Sandwiches

TURKEY MUFFALETTA

FLAT IRON STEAK SANDWICH
Gorgonzola blue cheese, caramelized onions, tomato, baby arugula, aioli, French baguette 17.

TRUFFLED EGG SALAD
Mixed greens, tomato, parmesan, aioli, pretzel 9.5

FALAFEL VEGAN
Olive crumble, pickled onion, tomato, lettuce, pickles, sambal, vegan aioli, wheat 12. **

“BAHN MI”
Grilled black hill ranch pork, pickled onion, carrot-cucumber mix, jalapeño, cilantro, sambal, aioli, French baguette 12. (TOFU AVAILABLE UPON REQUEST)

GULF SEAFOOD
Shrimp & blue crab, tomato, pickled onion, lettuce, green goddess dressing, ciabatta 13.5

“CRUNCHY” CHICKEN
Nut-seed crumble, crushed chips, tomato, house pickles, lettuce, 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

SUB GLUTEN FREE WRAP FOR $2.50
PROUDLY SERVING SLOW DOUGH BREAD

Drinks

SEASONAL MINTADE / TEA / FOUNTAIN SODA 3.
PAT GREER’S KOMBUCHA 4.5
GUAYAKI YERBA MATE 4.5
FUJI WATER 3.
TOPO CHICO / SABORES (ASSORTED FLAVORS) 3.
MEXICAN COKE 3.
DUBLIN DR. PEPPER 3.
ST. ARNOLD’S ROOT BEER 3.5
MARTINELLI APPLE JUICE 3.5
RISHI ORGANIC HOT TEA 3.
ESPRESSO / LATTE / CAPPUCCINO 4-4.5
HONEY ICED COFFEE 4.5
COLD BREW NITRO DRAFT 6.

Snacks

BURRETA & AVOCADO TOAST $8 **
Heirloom tomato, balsamic reduction, basil oil, wheat toast

CASHEW QUESO $8 ** (CONTAINS NUTS) VEGAN
Served w/ corn tortilla chips

SWEET PEA HUMMUS $8 VEGAN
Served w/ seasonal veggies & ciabatta toast

Soups

CUP 3.5 / BOWL 5.5

CHICKEN POSOLÉ
Poblano, green chiles, hominy, cilantro & pumpkin seed garnish **

VEGAN GUMBO
Kidney beans, carrots, scallions, brown rice

Shrimp Cobb
Chopped romaine, avocado, bacon, sweet corn, chopped egg, tomato, pickled onion, red wine vinaigrette 15.

Salmon Pöké
Grilled pineapple-corn salsa, guacamole, brown rice, baby greens, sesame seeds, rice noodles, ginger soy vinaigrette 14 **

Seasonal Harvest
Mixed greens, market veggies, goat cheese ricotta, sproouts, toasted sunflower seeds, fresh herb vinaigrette 11 **
Add chicken, tofu 13, or shrimp 14.

Buddha Bowl VEGAN

Asian Chicken
Napa cabbage, pickled cucumber, bean sprouts, crispy rice noodles, cashews, ginger-soy vinaigrette, spicy peanut sauce 12. **

Taco Salad VEGAN
Baby kale mix, vegan “taco meat,” avocado, roasted cilantro-corn, grape tomato, pickled onions, tortilla strips, pumpkin seeds, lime vinaigrette 12. **

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5% SURCHARGE FOR ALL TO-GO ORDERS