

# Lunch + Dinner

### Starters

### **GRILLED JERK SPICED CHICKEN WINGS** 12

Harissa yogurt dip g

### CRISPY FIRECRACKER CALAMARI 14.50

Kalamata olive, roasted garlic dip

## CHARRED BROCCOLINI BRUSCHETTA 12

Ricotta, golden raisins, toasted almonds Super gf

#### BURRATTA, BABY BEET SALAD 12

Watercress, apricot gastrique, sea salt

### SHAKSHUKA 12

Rustic tomato sauce, baked egg, watercress, chevre, crusty bread

#### **DAILY MARKET SOUP** 9.50

### **RUSTIC TOMATO SOUP** 9.50

Basil, low-fat Greek vogurt gf

### Salads

#### MICRO CHOPPED GRILLED

### **CHICKEN SALAD** 21

Romaine, kale, broccoli, beets, avocado, egg, bacon tomato, cucumber, Italian vinaigrette gf

### **HEARTS OF ROMAINE CAESAR SALAD** 13.50

Shaved parmesan, crunchy focaccia croutons

Add freshly grilled shrimp 21.50

Add freshly grilled chicken 21

### **GRILLED FLANK STEAK SALAD** 20.50

Mesculen greens, blue cheese, cherry tomato, avocado buttermilk dressing, crispy Cajun onions

### Side Orders

Roasted broccolini 7.50

Romesco aioli, crumbled bacon, fresno chili gf

Sea-salt French fries 6.50

Farro and cauliflower "couscous" 6

Golden raisins, pinenuts, fresh herbs supplements of

### Entrees

### STEAK FRITES\* 37.50

6oz center-cut filet, smashed fingerling fries, house made zip sauce gf

### PAN SEARED SALMON 34

Smashed peas, tri colored baby carrots, lemon butter sauce gf

#### **SEARED DAY BOAT SCALLOPS** 34

Wild mushroom, corn and leek fondue, haricot verts, Pinot noir reduction  $\, {\it gf} \,$ 

#### **ROASTED BRICK CHICKEN** 27

Half chicken, hominy grits, white cheddar, sautéed greens, pickled onion, chicken jus vinaigrette gf

### MUSHROOM BOLOGNESE 24

Spaghetti squash, crumbled goat cheese

### **CURRIED CAULIFLOWER STEAK** 21.50

Roasted market vegetables, arugula chickpea puree, hazelnut gremolata

#### CHEF'S INSPIRATION

Our daily offering inspired by regionally farmed or seasonally harvested products, priced daily

### Sandwiches

### FLAME GRILLED BACON BURGER\* 21

Ground chuck with cheddar or Swiss, onion, tomato and lettuce, choice of sea-salted French fries or arugula salad

### **ROASTED MAITAKE MUSHROOM**

# **CAULIFLOWER TARTINE** 18

Fontina, pickled red onion on sourdough

### **GREEK STYLE PULLED CHICKEN PANINI** 20

Feta, tomato, cucumber, Kalamata olives, mint

### **CHIPOTLE CHICKEN TACOS** 19.50

Soft corn tortilla, shredded lettuce, pepper jack cheese, roasted pepper, 

### Desserts

### WARM DOUBLE-CHOCOLATE BROWNIE 11

Pecans, chocolate sauce, vanilla ice cream

### COCONUT PANNA COTTA 11

Blueberry compote, candied pistachios gf

# **BOURBON PEACH SHORTCAKE** 11

Almond cake, Chantilly cream, candied nuts

### WARM BAKED APPLE TART 11

Caramel sauce, vanilla ice cream



Indicates a SuperFoodsRx™ dish. SuperFoodsRx powerfully pairs together whole foods to boost nutritional composition and flavors.

We pride ourselves in providing gluten friendly menu choices, While we endeavor to carefully prepare those meals to accommodate a gluten-free diet please be aware that they may be prepared in an environment where gluten is present. Please ask your server to assist you in making your selection. Please consult your physician as to your personal health decisions