

## APPETIZERS

**TOMATO BISQUE** organic tomato, coconut cream, fennel & scallion 6.95 **GF, V**

**GUACAMOLE** organic blue corn chips 8.95 **GF, V**

**ARTICHOKE & SPINACH DIP** toasted flatbread 9.95 **GFO**

**VEGAN QUESO DIP** blended cashews with cumin, garlic & chili powder, organic blue corn chips 9.95 **GF, N, V**

**BURRATA** local tomatoes, pesto, roasted garlic, balsamic reduction, olive oil 10.95 **GF**

**CRISPY BRUSSELS SPROUTS** pistachios, pomegranate seeds, pecorino cheese, balsamic reduction 9.95 **GF, VO**

**BUFFALO CAULIFLOWER** vegan ranch, pickled celery, radish, pumpkin seeds 8.95 **GF, V**

**FRIED CALAMARI** peppadews, red onion, chipotle lemon vinaigrette, garlic toum 12.95 **GF**

**VEGAN CALAMARI** hearts of palm, peppadews, red onion, chipotle lemon vinaigrette, garlic toum 12.95 **GF, V**

**TUNA TOWER\*\*** mango, cucumber, avocado, microgreens, sriracha & wasabi aiolis, sesame wonton chips 12.95 **GFO**

## SALADS / BOWLS

add twin oaks tofu +4.95 / organic chicken +5.95 / grass-fed beef\* +6.95 / all-natural shrimp +6.95 / eco salmon\* +8.95

**CAESAR SALAD** romaine, shaved parmesan, croutons, caesar dressing, white anchovies 9.95 **GFO**

**KALE SALAD** pumpkin seeds, pecorino, apples, pomegranate, honey-apple cider vinaigrette 10.95 **GF, VO**

**BEEF & ARUGULA SALAD** goat cheese, toasted pistachio, balsamic reduction, basil oil 11.95 **GF, N, VO**

**QUINOA SALAD** romaine, carrots, peppers, tomatoes, chickpeas, feta, almonds, lemon chipotle vinaigrette 10.95 **GF, N, VO**

**CHOPPED SALAD** romaine, tomato, avocado, cucumber, blue cheese, bacon, buttermilk herb dressing 10.95 **GF**

**BUDDHA BOWL** quinoa, sweet potatoes, chickpeas, broccolini, kale, charred onions, avocado, beet hummus, tahini sauce 12.95 **GF, V**

**TERIYAKI BOWL** brown rice, snow peas, broccolini, carrots, cabbage, peppers, onions, spicy sesame teriyaki sauce 11.95 **GF, V**

**SPICY AVOCADO BOWL** black beans, rice, pickled onions, pico de gallo, corn, avocado, cheese, sriracha aioli, cilantro lime sauce 12.95 **GF, VO**

## BURGERS

choice of: quinoa tabbouleh, side salad, french fries, sweet potato fries, chickpea salad / gluten-free bread +1.95

**CERTIFIED-ANGUS BURGER\*** burger house style, cheddar, lettuce, tomato, onion, brioche bun 10.95 **GFO**

**MEDITERRANEAN TURKEY BURGER** cucumber, pickled onions, whipped feta with dill, whole wheat bun 9.95 **GFO**

**VEGETARIAN BURGER** house-made patty, lettuce, tomato, onion, whole wheat bun 9.95 **GFO, N, V** - cheddar +.95

## PIZZA

teese or daiya cheese or gluten free crust +2

**MARGHERITA** organic tomato sauce, oven-roasted tomatoes, fresh mozzarella, parmesan, basil, oregano 12.95 **GFO, VO**

**WHITE** garlic, olive oil, ricotta, mozzarella, feta, parmesan 13.95 **GFO**

**HOT HONEY** soppressata dry salami, organic tomato sauce, mozzarella, peppadews, honey, basil 14.95 **GFO**

**MUSHROOM & KALE** shiitake mushrooms, kale, caramelized onions, pesto, mozzarella, parmesan, truffle oil 14.95 **GFO, VO**

**FIG & PIG** white base, mozzarella, pulled pork, figs, arugula, balsamic reduction 16.95 **GFO**

## MAINS

**SHRIMP AL FRESCO** linguine & zucchini noodles, blistered tomatoes, garlic, lemon, crushed chilies, parmesan herb broth 18.95 **GFO**

**FISH TACOS** grilled mahi, radish, mango relish, jalapeno, cilantro, guacamole, house hot sauce 16.95 **GFO, VO**

**TUNA POKE\*\*** rice, edamame, carrot, pickled red cabbage, avocado, sesame, sambal, ginger tamari dressing 19.95 **GF**

**GRILLED MAHI** quinoa & squash gratin, arugula, pesto vinaigrette 22.95 **GF**

**MISO GLAZED SALMON\*** snow peas, brown rice, sesame, scallion, ginger 22.95 **GFO**

**CRAB CAKES** rice, green beans, corn relish, chipotle aioli MKT

**GRASS-FED STEAK TACOS** corn, pico de gallo, pickled onions, avocado, cilantro, salsa verde 18.95 **GFO, VO**

**PORK LOIN** roasted sweet potatoes, brussels sprouts & apple ginger chutney 21.95 **GF**

**ROASTED CHICKEN** roasted garlic whipped potatoes, asparagus, lemon herb pan sauce 16.95 **GF**

**CERTIFIED ANGUS FILET\*** roasted garlic whipped potatoes, grilled asparagus, rosemary demi-glace 28.95 **GF**

**MUSHROOM RISOTTO** wild mushrooms, caramelized onions, braised kale, topped with dill whipped feta 15.95 **VO**

## SIDES 4.95

**BRUSSELS SPROUTS** **GF, V**

**CHICKPEA SALAD** **GF, V**

**FRENCH FRIES** **GF, V**

**GREEN BEANS** **GF, V**

**HOUSE SALAD** **GF, V**

**ROASTED CAULIFLOWER** **GF, V**

**ROASTED GARLIC MASHED POTATOES** **GF**

**ROASTED SWEET POTATOES** **GF, V**

**SAUTÉED BROCCOLINI** **GF, VO**

**SWEET POTATO FRIES** **GF, V**

**QUINOA & SQUASH GRATIN** **GF**

**QUINOA TABBOULEH** **GF, V**

