SANDWICHES

Choice of 2 sides or a cup of soup

Quinoa Burger  Smoked quinoa-bean patty, tomato, romaine, pickles, red onion, secret sauce, pretzel bun  11.5
Avocado BLT  Pork bacon, heirloom tomatoes, lettuce, sliced avocado aioli, fried egg, wheat  14.
Truffled Egg Salad  Mixed greens, tomato, parmesan, aioli, pretzel bun  9.5
Roast Beef  44 Farms beef, cheddar, curried cauliflower, kale, tomato, horseradish aioli, wheat  14.
Smoked Salmon  Cold cured & smoked in-house, onion jam, cream cheese, poppy seed bagel  11.5
Vegan “Meat” Ball  Mushroom-pecan “meat” balls, spicy giardiniera, tomato marinara, arugula pesto, baguette  10.5
“Crunchy” Chicken  Nut “crumble”, provolone, buttermilk ranch, pickles, romaine, tomato, pretzel bun  12.
Garden Sammie  Brussels sprouts, avocado spread, hummus, pickled onions, tomato, ciabatta  10.
Add chicken 12.5  as a salad w/ chicken  13.5
Gulf Seafood  Shrimp, crab, green goddess, romaine, pickled red onion, tomato, ciabatta  13.5
Turkey Confit  Brie cheese, cranberry preserve, arugula, and aioli on toasted wheat  14.

Sides

À la carte  4.  To-Go  5.  Or  3 sides bowl for 11.

Tuscan Kale  Golden raisins, pine nuts, parmesan
Quinoa  Acorn, butternut, carrots, figs, green beans
Housemade Chips  Old bay seasoning
Pumpkin Seeds  Cajun seasoning

Salads

Seasonal Harvest  Mixed greens, market veggies & fruit, goat cheese, sprouts, roasted almonds, fresh herb vinaigrette  11.
Add chicken or tofu  13.  Add shrimp  14.
Asian Chicken  Chopped napa cabbage-romaine, bean sprouts, local cucumbers, cashews, crispy rice noodles, ginger-soy dressing, peanut sauce  12.
Vegan Caesar  Baby kale-romaine, cashew cheese, crispy sweet potato, croutons, radish, spiced pecans  10.
Add chicken or tofu  12.  Add shrimp  13
Taco Salad  Vegan “taco meat,” avocado, pickled red onions, kale-romaine, tortilla strips, cilantro-corn, lime vinaigrette  12.
Arugula Shrimp  Arugula mix, wheat berry, cranberry, pecorino, spiced pecans, lemon vinaigrette  13.

Drinks

“mintade” (blend of citrus juices & mint)  3.
House Honey Iced Coffee  (with almond milk)  4.5
Nitro Cold Brew Coffee on Draft  6.
Pat Greer’s Local Foods Kombucha on Draft  3.5
Mexican Coke, sprite, topo chico, dr pepper  3.
Bruce Cost Unfiltered Ginger Ale  3.5
St. Arnold’s Root Beer  3.5

Sweets

Chocolate Chip Pecan Cookie  2.
Gluten Free 7-Layer Bar  2.75
Butterscotch Brownie  3.

SUBSTITUTE GLUTEN-FREE WRAP FOR 2.5

PROUDLY SERVING SLOW DOUGH BREAD.