** CONTAINS NUTS/SEEDS

PLEASE INFORM US OF ANY FOOD ALLERGIES BEFORE ORDERING

**Sandwiches**

WITH CHOICE OF 2 SIDES OR A CUP OF SOUP

**SUB GLUTEN FREE WRAP FOR $2.50**

DUCK CONFIT
DUCK CONFIT, CRANBERRY SPREAD, WARM BRIE, ARUGULA, AIOLI, WALNUT WHEAT 18.**

“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

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, OR CUISINE, SPROUTS, CIABATTA 12. (TOFU AVAILABLE UPON REQUEST)

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

**Snacks**

SHRIMP TOAST $9
CHALLAH TOAST, RADISH, ROASTED GARLIC SRIRACHA-AIOLI, TAQUERIA STYLE VEGGIES

CASHEW QUESO $9 ** (CONTAINS NUTS) VEGAN
HOUSE CORN TORTILLA CHIPS

BEEF HUMMUS $8
GOAT CHEESE RICOTTA & BAGUETTE TOAST

TUSCAN KALE PINE NUTS, PARMESAN **
QUINOA GARBARANO, TOMATO, ONION

SWEET POTATOES BROCCOLINI, PEPPADEW **
SEASONAL FRUIT
CURRY COUS-COUS CARROT, CUCUMBER
PUMPKIN SEEDS À LA CARTE 3. **

HOUSEMADE CHIPS W/ OLD BAY SEASONING
DILL PICKLE SPEARS

**CUP 3.5 / BOWL 5.5**

CHICKEN POSOLÉ POBLANO, GREEN CHILES, HOMINY, CILANTRO & PUMPKIN SEED GARNISH **

VEGAN GUMBO
KIDNEY BEANS, CARROTS, SCALLIONS, BROWN RICE

**Salads**

Sandwiches may also be prepared as salads

**SALMON POKÉ**
CANDIED JALAPEÑO, SLICED AVOCADO, RUBY GRAPEFRUIT, FRISÉE LETTUCE, PEANUTS, SOY-CITRUS KELP NOODLES 17. **

SEASONAL HARVEST
MIXED GREENS, MARKET VEGGIES, SPROUTS, GOAT CHEESE RICOTTA, SUNFLOWER SEEDS, BRUSSELS, POMEGRANATE SEEDS, FRESH HERB VINAIGRETTE 11. **
ADD CHICKEN, TOFU 13, OR SHRIMP 14.

AUTUMN POWER BOWL
PURPLE HULL PEAS, RUBBED KALE, TRI-COLOR QUINOA, SPICED TOFU, CRISPY BRUSSELS, ACORN SQUASH, POMEGRANATE SEEDS, MAPLE TAHINI 14.

POWER UPS:
ROASTED SALMON $8 SHRIMP $5
GRILLED CHICKEN BREAST $5

**Drinks**

ESPRESSO (4), LATTES & SUCH/HONEY ICED/NITRO COLD BREW 4.5
SEASONAL LEMONADE / TEA / FOUNTAIN SODA 3.
PAT GREER’S KOMBUCHA 4.5
ICE TROUGH BOTTLED BEVERAGES 3. - 4.5

**HOU** House Wines
Glass $7 - Half Carafe $14 - Full Carafe $28
- CABERNET - SYRAH BLEND
- MARKET SANGRIA
- ROSE - SAUVIGNON BLANC

BOTTLED OR BY THE GLASS
STELLINA DI NOTTE - PROSECCO $9
MILTON PARK - CHARDONNAY $10

**Sides**

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

CHICKEN POSOLÉ
POBLANO, GREEN CHILES, HOMINY, CILANTRO & PUMPKIN SEED GARNISH **

VEGAN GUMBO
KIDNEY BEANS, CARROTS, SCALLIONS, BROWN RICE

**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

**Power Ups:**
ROASTED SALMON $8 - SHRIMP $5
GRILLED CHICKEN BREAST $5

**5% SURCHARGE FOR ALL TO-GO ORDERS**