

APPETIZERS

EDAMAME soy, garlic, chili sauce, lime, sea salt 7 **V, GF**

ROASTED MALIBU CARROTS preserved lemon, dill & tahini yogurt 8 **VO, GF, PO**

ARTICHOKE & SPINACH DIP house flatbread 8 **GFO**

MADE TO ORDER GUACAMOLE organic blue corn chips 8 **V, GF, PO**

RED BEET TARTARE crispy quinoa, apple jicama slaw, goat cheese, cashew cream 8 **VO, GF, N**

CRISPY BRUSSELS SPROUTS pistachios, pomegranate seeds, pecorino, balsamic reduction 9 **VO, GF, PO, N**

BRUSCHETTA white beans, kale, preserved lemon, pecorino, arbequina olive oil, maldon salt 8 **VO, GFO**

VEGAN "CALAMARI" hearts of palm, peppadews, red onion, chipotle lemon vinaigrette, garlic toum 11 **V, GF**

FRIED CALAMARI peppadews, red onion, chipotle lemon vinaigrette, garlic toum 11 **GF**

FRIED VA OYSTERS roasted corn salad, scallions, parmesan, lime, chipotle aioli 12 **GF**

***TUNA POKE** pickled cucumbers & carrots, wakame, ginger, tamari reduction, sesame seeds, wasabi aioli 12 **GF, PO**

LUMP CRAB STACK heirloom tomato, avocado, dill, cucumber avocado puree 14 **GF, PO**

LETTUCE CUPS shiitake mushrooms, jicama, basil, sambal, cashews, kung pao sauce **VO, GFO, N**

Twin Oaks Tofu 10 / Organic Chicken 10 / Grass Fed Beef 12

SOUPS & SALADS

Organic Chicken +5 / Grass Fed Beef +6 / Eco Salmon +6 / Tuna +6 / All Natural Shrimp +6 / Twin Oaks Tofu +5

VEGAN CHILI 4/6 **GF, V** **SOUP DU JOUR** 4/6

MIXED GREEN SALAD cucumber, tomato, carrots, choice of dressing 6/8 **V, GF, PO**

***ORGANIC CAESAR** romaine, shaved parmesan, quinoa croutons, caesar dressing, white anchovies 7/9 **GF**

ORGANIC KALE pumpkin seeds, pecorino, apples, pomegranate, honey-apple cider vinaigrette 8/10 **VO, GF, PO**

BEET & ARUGULA goat cheese, toasted pistachio, fig, sea salt, balsamic reduction, basil oil 9/13 **VO, GF, N**

CALIFORNIAN mixed greens, clementines, smoked gouda, tomatoes, almonds, citrus poppy seed dressing 8/10 **GF, VO, N, PO**

MEDITERRANEAN mixed greens, quinoa, crudite, chickpeas, feta, almonds, lemon chipotle vinaigrette 8/10 **GF, PO, VO, N**

GREEK romaine, cucumbers, tomatoes, pepperoncini, onions, olives, feta cheese, herb vinaigrette 8/10 **VO, GF, PO**

ASIAN mixed greens, edamame, grilled pineapple, peppers, carrots, cucumbers, ginger vinaigrette 7/9 **V, GF, PO**

CHOPPED romaine, tomato, avocado, cucumber, blue cheese, bacon, buttermilk herb dressing 8/10 **GF, PO**

SANDWICHES

Teese cheese or veganaise available upon request, gluten-free bread +2

Choice of: quinoa tabbouleh, side salad, french fries, sweet potato fries, chick pea salad

***CERTIFIED ANGUS BURGER** burger house style, cheddar, lettuce, tomato, onion, brioche bun 10 **GFO, PO**

ALL NATURAL TURKEY BURGER guacamole, pickled red onions, white cheddar, whole wheat bun 9 **GFO, PO**

VEGGIE BURGER house made patty, hoisin barbecue, pickled vegetables, whole wheat bun 9 **V, GFO, N** - cheddar +1

BBQ TOFU SANDWICH twin oaks tofu, house made barbecue sauce, red cabbage slaw, whole wheat bun 9 **V, GFO**

***TUNA SUSHIRITO** rice, lettuce, peppadews, pickled vegetables, cilantro, avocado, ginger dressing, wasabi aioli 14 **GFO**

CHICKEN PANINI all natural chicken, white cheddar, arugula, tomato, caramelized onions, chipotle aioli 11 **GFO**

CRAB CAKE lemon cracked pepper aioli, arugula, brioche bun 14

We are not a gluten free facility.

