

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 • 560 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 † 13.25 • 490 cal

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

SHRIMP & ARUGULA SALAD WITH SWEET CORN

15.95 • 580 cal

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

CHINESE CHICKEN 12.95 • 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

CHICKEN, APPLE & GOAT CHEESE † 12.75 • 760 cal

organic baby greens, romaine lettuce, apple chips, spiced candied almonds, granny smith apple, red onion, champagne vinaigrette

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 * † 18.50 • 880 cal

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

HERB CHICKEN WITH ROASTED VEGETABLES & FARRO 15.75 • 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 11.75 • 780 cal

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

PEPPERONI & MUSHROOM 12.50 • 970 cal

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

PASTAS

PENNE BOLOGNESE 11.95 • 740 cal

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

SPICY WILD SHRIMP & ANGEL HAIR PASTA

16.50 • 530 cal

roasted garlic tomato sauce, fresh basil, parmesan cheese

CHICKEN TOMATO ALFREDO 13.50 • 760 cal

penne pasta, organic baby spinach, roasted tomato alfredo sauce, parmesan cheese

SANDWICHES

served with choice of side salad or kettle chips

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

12.25 • 840 | 930 cal

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

CRANBERRY TURKEY 10.95 • 1020 | 1120 cal

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

SANTA FE CHICKEN PANINI 11.75 • 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

*Item is served or may be served undercooked. Consuming raw or undercooked meats, poultry, eggs, shellfish or seafood can increase your risk of foodborne illness

†Gluten free

Before placing your order, please inform your server if a person in your party has a food allergy