

THE SPOON



We take pride in using the highest quality, local and seasonal ingredients to create our freshly prepared, scratch-made food. We understand you may have dietary needs and preferences, so please let our staff know of any concerns you may have. Many of our dishes can be easily modified to meet your needs if they don't already! Please see our dietary guide below:

Dietary Guide: Vegan 🌱 Vegetarian 🌿 Gluten Free (GF) Dairy Free (DF)



Can be modified to Vegetarian or Vegan

We are NOT a Nut Free facility

Breakfast Available 8:30AM-11:30AM

Merrill's Morning 🌱 - Eggs any style, your choice of Bacon or Turkey Sausage (Sub Beyond Burger 🍔 \$1.99), Wheat or Sourdough Toast (GF Bread Available add addt'l \$1.50) Served w/ savory Hash Browns (Sub Fruit for Hash add addt'l \$1). **One Egg \$8.99 Two Egg \$9.99 or Three Egg \$10.99**

The BAT (DF) 🌱 - Smashed Avocado, Crumbled Bacon, Tomato, Chives, & a Seasoned Olive Oil Drizzle. **\$6.50**
Add One Egg \$1.99 Add Two Eggs \$2.99

Breakfast Bagel Sandwich 🌱 - Toasted, Buttered Asiago Bagel (GF Bread available add addt'l \$1.50) with an Over Hard Egg, Spinach, & Tomato, w/ your choice of Cheese, & your choice of Bacon or Turkey Sausage, (Beyond Burger Patty 🍔 add \$1.99) **\$7.99**

Breakfast Quesadilla 🌱 - Wheat Tortilla filled w/ your choice of Bacon or Turkey Sausage, Scrambled Egg, Red Bell Pepper, Chives, Jalapeño-Cheddar Cream Cheese Spread, & Shredded Cheddar. Grilled & served w/ a side of Salsa or Ranch. **Half \$7.99 Whole \$10.99 Add Smashed Avocado \$1.50**

Build Your Own Omelet (GF) 🌱

Two or Three-Egg omelet made to order w/ choice of the following:

One Cheese: Cheddar, or Smoked Provolone

Up To Four Toppings: Bacon, Turkey Sausage, Ham, Spinach, Roasted Jalapeños, Onions, Red Bell Peppers, Tomatoes, Roasted Mushrooms, & Chives.

Served w/ savory **Hash Browns** (Sub Fruit for Hash addt'l \$1)

Two Egg \$9.99 Three Egg \$11.50

Lunch Available 10:30AM-1:30PM

Salads

Salads served w/ a Dinner Roll & House-made, Gluten-free dressing on the side.

Roasted Garlic Chicken Caesar - Romaine Lettuce topped w/ Grilled Chicken, Shredded Parmesan Cheese, Marinated Tomatoes, & House-made Croutons served w/ Roasted Garlic Caesar dressing. **Half \$9.99 or Whole \$12.99**

Chicken Spinach Cobb - Spinach topped w/ Tomato, Cucumber, Crumbled Bacon, Smoked Provolone Cheese, Hard-Cooked Egg, Grilled Chicken Breast, & Crispy Onions. Served w/ Thousand Island Dressing.

Half \$10.99 or Whole \$13.99 Sub Seared Salmon Filet \$3.50

Asian Salad (GF) 🌱 - Half Spinach/Half Romaine Lettuce, Mango, Celery, Fresh Red Bell Peppers, Black Sesame Seeds, Pickled Red Onions, & Toasted Almonds. Served w/ a Ginger-Tahini Vinaigrette. **Half \$9.99 or Whole \$12.99**

Add Grilled Chicken Breast \$2.99 Add Seared Salmon Filet \$4.99

BBQ Chicken Salad (GF) - Romaine, Corn & Black Bean Salad, Grape Tomato, Pickled Red Onion, Roasted Jalapenos, BBQ Pulled Chicken, & Corn Tortilla Crisps w/ Ranch Dressing. **Half \$10.99 or Whole \$13.99 Add Jalapenos or Salsa \$.75**

Build Your Own Salad 🌱 **Half \$10.99 Whole \$13.99**

Choice of Lettuce: Romaine or Spinach, or ½ & ½ of each

Choice of 1 Protein: Grilled Chicken, Caesar-Dressed Pulled Chicken, BBQ Pulled Chicken, Turkey, Ham, Hard-Boiled Egg, Bacon, Beyond Burger 🍔 (addt'l \$1.99), Impossible 🍔 Chicken Breast (addt'l \$1.99), or Salmon (addt'l \$4.99).

