

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.

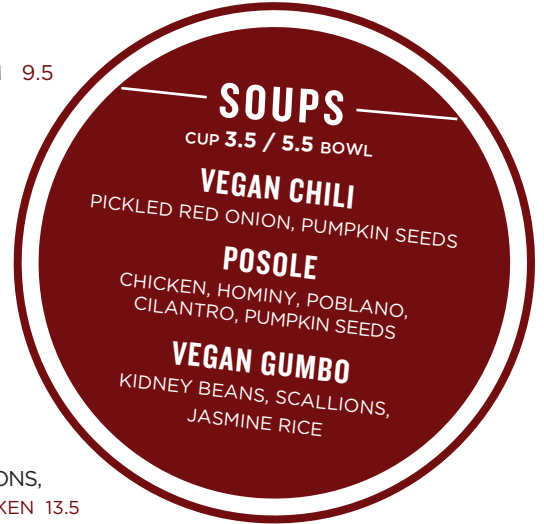
PROUDLY SERVING SLOW DOUGH BREAD.

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.