

DINNER



APPETIZERS

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

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

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

PICKLED VEGETABLE PLATE made from what our farmers bring us, grilled Flour Garden bread, EVOO 7 **V, GFO**

AVOCADO TOAST toasted Flour Garden bread, micro greens, everything bagel spice 8 **V, GFO**

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

ROASTED CAULIFLOWER oven roasted with turmeric & garlic, sunflower seeds, truffled cauliflower puree 8 **GF**

BRUSCHETTA fig & fava bean, goat cheese, basil, white balsamic vinegar, olive oil 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**

TUNA TARTARE* pickled ginger, ponzu, sesame seeds, wasabi aioli 12

CRAB STACK heirloom tomato, avocado, dill, cucumber-avocado puree 15 **GF, PO**

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

Twin Oaks Tofu 10 / Shrimp 11 / Organic Chicken 10 / Grass Fed Beef 12

SOUPS & SALADS

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

LENTIL SOUP 4/6 **V, GF** **SOUP DU JOUR** 4/6

MIXED GREEN SALAD cucumber, tomato, 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**

BEEF & ARUGULA goat cheese, toasted pistachio, fig jam, 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 **GF, VO, N**

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

SANDWICHES

(Teese cheese or veganaise available upon request, 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**

VEGGIE BURGER house made patty, lettuce, tomato, onion, whole wheat bun 9 **V, GFO, N** cheddar or avocado +1

TLT SANDWICH tempeh bacon, lettuce, tomato, guacamole, white bread 10 **V**

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 or Daiya 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**

FIG & PIG white base, pulled pork, fig jam, arugula, balsamic reduction 16 **GFO**

BARBECUE CHICKEN organic tomato sauce, caramelized onions, pineapple, jalapeno, mozzarella 14 **GFO**

BOWLS

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

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

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

SPICY THAI NOODLE rice noodles, bok choy, eggplant, ginger, thai basil, cilantro, scallion, sesame, nam pla & soy sauce 10

CURRIED LENTIL quinoa, sweet potatoes, zucchini, spinach, tamarind sambal sauce, mint chutney 12 **V, GF**

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

TUNA POKE rice, edamame, carrot, red cabbage, avocado, sesame, sambal, ginger tamari dressing 18 **GF**

MAINS

ARUGULA PESTO PASTA linguine, heirloom tomatoes, toasted pine nuts, parmesan 13 **VO, GFO, N**

WILD MUSHROOM RISOTTO fava beans, pecorino, truffle oil, fresh herbs 14 **VO, GF**

POLYFACE ROASTED HALF CHICKEN roasted garlic whipped potatoes, grilled asparagus, lemon herb pan sauce 17 **GF**

BLACKENED MAHI sweet potatoes, grilled vegetables, chimichurri sauce 22 **GF**

SEARED SALMON* roasted cauliflower, fava beans & tomatoes, truffled cauliflower puree 22 **GF**

LUMP CRAB CAKE corn salad, pickled red cabbage, cilantro lime sauce 26

CERTIFIED ANGUS HANGER STEAK* roasted fingerling potatoes, carrots, brussels leaves, chimichurri sauce 21 **GF**

CERTIFIED ANGUS FILET* roasted garlic whipped potatoes, grilled asparagus, rosemary demi glace 26 **GF**

TACOS red cabbage slaw, pico de gallo, corn, avocado, cilantro lime sauce, house made hot sauce

Blackened Mahi 15 / Chimichurri Chicken 14 / Carnitas 14 / Vegetarian 12 **V, N**

SIMPLY PREPARED

SALMON 22 / **MAHI** 22 / **SHRIMP** 18 / **CHICKEN** 15

Served with lemon, EVOO, asparagus and quinoa tabbouleh **GF**

SIDES 5

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

GARLIC WHIPPED POTATOES **GF**

ROASTED FINGERLING POTATOES **GF**

SWEET POTATOES **V, GF**

ROASTED CAULIFLOWER **V, GF**

GRILLED ASPARAGUS **V, GF**

BRUSSELS SPROUTS **V, GF**

GINGER STEAMED KALE **GF**

GRILLED VEGETABLES **V, GF**

BEANS AND GREENS **V, GF**

QUINOA TABBOULEH **V, GF**

CHICKPEA SALAD **V, GF**

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FARMS & PARTNERS

WE SOURCE OUR ORGANIC PRODUCE FROM TAYLOR ORGANIC, SOLATA FARMS, FARMER'S DIRECT, EARTHBOUND, FOXY, BONIPAK, NATURE AND MORE, COASTAL VALLEY, DRISCOLL AND ORGANIC VALLEY

OTHER LOCAL PRODUCE COMES FROM FLORES FARM, SCHULYER GREENS, CROWN ORCHARDS, HUNGRY HILL FARMS, J&C BEAN SPROUTS, AGRIBERRY, WESTMORELAND FARMS AND CRICK HOLLOW FARMS

OUR ALL NATURAL CERTIFIED ANGUS BEEF IS FROM ECHO RIDGE FARM IN ATKINS, VA AND PLEASANT VALLEY FARM IN GAITHERSBURG, MD

OUR ALL NATURAL TURKEY & CHICKEN ARE FROM HARVEST LAND IN DILLON, SC AND POLYFACE FARMS IN STAUNTON, VA

OUR SALMON IS ECO CERTIFIED FROM MAINE

OUR DUCK IS FROM FREE UNION GRASS FARM IN CHARLOTTESVILLE, VA

OUR OYSTERS ARE FROM THE CHESAPEAKE BAY, VA

OUR CRAB IS ALL NATURAL AND WHEN IN SEASON IS FROM DAY BOAT IN MATTHEWS, VA

OUR HONEY IS FROM HUNGRY HILL FARM IN SHIPMAN, VA

OUR COFFEE & ESPRESSO ARE ORGANIC

OUR PASTURED EGGS ARE FROM AVERY'S BRANCH FARM IN AMELIA, VA

OUR DAIRY IS ORGANIC, OUR TOFU IS FROM TWIN OAKS IN LOUISA, VA

OUR KOMBUCHA IS FROM BLUE RIDGE BUCHA IN NELSON COUNTY, VA

OUR BUNS & PASTRIES ARE FROM OUR NEIGHBOR SUGAR & TWINE IN RVA

OUR PANINI BREAD AND VEGAN WHOLE WHEAT BUNS ARE FROM FLOUR GARDEN IN RVA

OUR GLUTEN FREE BREADS COME FROM SUGAR & TWINE AS WELL

OUR MICROGREENS ARE FROM CABBAGE HILL FARMS IN RVA

OUR ORGANIC LOW GLYCEMIC CHEESECAKE IS FROM MILL STREET SWEETS IN FARMVILLE, VA

OUR YOGURT COMES FROM OLD CHURCH CREAMERY IN MECHANICVILLE, VA

OUR GLUTEN FREE PORK BREAKFAST SAUSAGE IS BY SAUSAGE CRAFT IN RVA

OUR NY BAGELS ARE FROM CUPERTINO'S IN RVA

OUR SODAS ARE CORN SYRUP FREE AND FROM BOYLAN'S SODAS

WE RECYCLE OUR CARDBOARD AND BOTTLES

WE USE BIODEGRADABLE TO-GO WARE

AND A SPECIAL THANKS TO RUDY'S EXOTIC MUSHROOMS AND PRODUCE