Choice of Produce (up to 4): Tomato, Marinated Tomato, Cucumber, Carrots, Celery, Mango, Red Onion, Pickled Red Onion, Roasted Mushroom, Fresh or Roasted Red Pepper, Black Olive, Corn & Black Bean Salad, or Roasted Jalapeños

Choice of 1 Cheese: Cheddar, Smoked Provolone, Shredded Parmesan, Vegan Cheddar

Choice of 1 Topping: Toasted Almonds, Croutons, House-made Corn Tortilla Crisps, Hard-Boiled Egg (addt'l \$1), Bacon (addt'l \$1.00), or Crispy Onions (addt'l \$.99).

Choice of 1 Dressing (GF): Garlic Caesar, Ranch, Thousand Island, Tomato Basil Vinaigrette 🌱, or Ginger-Tahini Vinaigrette 🌱.

Cold Sandwiches

Served w/ choice of **Tots, Cup of Soup, Fruit Cup** or **House Side Salad**
Choice of **Wheat, Sourdough, Ciabatta** (addt'l \$.50), or **GF Bread/ Asiago Bagel** (addt'l \$1.50).

California Club Wrap (DF) - Turkey, Ham, Bacon, Lettuce, Tomato, Mayo, & Smashed Avocado in a Wheat Tortilla Wrap. **\$13.99**
Add choice of cheese for \$1.00

Apricot Turkey - Toasted Wheat Bread w/ Apricot-Onion Jam, Turkey, Bacon, Smoked Provolone Cheese, Mayo, Lettuce, & Red Onion. **\$13.99**

Italian Chicken Wrap - Caesar-Dressed Pulled Chicken, Lettuce, Marinated Tomato, Red Onion, Black Olives, Tomato-Basil Vinaigrette, & Smoked Provolone in Wheat Tortilla Wrap. **\$12.99**

Veggie Monster 2.0 🌱 - Jalapeño-Cheddar Cream Cheese Spread, Spinach, Tomato, Roasted Red Pepper, Tortilla Strips, & Red Onion on Toasted Wheat bread. **\$12.99**

🌱 **Can be Vegan Upon Request**

Build Your Own Cold Sandwich 🌱

\$13.99

Choice of Bread: Sourdough, Wheat, Wheat Tortilla, Ciabatta (addt'l \$.50), Asiago Bagel (addt'l \$1.50), or GF Bread (addt'l \$1.50).

Choice of 1 Protein: Turkey, Ham, Bacon, Caesar-Dressed Pulled Chicken, Bacon, BBQ Pulled Chicken, or Hard Cooked Egg

Choice of 1 Cheese: Cheddar, Smoked Provolone, Shredded Parmesan, or Vegan Cheese (addt'l \$1).

Choice of Lettuce: Romaine or Spinach

Choice of Produce (up to 3): Tomato, Marinated Tomato, Cucumber, Carrots, Red Onion, Pickled Red Onion, Pickles, Fresh or Roasted Red Pepper, Roasted Jalapeños, Roasted Mushroom, Black Olives, Tortilla Crisps (addt'l \$.75), or Crispy Onions (addt'l \$.99).

Choice of 2 Condiments (GF): Roasted Garlic Caesar Dressing, Thousand Island Dressing, Ranch, Mayonnaise, Apricot-Onion Jam, Dijon Mustard, Tomato-Basil Vinaigrette, BBQ Sauce, Smashed Avocado (addt'l \$1.50), Jalapeño-Cheddar Cream Cheese (addt'l \$1.99).

Burgers

Served w/ choice of **Tots, Cup of Soup, Fruit Cup,** or **House Side Salad**
Choice of protein: **1/3 lb. Beef Patty, Grilled Chicken Breast, Beyond Burger** (addt'l \$1.99) or **Impossible Chicken Breast** (addt'l \$1.99). Served on a toasted **Brioche** or **Ciabatta Bun** (GF Bun available addt'l \$1.50).

BBQ Burger - 1/3 lb. Beef Patty topped w/ BBQ Sauce, Bacon, Smoked Provolone, Crispy Onions, Lettuce, & Pickle on Brioche. **\$13.99**

SUB Ham for Bacon Add Jalapenos (addt'l \$.75)

Jalapeño Burger - 1/3 lb. Beef Patty w/ Jalapeño-Cheddar Cream Cheese, Ranch, Roasted Jalapeños, Lettuce, Tomato, & Onion on Brioche. **\$13.99**

Avocado Burger - Beyond Burger Patty with Vegan Cheddar Cheese, Smashed Avocado, Roasted Jalapeños, Lettuce, Tomato, & Crispy Onions on Ciabatta. **\$14.50** Sub Beef Patty **\$13.99**

Roma Chicken - Grilled Chicken Breast, Pesto-Alfredo Sauce, Marinated Tomatoes, Parmesan Cheese, Spinach, & Red Onion on Ciabatta. **\$13.99**

Ginger-Wasabi Salmon - Seared Salmon Filet w/ a Ginger-Tahini Vinaigrette, Spinach, Pickled Red Onion, & Ginger Wasabi Mayo on Brioche. **\$14.99**

Spoon Burger

Build your own creation on a Brioche or Ciabatta bun. Served with Lettuce, Tomato, Pickle, & Onion. **\$13.99**

Choice of 1 Protein: 1/3 lb. Beef Patty, Grilled Chicken Breast, Beyond Burger (addt'l \$1.99), **Impossible Chicken Breast** (addt'l \$1.99), or Seared Salmon Filet (addt'l \$3.50).

