortilla wrap

THE COWBOY | 730 CAL | 6.00 |

pork sausage, eggs, pepper jack cheese, chipotle aioli, brioche bun

BACON OMELET MELT | 480 CAL | 6.00 |

bacon, egg, cheddar, roasted garlic aioli, ciabatta bread

VEGETARIAN V VEGAN VN

The Perch

L4 Lunch & Coffee Bar 11am-4pm



THIS WEEK'S SANDWICHES

CHICKPEA SALAD SANDWICH V | 664 CAL | 10.40

chickpea, vegan mayonnaise, celery, celery seed, mustard, red onion, arcadia lettuce, naan bread

TOMATO BALSAMIC CHICKEN SANDWICH | 630 CAL | 10.40

grilled chicken breast, balsamic reduction, pesto, arugula, red onion, tomato, on a baguette roll

TURKEY BACON SANDWICH | 995 CAL | 10.40

turkey, bacon, swiss cheese, avocado spread, lettuce, tomato, onion, mayo on sour dough bread

ROAST BEEF AND ARUGULA SANDWICH | 450 CAL | 10.40

roast beef, tomato, arugula, fresh mozzarella, on a baguette roll

THIS WEEK'S SALADS

MIXED GREENS SALAD VN | 384 CAL | 8.40

arcadia greens, radish, tomato, carrot, cucumber, and balsamic dressing

ARUGULA BEET TOFU SALAD VN | 652 CAL | 8.40

arugula, beet, red onion, mushroom, tomato, roasted tofu, pepitas, miso dressing

CHICKEN CAESAR SALAD | 510 CAL | 8.40

romaine lettuce, parmesan cheese, croutons, grilled chicken, caesar dressing

THIS WEEK'S SOUP

**VEGAN CREAMY POTATO SOUP VN
CAL | 170/255/340 | 3.35/4.45/5.45**

VEGETARIAN V VEGAN VN