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

* 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. *

PIZZA

(Teese cheese or gluten-free crust +2)

MARGARITA 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**

GREEK organic tomato sauce, roasted red peppers, spinach, olives, feta, mozzarella 13 **VO, GFO**

THAI CHICKEN curry chicken, peanut sauce, carrots, bean sprouts, cilantro, scallions, sriracha, mozzarella 14 **VO, GFO**

BARBECUE DUCK organic tomato sauce, caramelized onion, pineapple, goat cheese & mozzarella, basil, honey 15 **GFO**

FIG & PIG white pizza, pulled pork, figs, arugula, balsamic reduction 16 **GFO**

BOWLS

Organic Chicken +5 / Grass Fed Beef +6 / Autumn Olive Farm Pork Carnitas +6 / All Natural Shrimp +6 / Twin Oaks Tofu +5

STIR FRY brown rice, snow peas, broccolini, carrots, cabbage, peppers, onions, spicy sesame soy sauce 10 **V, GFO**

CURRIED LENTIL quinoa, sweet potatoes, zucchini, spinach, tamarind sambal sauce, mint chutney 14 **V, GF**

BURRITO black beans, rice, lettuce, pico de gallo, guacamole, cheese, cilantro lime sauce 11 **VO, GF**

PORTOBELLO MUSHROOM brown rice, roasted kale, cilantro, spicy peanut sauce 13 **V, GF, N**

MISO miso broth, wild mushrooms, carrots, brussels leaves, rice noodles 9 **V, GF**

NOODLE chicken broth, rice noodles, onion, bean sprouts, scallions, cilantro, thai basil, jalapeno, lime 9 **GF**

ENTREES

TACOS red cabbage slaw, pico de gallo, avocado, cilantro lime sauce, rice & beans, side of house made hot sauce

Blackened Mahi 17 / Chimichurri Chicken 16 / Carnitas 16 / Vegetarian 14 **V, N**

***SEARED SALMON** orange ginger glaze, quinoa johnny cake, apple-jicama slaw 20 **GFO**

BLACKENED MAHI roasted sweet potatoes, asparagus, pineapple relish, spicy mango puree 22 **GF, PO**

FRESH CATCH lemon herb butter, asparagus and mashed potatoes MKT **GF, PO**

POLYFACE ROASTED HALF CHICKEN garlic whipped potatoes, grilled asparagus, lemon herb pan sauce 18 **GF, PO**

BRAISED PULLED DUCK butternut squash risotto, kale, carrots, parsnips, pecorino cheese 23 **VO, GF**

***CERTIFIED ANGUS HANGER STEAK** roasted fingerling potatoes, carrots, brussels leaves, chimichurri sauce 20 **GF, PO**

***CERTIFIED ANGUS FILET** roasted garlic whipped potatoes, asparagus, creamy black peppercorn sauce 26 **GF, PO**

SIDES

VEGETABLE PLATE Select any three sides to make a meal 14 / Substitute any sides below on a sandwich 2

RICE & BEANS 5 **V, GF**

GRILLED ASPARAGUS 5 **V, GF, P**

SWEET POTATO FRIES 5 **V, GF**

BUTTERNUT SQUASH RISOTTO 5 **VO, GF**

BROWN RICE 5 **V, GF**

SEA SALT FRIES 5 **V, GF**

ROASTED FINGERLING POTATOES 5 **GF**

BRUSSELS SPROUTS 5 **GF, VO**

CHICKPEA SALAD 5 **V, GF**

MAPLE SWEET POTATOES 5 **V, GF, PO**

GARLIC WHIPPED POTATOES 5 **GF**

GINGER STEAMED KALE 5 **GF, PO**

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