Choice of 1 Cheese: Cheddar, Smoked Provolone, Shredded Parmesan, or Vegan Cheese (addt'l \$1).

Choice of 2 Condiments (GF): Mayonnaise, Yellow Mustard, Ketchup, Ranch, Thousand Island Dressing, BBQ Sauce, Apricot-Onion Jam, Wasabi-Ginger Mayo, Pesto Alfredo, Salsa, Jalapeño-Cheddar Cream Cheese (addt'l \$1.50), or Smashed Avocado (addt'l \$1.50).

Additional Toppings (\$.75+ per item) Roasted Mushrooms, Tortilla Strips, Roasted Jalapeños, Crispy Onions, Pickled Red Onion, Smashed Avocado (addt'l \$1.50) Bacon (addt'l 1.50), or Ham (addt'l \$1.99).

Paninis

Served w/ choice of **Tots, Cup of Soup, Fruit Cup,** or **House Side Salad**. Choice of **Wheat, Sourdough** (GF Bread available addt'l \$1.50).

Creamy Pesto Chicken - Creamy Pesto Pulled Chicken, Smoked Provolone, & Roasted Red Pepper on Sourdough Bread. **\$12.99**

BBQ Ham & Cheddar - Ham, house-made BBQ Sauce, Cheddar Cheese, & Pickles on Wheat Bread. **\$12.99**
SUB Turkey or BBQ Pulled Chicken

Triple Cheese - Jalapeño-Cheddar Cream Cheese, Cheddar, & Smoked Provolone Cheeses on Sourdough Bread. **\$11.99**
Add Turkey or Ham addt'l \$2.99 or Bacon addt'l \$1.50

Entrées

BBQ Chicken Bowl - Lime Rice, Corn & Black Bean Salad, BBQ Pulled Chicken, Roasted Jalapeños & Tortilla Strips. **\$13.99**
SUB Impossible Chicken Nuggets (NOT GF) for Vegan Prep **\$1.99**

Apricot-Ginger Salmon (GF/DF) served w/ Lime Rice & Steamed Broccoli. **\$14.99**

Quesadilla - Wheat Tortilla stuffed w/ Jalapeño-Cheddar Cream Cheese, Cheddar Cheese, Red Bell Peppers, & Chives. Served w/ Salsa or Ranch for dipping. **\$9.99**

Fully Vegan Preparation add \$1.99

Add BBQ Pulled Chicken, or Bacon **\$1.99**

Beyond Burger (addt'l \$1.99), Impossible Chicken (addt'l \$1.99)

Add Roasted Jalapenos \$.75 Add side of Smashed Avocado \$1.50

Please check out our shake & espresso menu here:



Small Plates

Smoky-Garlic Edamame (GF) - Steamed Edamame pods tossed in Garlic & Smoked Sea Salt. **\$6.99**

Half Quesadilla - Wheat Tortilla stuffed w/ Jalapeño-Cheddar Cream Cheese, Cheddar Cheese, Red Bell Peppers, & Chives. Served w/ Salsa or Ranch for dipping. **\$7.99**

Fully Vegan Preparation add \$1.99

Add BBQ Pulled Chicken or Bacon **\$1.99**

Add Roasted Jalapenos \$.75 Add side of Smashed Avocado \$1.50

The BAT (DF) - Crumbled Bacon, Avocado, Tomato, Chives, & Seasoned Olive Oil Drizzle. **\$6.50**
GF Bread Available Add \$1.50

Jalapeño Queso Dip (GF) - Bubbly-hot Jalapeño-Cheddar Cream Cheese blend served w/ Multigrain Tortilla Chips. **\$7.99**

Impossible Nuggets (NOT GF) - "Chicken" Nuggets, oven-fried & served w/ your choice of dipping sauce. **\$8.99**

Soups: Cup **\$4.99** or Bowl **\$6.99**, Served with a Dinner Roll

House Soup (GF): **Roasted Butternut**

Daily Soup: **Please see our Specials Board**

Thank you for joining us!

Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs, or unpasteurized milk may increase your risk of foodborne illness. Our menu includes items that may contain gluten, soy, dairy, seeds, and nuts. Please work directly with a host/hostess to help you avoid these items if necessary.

Website and online ordering at:
thespoon.tavlo.co

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Please contact us with Questions, Concerns, or Catering Orders:
Restaurant Line: (801) 345-2110

Facebook: www.facebook.com/TheSpoonProvo
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