

## Small Bites

winter menu

### swiss chard rolls - 6.5

stuffed with quinoa, raisins & goat cheese

### warm mushroom flatbread - 6

mixed mushrooms, fontina & parmesan cheese

### Soups

add a side of bread - 1

### split pea cup 4 bowl 6.5

peas, rainbow carrots, celery, dill (vegan)

### mushroom & wild rice cup 5 bowl 7.5

porcini & crimini mushrooms topped with crispy leeks (vegan)

### white bean & kale cup 4.5 bowl 7

white beans, kale & carrots topped with parmesan cheese

### chicken tortilla cup 5 bowl 7.5

spicy tomato puree topped with tortilla strips, avocado, cilantro

### italian sausage cup 6 bowl 8.5

macaroni & tomato topped with house made pesto

## Salads

### Choose Your Protein

Tofu half 1.5 full 3

Organic Free Range Chicken half 2 full 3.5

Grass Fed Steak half 3 full 4.5

Wild Salmon half 4 full 6.25

### seasonal living salad half 6.5 full 10.5

massaged kale, grated root vegetables, avocado  
sunflower seeds - lemon vinaigrette -

### roasted root veggie salad half 7 full 11

mixed greens, honey roasted root veggies, quinoa, feta cheese  
pumpkin seeds - chili mint dressing -

### winter nicoise salad half 7 full 11

romaine, arugula, cauliflower, peewee potatoes, capers  
nicoise olives - meyer lemon vinaigrette -

### asian mixed greens half 6.5 full 10

asian spicy greens, red mizuna, black radish, rainbow carrots  
crimini mushrooms - sesame ginger dressing -

### cobb salad half 7 full 11

romaine, arugula, hard boiled egg, applewood smoked bacon  
avocado, blue cheese, chives - red wine vinaigrette -

## Sides

8 ounces - 4 | 16 ounces - 8

### wild rice

wild rice, almonds, dried cherries, citrus vinaigrette

### three bean salad

rosemary, sherry - shallot vinaigrette

### brussels sprouts

brussels sprouts with manchego cheese & walnuts

### beets

beets, cabbage, apples & orange dijon vinaigrette

deli case tasting - three items - 10

## Desserts

raspberry cheesecake bars - 4

pistachio pot de creme - 3

vegan raw cheesecake - 6

flourless chocolate hazelnut cake - 6

brownies - 3.5

cupcakes - 3

cookies - 2

## Sandwiches

winter menu

### veggie burger - 10

house made patty, red onion jam, arugula, garlic remoulade  
cheddar cheese - brioche bun -

### tempeh reuben - 10

roasted tempeh, sauerkraut, caramelized onions  
russian dressing, bibb lettuce - rye bread - (vegan)

### organic egg salad - 7.5

ken dor farm eggs, mayo, dijon, watercress - sourdough -

### portobello panini - 10

portobello mushrooms, grilled onions, fontina cheese  
pesto & olive tapanade - ciabatta bread -

### grilled chicken panini - 10

grilled chicken, green olive tapanade, caramelized onions  
crimini mushrooms, fontina cheese - focaccia bread -

### prosciutto panini - 10

prosciutto, manchego, fig & olive vinaigrette  
- focaccia bread -

### short rib grilled cheese - 11

braised beef short ribs, gruyere cheese, red onion  
horseradish - focaccia bread -

### grilled fish burger - 13

mahi mahi, pickled red onion, cheddar cheese, tartar slaw,  
- brioche bun -

sandwiches served with a mixed green salad

## combo

any full sandwich with choice of a  
cup of soup or one of our 8oz sides  
saves \$1

## Kids Menu

mac n' cheese - 5

crustless peanut butter and jelly - 4

grilled cheese - 5

add chicken - 1.50

bowtie pasta, veggies, olive oil-butter - 5

substitute gluten free pasta - 2

italian sausage soup - 4

## Drinks

### House Made All Natural Sodas

grapefruit soda - 3

fresh grapefruit & agave over sparkling water

meyer lemon ginger soda - 3

fresh meyer lemons, ginger & agave over sparkling water

rosemary lemonade - 3.5

iced herbal chai rooibos tea - 3

iced coconut green tea - 3

iced passion berry black tea - 3

iced black tea - 2

iced coffee - 2.5

hot tea selections - 3

natura water - flat or sparkling - .50 - bottomless

coffee - 3 ground to order

Monday - Friday  
11am - 9pm

Saturday  
9am - 9pm  
Breakfast - 9am - 12pm

Sunday  
9am - 9pm  
Breakfast - 9am - 12pm

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