** CONTAINS NUTS/SEEDS
PLEASE INFORM US OF ANY FOOD ALLERGIES BEFORE ORDERING

Sandwiches

WITH CHOICE OF 2 SIDES OR A CUP OF SOUP

** SUB OF WRAP FOR $1.50
PROUDLY SERVING SLOW DOUGH BREAD

TURKEY CONFIT
MELTED BRIE, CRANBERRY JAM, ARUGULA, AIOLI, MARBLED RYE  15.

SMOKED SALMON
SWEET PEPPER REMOULADE, DILL HUMMUS, GREENS, GOLDEN BAGEL’S EVERYTHING BAGEL  12. **

“BAHM MI”
GRILLED BLACK HILL RANCH PORK, PICKLED ONION, CARROT-CUCUMBER MIX, JALAPENO, CILANTRO, SAMBAL, AIOLI, FRENCH BAGUETTE  12. (TOFU AVAILABLE UPON REQUEST)

TRUFFLED EGG SALAD
TOMATO, MIXED GREENS, PARMESAN, AIOLI, PRETZEL  9.5

AVOCADO B.L.T.
FRIED EGG, BACON, ROMAINE, TOMATO, AVOCADO SPREAD, AIOLI, WHEAT  14.

FALAFEL VEGAN
TOMATO, SWEET PEA HUMMUS, ROMAINE, OLIVE CRUMBLE, SPICY VEGAN AIOLI, WHEAT  12. **

MUSHROOM SWISS BURGER

GULF SEAFOOD
SHRIMP & BLUE CRAB, TOMATO, PICKLED ONION, ROMAINE, GREEN GODDESS DRESSING, CIABATTA  13.5

“CRUNCHY” CHICKEN
NUT-SEED CRUMBLE, CRUSHED CHIPS, TOMATO, HOUSE PICKLES, ROMAINE, PROVOLONE, BUTTERMILK RANCH, PRETZEL BUN  12. **

GARDEN SAMMIE VEGAN
BRUSSELS SPROUTS, AVOCADO, HUMMUS, PICKLED ONION, TOMATO, CURRIED CAULIFLOWER, SPROUTS, CIABATTA  10.

ADD CHICKEN  12.5 AS A SALAD W/ CHICKEN  13.5

Drinks

ESPRESSO, CAPPUCCINO, OR LATTE  4-4.5
MATCHA LATTE  5.5
CINNAMON OR VANILLA ICED COFFEE  4.5
COLD BREW NITRO DRAFT  4.
TEA / FOUNTAIN SODA / SEASONAL LEMONADE  3.

Wine by the Glass

7 OZ / 17 ½ CARAFE / 32 CARAFE

SIMI SAUVIGNON BLANC MEIOMI ROSE NO CURFEW CABERNET

> > > BEER & WINE NOW AVAILABLE TO-GO

Wine by the Glass

4. EACH / 3 SIDES FOR 11.
TO-GO : 5. PINT / 8. QUART

TUSCAN KALE PINE NUTS, PARMESAN **
QUINOA BROCCOLI, FETA, SUNFLOWER SEEDS **
SEASONAL FRUIT
SWEET POTATO SALAD BROCCOLINI, PETITAS **
HOUSEMADE CHIPS OLD BAY SEASONING
DILL PICKLE SPEARS
CORN NUTS CHILI-CHEESE SEASONING

Sides

CUP 3.5 / BOWL 5.5

CHICKEN POSOLE POBLANO, GREEN CHILES, HOMINY, CILANTRO & PUMPKIN SEED GARNISH **
VEGAN GUMBO KIDNEY BEANS, CARROT, CELERY, SCALLION, BROWN RICE

Salads

SEASONAL HARVEST
MIXED GREENS, SLICED ALMONDS, BRUSSELS SPROUTS, MARKET VEGGIES, SEASONAL FRUIT, GOAT CHEESE, FRESH HERB VINAIGRETTE  11. **

ADD CHICKEN or TOFU  13. ADD SHRIMP 14.

TACO SALAD VEGAN
BABY KALE MIX, VEGAN “TACO MEAT,” AVOCADO, CILANTRO-CORN, PICKLED ONIONS, TORTILLA STRIPS, PUMPKIN SEEDS, LIME VINAIGRETTE  12. **

ADD CHICKEN **

SHRIMP COBB
BACON, TOMATO, SWEET CORN, EGG, AVOCADO, PICKLED RED ONION, ROMAINE, RED WINE VINAIGRETTE  15.

ASIAN CHICKEN
NAPA CABBAGE, BEAN SPROUTS, CRISPY RICE NOODLES, CASHEWS, GINGER-SOY VINAIGRETTE, SPICY PEANUT SAUCE  12. **

SALMON POKE **
BOK CHOY, AVOCADO, EDAMAME, RADISH, SESAME-CILANTRO QUINOA, RADISH, PICKLED EGG, SANBAIZU  17. **

** Consuming raw or undercooked seafood may increase risk of foodborne illness.

SANDWICHES MAY ALSO BE PREPARED AS SALADS

5% SURCHARGE FOR ALL TO-GO ORDERS

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