

## STARTERS

### ROMA TOMATO BASIL SOUP

CUP 3.95 ~ 230 CAL BOWL 5.95 ~ 390 CAL

### SOUP DU JOUR

CUP 3.95 BOWL 5.95

### SIMPLE SALAD 5.75 ~ 250 CAL

organic baby greens, petite tomatoes, croutons, parmesan cheese, creamy garlic vinaigrette

### CAESAR SALAD 6.25 ~ 310 CAL

romaine lettuce, garlic croutons, parmesan cheese, caesar dressing

## SALADS

### FRESH BERRY & FIG † 12.50 ~ 480 CAL

organic baby greens, dried mission figs, spiced candied almonds, goat cheese, vanilla bean vinaigrette

### NIÇOISE SALAD WITH WILD SALMON \*† 16.95 ~ 560 CAL

organic baby greens, romaine lettuce, herb and dijon roasted salmon, green beans, kalamata olives, petite tomatoes, red onion, potatoes, egg, capers, dijon balsamic vinaigrette

### CILANTRO LIME CHICKEN † 13.75 ~ 490 CAL

organic baby greens, romaine lettuce, jack cheese, tomato, grilled corn, pumpkin seeds, cilantro lime vinaigrette

### SHRIMP & ARUGULA SALAD WITH SWEET CORN

16.50 ~ 580 CAL

wild shrimp, petite tomatoes, warm polenta croutons, parmesan cheese crisp, creamy garlic vinaigrette

### CHINESE CHICKEN 13.50 ~ 520 CAL

organic baby greens, romaine lettuce, julienne vegetables, crisp wontons, mandarin oranges, toasted almonds, sesame seeds, cilantro, ginger sesame dressing

### BLACKENED WILD SALMON CAESAR \* 16.25 ~ 750 CAL

romaine lettuce, garlic croutons, parmesan cheese crisp, chili pepper aioli, caesar dressing

## ENTREES

### WILD SALMON WITH ROASTED VEGETABLES & FARRO\* 17.50 ~ 600 CAL

tuscan roasted salmon, zucchini, peppers, carrots, baby spinach, parmesan cheese, creamy garlic vinaigrette

### GRILLED SKIRT STEAK CHIMICHURRI \*† 18.95 ~ 880 CAL

roasted asparagus, carrots and yukon gold potatoes, cilantro lime vinaigrette

### HERB CHICKEN WITH ROASTED VEGETABLES & FARRO 16.25 ~ 910 CAL

tuscan roasted chicken, zucchini, peppers, carrots, baby spinach, parmesan cheese, creamy garlic vinaigrette

## HANDMADE PIZZA

### PROSCIUTTO & ARUGULA 12.75 ~ 970 CAL

basil pesto, fontina and parmesan cheese, lemon arugula salad

### MARGHERITA 12.25 ~ 780 CAL

roma tomatoes, garlic oil, basil, mozzarella, parmesan and aged provolone cheese

### PEPPERONI & MUSHROOM 12.50 ~ 970 CAL

sweet tomato sauce, mozzarella and aged provolone cheese, basil, oregano

## PASTA

### GRILLED CHICKEN & SPINACH ALFREDO 14.25 ~ 940 CAL

hand cut pappardelle, organic baby spinach, roasted tomato, asiago cheese

### PENNE BOLOGNESE 12.95 ~ 740 CAL

spicy italian sausage, roasted red pepper and tomato cream sauce, parmesan cheese

### SPICY WILD SHRIMP & ANGEL HAIR PASTA 16.95 ~ 530 CAL

roasted garlic tomato sauce, basil, parmesan cheese

## SANDWICHES

served with choice of side salad or kettle chips

add a cup of soup for 2.50

### CHIPOTLE WHITE CHEDDAR GRILLED CHEESE

10.50 ~ 640 | 730 CAL

aged white cheddar and jack cheese, roasted tomato chipotle spread, crisp country bread

### TURKEY & SWISS PANINI 11.95 ~ 1110 | 1200 CAL

natural roast turkey, bacon, tomato, garlic aioli, crisp country bread

### CLASSIC FRENCH DIP \* 14.95 ~ 940 | 1040 CAL

warm roast beef, au jus, sharp white cheddar cheese, toasted parmesan baguette

### CHICKEN CLUB WITH MAPLE GLAZED BACON

12.75 ~ 840 | 930 CAL

avocado, tomato, organic baby greens, peppercorn aioli, toasted country bread

### CRANBERRY TURKEY 11.75 ~ 1020 | 1120 CAL

cranberry chutney, havarti cheese, sprouts, mayonnaise, multigrain ciabatta

### SANTA FE CHICKEN PANINI 12.25 ~ 960 | 1050 CAL

blackened chicken, jack cheese, roasted red peppers, caramelized onion, avocado, chili pepper aioli, crisp country bread

2,000 CALORIES A DAY IS USED FOR GENERAL NUTRITION ADVICE BUT CALORIE NEEDS VARY. ADDITIONAL NUTRITIONAL INFORMATION AVAILABLE UPON REQUEST

WHEN ORDERING, PLEASE INFORM US IF A PERSON IN YOUR PARTY HAS A FOOD ALLERGY

\* ITEM IS SERVED OR MAY BE REQUESTED UNDERCOOKED. CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, EGGS, SHELLFISH OR SEAFOOD CAN INCREASE YOUR RISK OF FOODBORNE ILLNESS

† GLUTEN FREE