



Lunch · Dinner

Served 11:00-4:00pm & 4:30-9:00pm Monday-Friday
and 11:00-4:00pm & 4:30-8:00pm Saturday

salads

Add to any salad: Bacon 3.25, Chicken 3.75, Prawns 4.25, Nori Ahi Tuna 6.25
(All dressings are made in-house and all are GF)

House Salad LF

Sweet & Spicy greens, beets, carrots, cabbage and croutons with your choice of dressing **5.50**
(Caesar, Ranch, Zesty Lemon Yogurt, Balsamic Vinaigrette, Maple Tahini)

Caesar Salad VGT

Crispy romaine lettuce tossed with cherry tomatoes, freshly grated parmesan, house-made croutons and Caesar dressing **8.75**

Steak Salad GF

Arugula tossed with shaved fennel, cherry tomatoes, red onions, *Henry's* olives, balsamic vinaigrette, and topped with seared bistro filet **11.50**

Spring Power Bowl VGT

Carrots, beets, and cabbage tossed with farro and maple tahini dressing. Served with chopped arugula, avocado, soft boiled egg, dried cranberries and toasted nut blend **11.75**

Greek Salad LF, VGT, GF

Chopped romaine lettuce and kale tossed with crispy fennel-cumin chick peas, artichoke hearts, Kalamata olives, cherry tomatoes, red onions, and a zesty lemon yogurt dressing **10.50**

sandwiches

Served with choice of *Bien Padre* blue corn chips or *Little River Farm* greens with balsamic vinaigrette.
(Gluten-Free sandwich bun available from *Arise Bakery* - add 1.50)

Burger of the Day

(see "Specials" board) 7 oz beef patty, grilled to order, and served with chips or greens

Chipotle Chicken Panini

Grilled chicken breast, chipotle aioli, avocado, arugula and provolone on rustic ciabatta roll **10.25**

BLT

Classic favorite served on your choice of toasted bread with house mayo and garlic butter **9.25**
(Choice of: Sourdough, Baguette, Whole Wheat, Ciabatta, or 'Old World Sourdough')

Peruvian Pulled Pork

Slow roasted pork shoulder and baked sweet potatoes, topped with salsa criolla (a Peruvian 'Pico de Gallo') and hot and sweet rocoto chili pepper jam on a rustic ciabatta roll **9.50**

Ahi Tuna Melt

Broiled open-faced sandwich with sushi grade Ahi steak (seared to *medium rare*), avocado, tomatoes, arugula and house made remoulade on 'Old World Sourdough' **11**

soups

see "Specials" for today's selection **3.95 cup / 5.50 bowl**

ask about our kids menu !

* (VGT = Vegetarian, VG = Vegan, GF = Gluten-Free, LF = Lighter Fare)
Although we offer Gluten-Free products, our kitchen and bakery are not gluten free.

entrees

Kitchen split of any entrée – add 3

Black Garlic Bistro Filet

Herb-encrusted bistro filet, seared to order and topped with black garlic puree. Served with arugula tossed with roasted red potatoes, beets, gorgonzola and a light balsamic vinaigrette **21**

Moroccan Chicken

Quarter Chicken (*bone in*) marinated in Greek yogurt and turmeric, baked and served with roasted fennel-cumin chickpeas & onions, and a side of lemon yogurt sauce **18.50**

Mediterranean Cod LF

Pan-seared lemon-pepper spiced cod, served on a bed of farro, and topped with a sweet pepper and tomato pan sauce **18.50**

Coconut Curry VG, GF

Sautéed fresh seasonal vegetables and shallots simmered in a yellow coconut curry sauce, served with basmati rice, and topped with fresh cilantro and lime **15.50**

South American Seafood Stew LF

Fresh seafood medley simmered in a light cilantro broth, topped with crème fraiche, and served with toasted 'Old World Sourdough' (Vegetarian option available) **19**

small plates

Artisanal Cheese Platter VGT

Assorted fine cheeses, Henry's olives, fresh fruit and lightly toasted 'Old World Sourdough' **14**

Bruschetta Pizza VGT

Garlic flatbread with fresh mozzarella toasted to a fine crisp, topped with chopped tomatoes, basil, garlic and shaved parmesan **10**

Mini Street Tacos (4)

2 tacos with furikaki encrusted ahi tuna (*medium rare*) and sweet & spicy glaze, and 2 tacos with chorizo, sweet potatoes, zesty garlic sauce, and queso fresco – all topped with fresh cilantro and lime cabbage **13.50** half order(2) **9.50**

Ceviche LF

Fresh seafood marinated in chili and lime, topped with fresh cilantro and diced tomatoes **10**

hand tossed pizzas

For a Gluten-Free option, choose pizza crust from *Arise Bakery* - add 3

Margherita VGT

Fennel marinara sauce, fresh mozzarella, parmesan and finished with fresh basil **10.75**
pepperoni - add 1.50

Chick'n Chickpeas

Grilled chicken, roasted chickpeas, artichoke hearts, sundried tomatoes, Kalamata olives, and zesty garlic sauce **12.75**

The Hot Peruvian

Pulled pork, roasted sweet potatoes, sweet and spicy rocoto chili pepper jam, red onions, mozzarella, and finished with salsa criolla **12.75**

Strawberry Goat

Bacon, fromage blanc, caramelized onions, strawberries, mozzarella, fresh basil, and finished with a sweet balsamic reduction **13.50**

15% gratuity will be added to check for parties of 6 or more