

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

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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 • 550 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

CHICKEN, APPLE & GOAT CHEESE † 13.25 • 740 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 • 620 cal
tuscan roasted salmon, zucchini, peppers, carrots, baby
spinach, parmesan cheese, creamy garlic vinaigrette

GRILLED SKIRT STEAK CHIMICHURRI * †
18.95 • 890 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

PASTAS

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

CHICKEN TOMATO ALFREDO 13.95 • 760 cal
penne pasta, organic baby spinach, roasted tomato
alfredo sauce, parmesan cheese

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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 • 1070 | 1160 cal
natural roast turkey, bacon, tomato, garlic aioli,
crisp country bread

FRENCH DIP * 14.95 • 870 | 960 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 • 990 | 1080 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

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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

When ordering, please inform us if a person in your party has a food allergy