



Lunch · Dinner

Served from 11:00-4:00pm, & 4:30-9:00pm Monday-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, beet, carrot, cabbage and croutons with your choice of dressing **5.50**
(Balsamic Vinaigrette, Caesar, Ranch, Blue Cheese, Citrus Yogurt Vinaigrette, Herb Vinaigrette)

Caesar Salad

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

Cobb Salad ^{GF}

Romaine lettuce and *Little River Farm's* Spring Mix tossed with chicken, bacon, egg, cucumber, blue cheese crumbles, cherry tomatoes, red onion and blue cheese dressing **12**

Salad Niçoise ^{GF}

Little River Farm's Spring Mix and Sweet & Spicy greens tossed in Herb vinaigrette with seared (medium rare) sushi grade Ahi tuna, soft boiled egg, red potatoes, red onion, capers, cherry Tomatoes and *Henry's* olives **13**

Spring Power Bowl ^{LF, VGT, GF}

Carrots, beets, and cabbage tossed with quinoa in a citrus yogurt vinaigrette. Served with chopped arugula, avocado, soft boiled egg, dried cranberries and toasted nut blend **11.75**

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)

Roast Beef Panini

Thinly sliced roast beef, balsamic marinated onions, gorgonzola cheese, micro greens and horseradish mayonnaise on rustic ciabatta roll **11.75**

Seared Cod Sandwich

Pan seared cod with tomato jam, pickled mustard seeds, and provolone cheese on 'Old World Sourdough' **10.75**

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')

Greek Chicken Panini

Brined grilled chicken breast, roasted red pepper, red onion, cucumber and lemon feta spread on focaccia **10.50**

Caprese Grilled Cheese Panini ^{VGT}

Sliced fresh mozzarella, thick sliced tomatoes, fresh basil and balsamic reduction on 'Old World Sourdough' **9.25**

soups

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

entrees

Kitchen split of any entrée – add 3

Flank Steak

Balsamic Soy marinated flank steak, seared to order, topped with house-made kimchi and served with cilantro-lime basmati rice **22**

Greek Chicken

Pan-seared brined chicken breast, finished in a white wine pan sauce with garlic, Kalamata olives and sundried tomatoes. Served with herbed pasta **18**

Cod Filet LF

Baked cod filet on bed of tomato jam, topped with pickled mustard seeds and served with roasted asparagus **18**

Yellow Curry VG, GF

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

small plates

Artisanal Cheese Platter LF, VGT

Assortment of fine cheeses, pickled mustard seeds, and toasted 'Old World Sourdough' **14**

Mini Street Tacos

2 tacos with Nori wrapped ahi tuna, sweet & spicy glaze, topped with cabbage, cilantro and lime, and 2 tacos with marinated flank steak and kimchi topped with cilantro and lime zest **13.50**
half order(2) **9.50**

Caprese Plate LF, VGT

Tomatoes, fresh mozzarella and basil drizzled with a balsamic reduction. Served with toasted 'Old World Sourdough' **9**

Feta Zucchini Cakes LF, VGT

Two pan-seared feta zucchini cakes served with lemon dill aioli **9.25**

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 fresh basil **10.75**
pepperoni - add 1.50

Chicken Pesto

Grilled chicken, basil pesto, red onion, roasted cherry tomatoes, feta and mozzarella **13.50**

Chicken Apple Sausage

Chicken apple sausage, balsamic marinated onions, gorgonzola and mozzarella. Finished with micro greens, toasted walnuts and balsamic reduction **13.50**

BLTizza

Olive oil 'dusted' tomato slices, bacon, mozzarella, and finished with fresh chopped arugula and diced red onion **13**

[ask about our kids menu !](#)

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