



Lunch

SOUPS

Potato Leek \$7/\$10

Garnished with nutmeg and chives

Pea Soup \$7/\$10

Garnished with candied bacon & garlic croutons

SALADS

House Salad \$8

Seasonal greens, grated carrot, cucumber, grape tomatoes, house-made croutons & choice of dressing

Fall Salad \$10

Kale and artisan greens, sweet pickled radish, roasted seasonal squash, toasted almonds, blue cheese crumbles, served with toasted fennel vinaigrette

Signature Triple Salad \$12

Super greens blend, roasted corn and poblano peppers, brown rice and quinoa, served with basil vinaigrette

Toppings

Steak: \$8 Shrimp: \$6

Chicken: \$6 Salmon: \$7 Crispy Tofu: \$6

Chicken Salad: \$4

GRAIN BOWLS

Tabouleh Grain Bowl \$9

Brown rice tabouleh with cucumber, tomato, onion, fresh mint and parsley: served with cucumber mint aioli

Root Vegetables & Grain Bowl \$10

Quinoa & edamame blend with diced root vegetables served with a basil aioli

Toppings

Steak: \$8

Shrimp: \$6

Chicken: \$6

Salmon: \$7

Crispy Tofu: \$6

SANDWICHES

All of our sandwiches are served with house pickles and house chips

Shrimp Po Boy \$12

Blackened shrimp, lettuce, tomato, slaw, and New Orleans remoulade on a hoagie roll

Chicken Salad Sandwich \$11

Fresh Chicken salad, cucumber, seasonal greens, and grainy dijon on toasted bread

BLTA \$10

Applewood smoked bacon, bibb lettuce, tomato, mayonnaise on toasted bread, and sliced avocado

Philly Cheesesteak \$12

Hoagie roll, steak, onions, bell peppers, mayo