



## APPETIZERS

- WHITE BEAN AND KALE SOUP** 4/6 V, GF
- MADE TO ORDER GUACAMOLE** organic blue corn chips 8 V, GF
- ARTICHOKE & SPINACH DIP** toasted flatbread 8 GFO
- DUO OF DIPS** roasted pepper walnut dip & truffled edamame hummus with crudite vegetables 9 V, GF, N
- CRISPY BRUSSELS SPROUTS** pistachios, pomegranate seeds, pecorino cheese, balsamic reduction 9 VO, GF
- ROASTED CAULIFLOWER** oven roasted with turmeric & garlic, sunflower seeds, truffled cauliflower puree 8 GF
- FRIED CALAMARI** peppadews, red onion, chipotle lemon vinaigrette, garlic toum 11 GF
- TUNA TOWER\*** mango, cucumber, avocado, microgreens, sriracha & wasabi aiolis, sesame wonton chips 12
- TURKEY MEATBALLS** house marinara, oregano, basil, parmesan 8 GF

## SALADS

Twin Oaks Tofu +4/ Organic Chicken +5/ Grass Fed Beef\* +6 / All Natural Shrimp +6 / Eco Salmon\* +8

- MIXED GREEN SALAD** cucumber, radish, carrots, choice of dressing 6/8 V, GF
- ORGANIC CAESAR\*** romaine, shaved parmesan, croutons, Caesar dressing, white anchovies 7/9 GFO
- ORGANIC KALE** pumpkin seeds, pecorino, apples, pomegranate, honey-apple cider vinaigrette 8/10 VO, GF
- BEET & ARUGULA** goat cheese, toasted pistachio, sea salt, balsamic reduction, basil oil 9 /13 VO, GF, N
- QUINOA** mixed greens, carrots, peppers, tomatoes, chickpeas, feta, almonds, lemon chipotle vinaigrette 8/10 VO, GF, N
- CHOPPED** romaine, tomato, avocado, cucumber, blue cheese, bacon, buttermilk herb dressing 8/10 GF

## SANDWICHES

Gluten-Free bread +2, Choice of: quinoa tabbouleh, side salad, french fries, sweet potato fries, chickpea salad

- CERTIFIED ANGUS BURGER\*** burger house style, cheddar, lettuce, tomato, onion, brioche bun 10 GFO
- ALL NATURAL TURKEY BURGER** guacamole, pickled red onions, white cheddar, whole wheat bun 9 GFO
- VEGETARIAN BURGER** house made patty, lettuce, tomato, onion, whole wheat bun 9 V, GFO, N - cheddar +1
- CHICKEN PANINI** organic chicken, white cheddar, arugula, tomato, caramelized onions, chipotle aioli 11 GFO
- WHITE CHEDDAR AVOCADO BLT** applewood bacon, tomato, lemon cracked pepper aioli, toasted multigrain 10 VO, GFO
- CALIFORNIA CLUB** roast turkey, swiss, bacon, avocado, lettuce, tomato, whole grain mustard aioli, toasted multigrain 11 GFO
- BLACKENED MAHI SANDWICH** mango relish, mixed greens, chipotle aioli, brioche bun 12 GFO
- BBQ PORK SANDWICH** house bbq sauce, apple fennel carrot slaw, brioche bun 11 GFO

## PIZZA

Gluten-Free crust +2

- MARGHERITA** organic tomato sauce, tomatoes, mozzarella, parmesan, basil, oregano 12 VO, GFO
- WHITE** garlic, olive oil, ricotta, mozzarella, feta, parmesan 13 GFO
- MUSHROOM & KALE** arugula pesto, mozzarella, parmesan, smoked cipollini onions, truffle oil 14 VO, GFO
- FIG & PIG** white base, mozzarella, pulled pork, figs, arugula, balsamic reduction 16 GFO
- SPICY SAUSAGE** organic tomato sauce, mozzarella, mushrooms, fennel, roasted tomatoes, basil 13 VO, GFO
- BBQ CHICKEN PIZZA** bbq base, mozzarella, pineapple, caramelized onions, scallions, cilantro, peppadews 14 VO, GFO

## BOWLS

add Twin Oaks Tofu +4/ Organic Chicken +5/ Grass Fed Beef\* +6 / All Natural Shrimp +6 / Eco Salmon\* +8 / Pork Carnitas +6

- BUDDHA** quinoa, sweet potatoes, chickpeas, broccolini, kale, charred onions, red pepper, avocado, tahini sauce 9 V, GF
- TERIYAKI** brown rice, snow peas, broccolini, carrots, cabbage, peppers, onions, spicy sesame teriyaki sauce 9 V, GF
- SPICY AVOCADO** black beans, rice, lettuce, pico de gallo, corn, avocado, cheese, sriracha aioli & cilantro lime sauces 10 VO, GF
- NOODLE** pho style broth, rice noodles, bean sprouts, onion, thai basil, cilantro, scallion, jalapeno, lime 10 GF
- CURRIED LENTIL** quinoa, sweet potatoes, cauliflower, spinach, tamarind sambal sauce, mint chutney 12 V, GF

## DAILY STANDARDS

- TURKEY MEATLOAF** roasted garlic whipped potatoes, asparagus, mushroom gravy 15 GF
- BRAISED SHORT RIB** roasted fingerling potatoes, carrots & cauliflower 15 GFO
- CORNMEAL CRUSTED GROUPER** Byrds Mill grits, grilled kale, apple fennel carrot slaw and house hot sauce 15 GF
- ROASTED CHICKEN** roasted garlic whipped potatoes, asparagus, lemon herb pan sauce 15 GF
- GRILLED PORK CHOP** roasted sweet potatoes, broccolini, cranberry sage relish, pan sauce 15 GF

## MAINS

- PESTO PASTA** linguine, heirloom tomatoes, toasted pine nuts, parmesan 13 VO, GFO
- TERIYAKI SALMON** soba noodles, carrots, snow peas, scallions, tahini sauce 19 VO
- TUNA POKE** rice, edamame, carrot, red cabbage, avocado, sesame, sambal, ginger tamari dressing 18 GF
- BLACKENED MAHI TACOS** red cabbage slaw, mango salsa, avocado, cilantro lime sauce, house hot sauce 15 VO, GFO
- GRASS FED STEAK TACOS** corn salsa, pickled red onions, jalapeno, cilantro, chimichurri sauce 16 VO, GFO

## SIDES 4 each

- GARLIC WHIPPED POTATOES** GF
- ROASTED BROCCOLINI** V, GF
- ASPARAGUS** V, GF
- ROASTED FINGERLING POTATOES** V, GF
- BEANS & GREENS** V, GF
- BRUSSELS SPROUTS** V, GF
- ROASTED SWEET POTATOES** V, GF
- ROASTED CAULIFLOWER** GF
- GRILLED KALE** V, GF

We are not a gluten free facility.

\* Notice: Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness. Some foods may be cooked to order. \*

DIETARY GUIDE: V- Vegan / VO- Vegan Optional / GF- Gluten Free / GFO- Gluten Free Optional / N-Contains Nuts / PO-Paleo Optional