VEGAN MEATBALL SUB
MUSHROOM & QUINOA “MEATBALLS”, MARINARA, GIARDINIERA, ARUGULA PESTO, BOLILLO ROLL  11.5 **

DUCK CONFIT
MELTED BRIE, ARUGULA, CRANBERRY JAM, AIOLI, HARVEST WALNUT WHEAT 18. **

TRUFFLED EGG SALAD
TOMATO, PARMESAN, AIOLI, PRETZEL BUN  9.5

AVOCADO BLT
APPLEWOOD BACON, PRO-VISION SUMMER CRISP, TOMATO, FRIED EGG, AVOCADO, SPICY AIOLI, SOURDOUGH  14.

SMOKED SALMON
COLD CURED & SMOKED IN-HOUSE, DILL-GREEN PEA SPREAD, SWEET PEPPER REMOULADE, GOLDEN’S EVERYTHING BAGEL 12 **

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

GULF SHRIMP & CRAB
PICKLED RED ONION, TOMATO, GREEN GODDESS DRESSING, CIABATTA 13.5

GARDEN SAMMIE
BRUSSELS, AVOCADO, HUMMUS, TOMATO, SPROUTS, CURRIED CAULIFLOWER, PICKLED RED ONION, CIABATTA 10. ADD CHICKEN 12.5 AS A SALAD W/ CHICKEN 13.5

“BANH MI”
BLACK HILL RANCH PORK, PICKLED ONION, CUCUMBER, JALAPENO, CILANTRO, SAMBAL, AIOLI, BAGUETTE SUB TOFU OPTIONAL  12.

TURKEY COBB SALAD
TURKEY CONFIT, ROMAINE, TOMATO, AVOCADO, EGG, CUCUMBER, BACON, WHITE CHEDDAR, AVACE CREOLE MUSTARD DRESSING 14. **

ASIAN CHICKEN
OVEN ROASTED CHICKEN, NAPA CABBAGE & ROMAINE, BEAN SPROUTS, TOASTED CASHEWS, CRISPY RICE NOODLES, GINGER-SOY DRESSING, PEANUT SAUCE 12. **

SHRIMP & ARUGULA
GULF SHRIMP, PECORINO CHEESE, ARUGULA, SPICED PECANS, BROWN RICE, CRANBERRIES, LEMON VINAIGRETTE 14. **

FALL PASTA
GARGANELLI, VEGAN PUMPKIN ALFREDO, RED ONION, CURRANTS, BELL PEPPER, PEPITAS **

VEGAN CORN CHOWDER
SCALLIONS, CORN, POTATO, BELL PEPPER, VEGAN BACON BITS

VEGAN POWER BOWL
BROWN RICE & RED QUINOA, BRAISED BLACK LENTILS, KALE, ROASTED WALNUTS, SEASONAL VEGETABLES, POMEGRANATE, WITH GINGER-MISO DRESSING 14. **

VEGAN TACO SALAD
BABY KALE & ROMAINE, VEGAN “TACO MEAT”, AVOCADO, PICKLED ONION, CILANTRO-CORN, KIDNEY BEANS, TORTILLA STRIPS, PUMPKIN SEEDS, LIME VINAIGRETTE 12. **

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

consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.

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

6% SURCHARGE FOR ALL TO-GO ORDERS