

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 vegenaise 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

BLACKENED MAHI BLT applewood bacon, lettuce, tomato, chipotle aioli, brioche bun 12 **GFO, PO**

WHITE CHEDDAR AVOCADO BLT applewood bacon, tomato, lemon cracked pepper aioli, toasted multi grain 10 **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**

ROAST TURKEY PANINI granny smith apple, applewood bacon, smoked gouda, dijon mustard 9 **GFO**

PORK BBQ autumn olives farm pork, house made bbq sauce, red cabbage slaw, brioche bun 10 **GFO**

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

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

TRUFFLED GRILLED CHEESE mozzarella, white cheddar, truffle butter 8 **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 10 **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 / Pork Carnitas 16 / Vegetarian 14 **V, N**

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

FRESH CATCH with asparagus and roasted potatoes MKT **GF, PO**

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

BUTTERNUT SQUASH RISOTTO 5 **VO, GF**

ROASTED FINGERLING POTATOES 5 **GF**

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

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

BROWN RICE 5 **V, GF**

BRUSSELS SPROUTS 5 **GF, VO**

GARLIC WHIPPED POTATOES 5 **GF**

SWEET POTATO FRIES 5 **V, GF**

SEA SALT FRIES 5 **V, GF**

CHICKPEA SALAD 5 **V, GF**

GINGER STEAMED KALE 5 **GF, PO**

LUNCH COCKTAILS

MIMOSA 6

pomegranate, passionfruit, pineapple, cranberry, orange juice, grapefruit

THE DAILY BLOODY 8

prairie organic vodka, sassy mary, celery

THE SPICY BLOODY MARY 8

absolut cilantro, sassy mary, jalapeno

THE SKINNY BLOODY MARY 8

skinny girl vodka, sassy mary, olives, celery, lemon, lime

THE BACON BLOODY MARY 8

bakon vodka, sassy mary, brown sugar, rock salt rim

MOCKTAILS 5

COCONUT LATTE

coconut water, organic espresso, splash of almond milk, over ice

COCONUT MOJITO

coconut water, lime, agave, mint, soda

STRAWBERRY LIMEADE

strawberries, lime juice, simple syrup, mint

CUCUMBER COOLER

muddled cucumber, coconut water, lime, basil

LEMONGRASS GINGER SODA

lemongrass simple syrup, candied ginger, soda

COFFEE, TEA, JUICE

ESPRESSO 3

DOUBLE ESPRESSO 6

CAPPUCCINO 5

LATTE 5

AMERICANO 4

GREEN TEA 4

CHAI TEA 4

CHAI LATTE 5

HOT CHOCOLATE 4

ASSORTED HOT TEAS 4

FRESH SQUEEZED LEMON OR LIMEADE 4

ORGANIC ORANGE JUICE 4

ORGANIC GRAPEFRUIT JUICE 4

LUMI Cold Pressed Farmhouse Greens (10oz bottle) 8

LUMI Cold Pressed Upbeat Pear (10oz bottle) 8

LUMI Hot Shot, Beet, Lime Jalapeno (2oz bottle) 6