

APPETIZERS

GUACAMOLE organic blue corn chips 8.95 **V, GF**

ARTICHOKE & SPINACH DIP toasted flatbread 9.95 **GFO**

VEGAN QUESO DIP blended cashews with cumin, garlic & chili powder, organic blue corn chips 9.95 **V, GF, N**

HUMMUS PLATE roasted beet hummus, vegetables, feta, toasted flatbread 8.95 **VO, GFO**

CRISPY BRUSSELS SPROUTS pistachios, pomegranate seeds, pecorino cheese, balsamic reduction 9.95 **VO, GF**

BUFFALO CAULIFLOWER vegan ranch, pickled celery, radish, pumpkin seeds 8.95 **V, GF**

FRIED CALAMARI peppadews, red onion, chipotle lemon vinaigrette, garlic toum 11.95 **GF**

TUNA TOWER** mango, cucumber, avocado, microgreens, sriracha & wasabi aiolis, sesame wonton chips 12.95 **GFO**



SALADS

add twin oaks tofu +4.95 / organic chicken +5.95 / grass-fed beef* +6.95 / all-natural shrimp +6.95 / eco salmon* +8.95

ORGANIC CAESAR romaine, shaved parmesan, croutons, caesar dressing, white anchovies 9.95 **GFO**

ORGANIC KALE pumpkin seeds, pecorino, apples, pomegranate, honey-apple cider vinaigrette 10.95 **VO, GF**

BEEF & ARUGULA goat cheese, toasted pistachio, sea salt, balsamic reduction, basil oil 11.95 **VO, GF, N**

QUINOA romaine, carrots, peppers, tomatoes, chickpeas, feta, almonds, lemon chipotle vinaigrette 10.95 **VO, GF, N**

CHOPPED romaine, tomato, avocado, cucumber, blue cheese, bacon, buttermilk herb dressing 10.95 **GF**

SANDWICHES

choice of: quinoa tabbouleh, side salad, french fries, sweet potato fries, chickpea salad, gluten-free bread +1.95

CERTIFIED ANGUS BURGER* burger house style, cheddar, lettuce, tomato, onion, brioche bun 10.95 **GFO**

ALL-NATURAL TURKEY BURGER guacamole, pickled red onions, white cheddar, whole wheat bun 9.95 **GFO**

VEGETARIAN BURGER house made patty, lettuce, tomato, onion, whole wheat bun 9.95 **V, GFO, N** - cheddar +.95

CHICKEN PANINI organic chicken, white cheddar, arugula, tomato, caramelized onions, chipotle aioli 11.95 **GFO**

WHITE CHEDDAR AVOCADO BLT applewood bacon, tomato, lemon cracked pepper aioli, toasted multigrain 11.95 **GFO**

BOWLS

add twin oaks tofu +4.95 / organic chicken +5.95 / grass-fed beef* +6.95 / all-natural shrimp +6.95 / eco salmon* +8.95

BUDDHA quinoa, sweet potatoes, chickpeas, broccolini, kale, charred onions, avocado, beet hummus, tahini sauce 12.95 **V, GF**

TERIYAKI brown rice, snow peas, broccolini, carrots, cabbage, peppers, onions, spicy sesame teriyaki sauce 9.95 **V, GF**

SPICY AVOCADO black beans, rice, pickled onions, pico de gallo, corn, avocado, cheese, sriracha aioli, cilantro lime sauce 10.95 **VO, GF**

THAI NOODLE rice noodles, cabbage, radish, carrot, red pepper, jalapeno, scallion, cilantro, peanut sauce, served chilled 10.95 **V, GF, N**

BEANS & GREENS lentils, brown rice, kale, broccolini, carrot, parsley, scallion, sunflower seeds, lemon miso dressing 11.95 **V, GF**

SPICY PANANG CURRY quinoa, sweet potatoes, peppers, carrots, snow peas, thai basil, peanuts, coconut curry broth 10.95 **GF, N**

PIZZA

teese or daiya cheese or gluten free crust +2

MARGHERITA organic tomato sauce, tomatoes, mozzarella, parmesan, basil, oregano 12.95 **VO, GFO**

WHITE garlic, olive oil, ricotta, mozzarella, feta, parmesan 13.95 **GFO**

MUSHROOM & KALE arugula pesto, mozzarella, parmesan, cipollini onions, truffle oil 14.95 **VO, GFO**

FIG & PIG white base, mozzarella, pulled pork, figs, arugula, balsamic reduction 16.95 **GFO**

MAINS

PESTO PASTA linguine, heirloom tomatoes, toasted pine nuts, parmesan 13.95 **VO, GFO, N**

ROASTED CHICKEN roasted sweet potatoes, asparagus, lemon herb pan sauce 15.95 **GF**

FISH TACOS grilled mahi, radish, mango relish, jalapeno, cilantro, guacamole, house hot sauce 15.95 **VO, GFO**

GRASS-FED STEAK TACOS corn, pico de gallo, pickled onions, avocado, cilantro, salsa verde 15.95 **VO, GFO**

MISO GLAZED SALMON* snow peas, brown rice, sesame, scallion, ginger 19.95 **GFO**

TUNA POKE** rice, edamame, carrot, red cabbage, avocado, sesame, sambal, ginger tamari dressing 18.95 **GF**

BEVERAGES

BOTTLE OF PROSECCO 15

MOCKTAILS (add your own alcohol) (2-3 servings)

PASSIONFRUIT LIME SODA mint, lime, passionfruit, soda 10

CUCUMBER COOLER basil, cucumber, lemongrass, coconut water, soda 15

MULES RULES cirrus vodka, muddled berries, lime, maine root ginger beer (2-3 servings) 20

THE EXPAT belle Isle honey habanero moonshine, basil, mint, lime, lemongrass syrup, ginger beer (2-3 servings) 20

BLACKBERRY BASIL MARGARITA lunazul blanco tequila, triple sec, fresh blackberries, basil, lime (2-3 servings) 20

WINE

these wines are available for \$20 a bottle, all other wines on the list will also be available for menu price

TORRE DI LUNA PINOT GRIGIO ALTO ADIGE, IT

MURPHY GOODE CHARDONNAY CA

MONTINORE PINOT GRIS WILLAMETTE, OR

BROADBENT VINHO VERDE POR

GUNTRUM RHEINHESSEN RIESLING GER

BIELER PERE ET FILS ROSE PROVENCE, FR

LE GRAND CAILLOU SAUVIGNON BLANC FR

LUCINDA & MILLIE CABERNET MENDOCINO, CA

DOMAINE LAROQUE PINOT NOIR LANGUEDOC, FR

CONUNDRUM RED BLEND CA

SANTA JULIA MALBEC ARG

V - VEGAN / **VO** - VEGAN OPTIONAL / **GF** - GLUTEN FREE / **GFO** - GLUTEN FREE OPTIONAL / **N** - CONTAINS NUTS

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

*These items may be served raw or undercooked to customer preference. **These items are served raw.