

STARTERS

JALAPENO HUMMUS CRUDITE

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

VEGAN QUESO

SERVED WITH CORN TORTILLA CHIPS 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 **

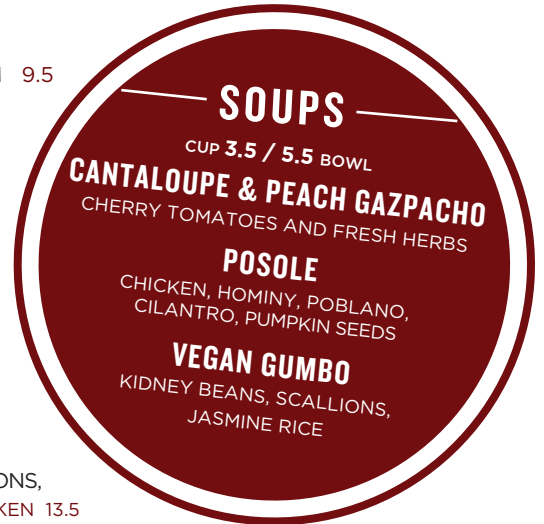
VEGAN "MEAT" BALL MUSHROOM-PECAN "MEAT" BALLS, SPICY GIARDINIERA, TOMATO MARINARA, ARUGULA PESTO, BAGUETTE 10.5 **

"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

BANH MI ROASTED PORK, CUCUMBER, CARROT, CILANTRO, JALAPENO, PICKLED RED ONION, AIOLI, BAGUETTE 12



SIDES

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

TUSCAN KALE GOLDEN RAISINS, PINE NUTS, PARMESAN **

QUINOA CUCUMBER, CILANTRO, CARROTS, BELL PEPPERS

HOUSEMADE CHIPS OLD BAY SEASONING

PUMPKIN SEEDS CAJUN SEASONING

GARBANZO CAULIFLOWER, FRESH HERBS, ROASTED TOMATO

COUS COUS CORN, PICKLED TOMATOES, ONION, RADISH

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 AND ROMAINE MIX, TORTILLA STRIPS, CILANTRO-CORN, LIME VINAIGRETTE 12. **

ARUGULA SHRIMP ARUGULA MIX, WHEATBERRY, CRANBERRY, PECORINO, SPICED PECANS, LEMON VINAIGRETTE 13. **

DRINKS

"SEASONAL" LEMONADE 3.

HOUSE HONEY ICED COFFEE (WITH ALMOND MILK) 4.5 **

NITRO COLD BREW COFFEE ON DRAFT 6.

PAT GREER'S LOCAL FOODS KOMBUCHA 4.5

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. **



PLEASE INFORM US OF ANY FOOD ALLERGIES BEFORE ORDERING / ** CONTAINS NUTS OR SEEDS
5% SURCHARGE FOR ALL TO-GO ORDERS.