



LUNCH MENU

APPETIZERS

- LENTIL SOUP** 4/6 **V, GF**
- MADE TO ORDER GUACAMOLE** blue corn chips 8 **V, GF**
- EDAMAME** soy, garlic, chili sauce, lime, sea salt 7 **V, GF**
- ARTICHOKE & SPINACH DIP** toasted flatbread 8 **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** local tomato, fresh mozzarella, roasted garlic, arugula, basil, balsamic reduction, 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 **GF**
- CRAB STACK** heirloom tomato, avocado, dill, cucumber-avocado puree 15 **GF**
- FRIED VA OYSTERS** lime, chipotle aioli, roasted corn salad with scallion and parmesan 12 **GF**
- LETTUCE CUPS** chicken or tofu, shiitake mushrooms, jicama, basil, sambal, cashews, kung pao sauce 10 **VO, GF, N**

SALADS

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

- MIXED GREENS** 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**
- BEET & ARUGULA** goat cheese, toasted pistachios, sea salt, balsamic reduction, basil oil 9/11 **VO, GF, N**
- QUINOA** mixed greens, carrots, peppers, tomatoes, chickpeas, feta, almonds, lemon chipotle vinaigrette 8/10 **GF, VO, N**
- CHOPPED** romaine, tomatoes, avocado, cucumbers, 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**
- VEGGIE BURGER** house made patty, lettuce, tomato, onion, whole wheat bun 9 **V, GFO, N** cheddar or avocado +1
- WHITE CHEDDAR AVOCADO BLT** applewood bacon, lettuce, tomato, chipotle aioli, toasted multigrain 10 **GFO**
- CALIFORNIA CLUB** roast turkey, swiss, bacon, avocado, lettuce, tomato, whole grain mustard aioli, toasted multigrain 9 **GFO**
- CHICKEN PANINI** all natural chicken, white cheddar, arugula, tomato, caramelized onions, chipotle aioli 11 **GFO**
- ROAST TURKEY PANINI** goat cheese, fig jam, arugula pesto 9 **GFO**
- BBQ TOFU** twin oaks tofu, house made barbecue sauce, red cabbage slaw, whole wheat bun 10 **V, GFO**
- TLT** tempeh bacon, lettuce, tomato, guacamole, white bread 10 **V**
- BLACKENED MAHI BLT** applewood bacon, lettuce, tomato, chipotle aioli, brioche bun 14 **GFO**
- CRAB CAKE** lemon cracked pepper aioli, arugula, brioche bun 14

PIZZA

add Teese or Daiya cheese +1 / 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, mozzarella, pulled pork, figs, arugula, balsamic reduction 16 **GFO**
- BARBECUE CHICKEN** organic tomato sauce, caramelized onions, pineapple, jalapeno, mozzarella 14 **GFO**

BOWLS

Twin Oaks Tofu +4 / Organic Chicken +4 / 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 9 **V, GFO**
- BURRITO** black beans, corn, rice, lettuce, pico de gallo, guacamole, pickled red onion, cheese, cilantro lime sauce 10 **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**
- ARUGULA PESTO PASTA** linguine, heirloom tomatoes, toasted pine nuts, parmesan 13 **VO, GFO, N**

MAINS

- TURKEY MEATLOAF** roasted garlic whipped potatoes, asparagus, mushroom gravy 14
- TUNA POKE BOWL*** rice, edamame, carrot, red cabbage, avocado, sesame, sambal, ginger tamari dressing 18 **GF**
- CRAB CAKE** corn salad, pickled red cabbage, cilantro lime sauce 16
- TACOS** red cabbage slaw, pico de gallo, corn, avocado, cilantro lime sauce, side of house made hot sauce
Blackened Mahi 15 / Chimichurri Chicken 14/ Pork Carnitas 14/ Vegetarian 12 **V,N**

SIDES

4 each, substitute any sides on a sandwich 2, or select any three to make a meal 12

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| GARLIC WHIPPED POTATOES GF | GRILLED ASPARAGUS V, GF | RICE AND BEANS V, GF |
| ROASTED CAULIFLOWER GF | BRUSSELS SPROUTS V, GF | BEANS AND GREENS V, GF |
| CHICKPEA SALAD V, GF | GINGER STEAMED KALE GF, V | QUINOA TABBOULEH V, GF |

We are not a gluten free facility.

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

* Notice: Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness. These foods may be served undercooked or raw. *