**Sandwiches**

WITH CHOICE OF 2 SIDES OR A CUP OF SOUP

**SUB GLUTEN FREE WRAP FOR $2.50**

**PROUDLY SERVING SLOW DOUGH BREAD**

**Turkey Club**
Bacon, sliced tomato, pro-vision lettuce, aioli, balsamic reduction, rustic sourdough 13.

**Braised Beef Sandwich**
Slow cooked & seared 44 Farms beef, provolone, horseradish aioli, sauteed mushrooms, onions & bell peppers, baguette 14.

**Truffled Egg Salad**
Mixed greens, tomato, parmesan, aioli, pretzel 9.5

**Fried Egg B.L.T.**
Crisp bacon, tomato, avocado spread, sriracha aioli, lettuce, harvest wheat 14 **

**Quinoa Burger**
Vegan
Smoked quinoa patty, tomato, romaine, pickles, red onion, vegan secret sauce, pretzel bun 11.5 **

**“Banh 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

**Salads**

sandwiches may also be prepared as salads

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

**Seasonal Harvest**
Mixed greens, market vegetables, sprouts, goat cheese ricotta, sunflower seeds, brussels, fresh herb vinaigrette 11 **

Add chicken, tofu 13, or shrimp 14.

**Chicken and Rice Bowl**
Seared spice rubbed chicken breast, garlic roasted mushrooms, bean sprouts, watercress, vegan “bacon bits”, brown rice sugar snap peas, carrot vinaigrette, 14.

Vegan preparation available 10

Drinks

**Espresso** (4), lattes & such/honey iced/nitro cold brew 4.5
Seasonal mintade / tea / fountain soda 3.
Pat Greer’s kombucha 4.5
Ice trough bottled beverages 3 - 4.5

**Draught Wines**
Glass $7 - half carafe $14 - full carafe $28
Simple life - pinot noir
No curfew - cabernet blend
Sable - rose
Angelina - sauvignon blanc
Bottles by the glass
Stellina di notte - prosecco $9
Mer soleil - un-oaked chard $10

**Snacks**

**Burrata & Avocado Toast** $8 **
Heirloom tomato, balsamic reduction, basil oil, wheat toast

**Cashew Queso** $8 ** (contains nuts) Vegan
House corn tortilla chips

**Sweet Pea Hummus** $8 Vegan
Seasonal veggies & ciabatta toast

**Sides**

4. Each / 3 Sides for 11.
To-go: 5. pint / 8. quart

**Tuscan Kale**
Pine nuts, parmesan **
**Quinoa**
Garbanzo, tomato, onion
**Summer Squash**
Fenel, sweet peppers **
**Seasonal Fruit**
Red potato salad
Egg, celery, dill
Pumpkin seeds
À la carte 3.
Housemade chips w/ old bay seasoning
dill pickle spears

**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

**5% Surcharge for all to-go orders**