

APPETIZERS

CHIPS & DIP VEG	4
creamy white bean dip, house pita chips	
HUMMUS V GF	4
local veggies, good olive oil	
FRESH FRUIT CUP VEG GF	4
cinnamon honey yogurt	
FAMOUS GREEN GAZPACHO V GF	6
green veggies, grapes, sherry vinegar, olive oil	
AVOCADO SUMMER ROLL V GF	6
house sambal	
CAULIFLOWER 'WINGS' V GF	6
housemade hot sauce	
ORGANIC TOMATO SOUP VEG GF	6
olive oil, basil	
TURKEY NACHOS GF	6
chipotle salsa, black beans, onions, pico de gallo	
AVOCADO TOAST V	5
shaved onion, marinated tomatoes	

PLATES & BOWLS

FAUX PHO V GF	14
caramelized shitake broth, rice noodles, shitake, tofu, thai basil, sprouts, chilies, lime	
*SEOUL FOOD GF	10
kimchee fried brown rice, snap peas, shitake, carrots, bok choy, broccoli, poached egg	
CARAMELIZED CAULIFLOWER STEAK V GF	11
crunchy baby carrots, radish, curried lentil salad, caper raisin condiment	
SPICY TOFU THAI CURRY V GF	11
house-made vegan red curry, mixed vegetables, brown rice	
SOUTHWEST QUINOA BOWL V	10
black beans, salsa picante, avocado, tomato, dried corn, cilantro, crunchy tortilla strips	
JAMBALAYA	12
local turkey sausage, sauce piquante, brown rice, bell peppers, black beans	
TURKEY BOLOGNESE GF	11
zucchini "noodles," grated parmesan	
PENNE WITH TURKEY SAUSAGE	12
whole wheat or gluten free penne, spicy turkey sausage, broccoli, kale pesto	
CHICKEN & HUMMUS GF	12
all-natural chicken, hummus, tomatoes, arugula, charred lemon	
*SEARED SALMON GF	16
red quinoa, marinated cherry tomatoes, avocado, light herb vinaigrette	

SALADS

CAESAR	7
chopped romaine, caesar dressing, croutons	
ARUGULA VEG GF	7
honey goat cheese, dried cherries, extra virgin olive oil, balsamic vinegar	
KALE & CLOVER V GF	9
shredded kale, apples, celery, almonds, golden raisins, clover sprouts, sherry-agave vinaigrette	
FARMERS MARKET VEG GF	7
spinach, kale, romaine, fennel, feta, sunflower seeds, dried cranberries, citrus-acai vinaigrette	
GREEK OUT VEG GF	9
romaine, mixed greens, feta, tomato, cucumber, chickpeas, kalamata olives, oregano, pine nuts, lemon dressing	
VEGETABLE CHOPPED V GF	9
chopped greens, cucumber, apple, jicama, bell pepper, dried corn, edamame, tomato, miso vinaigrette	
THAI NOODLE V	10
buckwheat noodles, snap peas, shitake, carrots, radish, bok choy, broccoli, cilantro, mint, citrus soy dressing	
SUPERFOOD V GF	10
kale, romaine, red quinoa, beets, avocado, almonds, apricots, lemon dressing	

HAND HELDS

HUMMUS & VEGGIE WRAP VEG	10
lettuce, tomato, feta, sprouts, cumin spiced yogurt	
QUINOA & BLACK BEAN TACOS VEG GF	11
romaine, tomato, chipotle salsa, spiced crema, avocado, cilantro, lime	
ZUCCHINI PANINI VEG	10
marinated peppers, tomato, basil, smoked provolone, pesto	
VEGGIE BURGER SLIDERS VEG	10
whipped avocado, sprouts, cucumber, tomato-mango "ketchup"	
*THE CHEAT DAY CHEESEBURGER	12
all-natural beef burger, lettuce, tomato, special sauce	
GRILLED CHICKEN SANDWICH	10
honey mustard, lettuce, tomato, red onion	
CHICKEN SALAD SANDWICH	9
chicken, celery, red onion, grapes, sunflower seeds, house vegan mayo	
TURKEY PANINI	10
lettuce, tomato, avocado, smoked provolone, vegan mayo	
CARNE ASADA TORTA	12
chipotle marinated steak, avocado, provolone, spiced yogurt, lettuce, tomato, pickled onion	

V=VEGAN VEG=VEGETARIAN GF=GLUTEN FREE

Gluten free options are available upon request, however our kitchen is not gluten free.

ADD ONS: ALL NATURAL BEEF 7
MARINATED TOFU 4 | SEARED SALMON 7
CHICKEN: ROASTED & SHAVED 3 GRILLED 5

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase the risk of foodborne illness.