

STARTERS

JALAPENO HUMMUS CRUDITE

SERVED WITH VEGGIES, TOASTED CIABATTA & GARLIC-HERB OIL 8.

AVOCADO TOAST

SEA SALT, LEMON ZEST, SHAVED RADISH, POMAGRANATE SEEDS, BLACK SESAME SEEDS 5.

PROUDLY SERVING SLOW DOUGH BREAD.

SUBSTITUTE GLUTEN-FREE WRAP FOR 2.5

SANDWICHES

CHOICE OF 2 SIDES OR A CUP OF SOUP

- QUINOA BURGER** SMOKED QUINOA-BEAN PATTY, TOMATO, ROMAINE, PICKLES, RED ONION, SECRET SAUCE, PRETZEL BUN 11.5
- AVOCADO BLT** PORK BACON, HEIRLOOM TOMATOES, LETTUCE, SLICED AVOCADO AIOLI, FRIED EGG, WHEAT 14.
- TRUFFLED EGG SALAD** MIXED GREENS, TOMATO, PARMESAN, AIOLI, PRETZEL BUN 9.5
- ROAST BEEF** 44FARMS BEEF, CHEDDAR, CURRIED CAULIFLOWER, KALE, TOMATO, HORSERADISH AIOLI, WHEAT 14. **
- SMOKED SALMON** COLD CURED & SMOKED IN-HOUSE, ONION JAM, CREAM CHEESE, POPPY SEED BAGEL 11.5 **
- VEGAN "MEAT" BALL** MUSHROOM-PECAN "MEAT" BALLS, SPICY GIARDINIERA, TOMATO MARINARA, ARUGULA PESTO, BAGUETTE 10.5 **
- "CRUNCHY" CHICKEN** NUT "CRUMBLE", PROVOLONE, BUTTERMILK RANCH, PICKLES, ROMAINE, TOMATO, PRETZEL BUN 12. **
- GARDEN SAMMIE** BRUSSELS SPROUTS, AVOCADO SPREAD, HUMMUS, PICKLED ONIONS, TOMATO, CIABATTA 10. **ADD CHICKEN 12.5 AS A SALAD W/ CHICKEN 13.5**
- GULF SEAFOOD** SHRIMP, CRAB, GREEN GODDESS, ROMAINE, PICKLED RED ONION, TOMATO, CIABATTA 13.5
- TURKEY CONFIT** BRIE CHEESE, CRANBERRY PRESERVE, ARUGULA, AND AIOLI ON TOASTED WHEAT 13.



SIDES

À LA CARTE 4. TO-GO 5. OR 3 SIDES BOWL FOR 11.

- TUSCAN KALE** GOLDEN RAISINS, PINE NUTS, PARMESAN **
- QUINOA** ACORN, BUTTERNUT, CARROTS, FIGS, GREEN BEANS
- HOUSEMADE CHIPS** OLD BAY SEASONING
- PUMPKIN SEEDS** CAJUN SEASONING
- GARBANZO** CAULIFLOWER, FRESH HERBS, ROASTED TOMATO
- BEETS** WHEAT BERRY, GREEN APPLES, MINT, PISTACHIOS**
- DILL PICKLES** MADE IN HOUSE
- SEASONAL FRUIT**

SALADS

SANDWICHES MAY ALSO BE PREPARED AS A SALAD

- SEASONAL HARVEST** MIXED GREENS, MARKET VEGGIES & FRUIT, GOAT CHEESE, SPROUTS, ROASTED ALMONDS FRESH HERB VINAIGRETTE 11. ** **ADD CHICKEN OR TOFU 13. ADD SHRIMP 14.**
- ASIAN CHICKEN** CHOPPED NAPA CABBAGE-ROMAINE, BEAN SPROUTS, LOCAL CUCUMBERS, CASHEWS, CRISPY RICE NOODLES, GINGER-SOY DRESSING, PEANUT SAUCE 12. **
- VEGAN CAESAR** BABY KALE-ROMAINE, CASHEW CHEESE, CRISPY SWEET POTATO, CROUTONS, RADISH, SPICED PECANS 10. ** **ADD CHICKEN OR TOFU 12. ADD SHRIMP 13**
- TACO SALAD** VEGAN "TACO MEAT," AVOCADO, PICKLED RED ONIONS, KALE-ROMAINE, TORTILLA STRIPS, CILANTRO-CORN, LIME VINAIGRETTE 12. **
- ARUGULA SHRIMP** ARUGULA MIX, WHEAT BERRY, CRANBERRY, PECORINO, SPICED PECANS, LEMON VINAIGRETTE 13. **

DRINKS

- "MINTADE" (BLEND OF CITRUS JUICES & MINT) 3.
- HOUSE HONEY ICED COFFEE (WITH ALMOND MILK) 4.5 **
- NITRO COLD BREW COFFEE ON DRAFT 6.
- PAT GREER'S LOCAL FOODS KOMBUCHA ON DRAFT 3.5
- MEXICAN COKE, SPRITE, TOPO CHICO, DR. PEPPER 3.
- BRUCE COST UNFILTERED GINGER ALE 3.5
- ST. ARNOLDS ROOT BEER 3.5



SWEETS

- CHOCOLATE CHIP PECAN COOKIE 2. **
- GLUTEN FREE 7-LAYER BAR 2.75 **
- BUTTERSCOTCH BROWNIE 3. **

UPPER KIRBY

PLEASE INFORM US OF ANY FOOD ALLERGIES BEFORE ORDERING. / ** CONTAINS NUTS OR SEEDS

SANDWICHES • SOUPS • SALADS