

## APPETIZERS

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

**CRISPY CHICKPEAS** feta, preserved lemon and mint 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, lime crema 8 **VO, GF**

**CRISPY BRUSSELS SPROUTS** pistachios, pomegranate seeds, pecorino, balsamic reduction 8 **VO, GF, PO, N**

**BRUSCHETTA** marinated cherry tomatoes, housemade mozzarella, fresh basil, shallot, balsamic reduction 9 **VO, GFO**

**VEGAN "CALAMARI"** hearts of palm, peppadews, red onion, chipotle lemon vinaigrette, garlic toum 11 **N, 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 WRAPS** vermicelli noodles, pickled carrots & cucumber, cilantro, peanuts, trio of sauces **VO, GFO, N**

Organic Chicken 10 / Grass Fed Beef 12 / Twin Oaks Tofu and Wild Mushroom 10

## SOUPS & SALADS

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

**CURRIED SWEET POTATO BISQUE** 4/6 **GF, V** **WATERMELON GAZPACHO** 4/6 **V, GF** **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, citrus poppy seed dressing 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, 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**

**SPINACH & WATERMELON** feta, walnuts, mint, basil, balsamic vinaigrette 8/10 **GF, VO**

## SANDWICHES

Teese cheese or vegenaïse 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, basil, honey 15 **GFO**

**FIG & PIG** white pizza, autumn olive farms 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** served simply prepared with lemon herb butter, asparagus and roasted potatoes MKT **GF, PO**

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

**BRAISED PULLED DUCK** asparagus, pea & pecorino risotto 23 **VO, GF**

\***CERTIFIED ANGUS HANGER STEAK** roasted fingerling potatoes, carrots, brussels leaves, chimichurri sauce 19 **GF, PO**

\***CERTIFIED ANGUS FILET** garlic whipped potatoes, asparagus, bordelaise 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**

**ASPARAGUS PEA 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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