



Lunch 2011

*a continuing commitment to our environment, our ingredients are purchased from a local organic co-op.
Our menus change seasonally; our meats and fish are humanely raised, hormone free, and our produce is organic*

soup \$5 served with baguette or flatbread & herb butter

triple onion ale slow simmered red onion, vidalia onion, and white onion in ale, topped with gruyere

roasted tomato basil bisque puree of slow roasted roma tomato and garlic cream

white bean and pesto puree of cannelloni beans, topped with pesto

spanish black bean chopped tomato, onion, cumin sour cream, cilantro

asparagus bisque puree of asparagus, shallots, garlic, dill, cream

vegetarian chili black beans, cannellini beans, kidney beans, peppers, onions

salads \$7 add chicken-\$3 salmon-\$4 shrimp-\$4

chopped mediterranean hearts of palm, olives, red onion, roasted peppers, cucumber, tomato, pine nuts, feta, rosemary vinaigrette

caprese beefsteak tomato, buffalo mozzarella, fresh basil, olive oil, balsamic

mixed field greens caramelized shallots, euro cucumber, candied walnuts, blue, cheese crumbles, pomegranate vinaigrette

caesar romaine hearts, herbed croutons, shaved parmesan

chopped asian carrot, cucumber, red bell pepper, bean sprouts, avocado, peanuts, sesame citrus vinaigrette

spinach baby spinach, apple wood smoked bacon, tomato, mushrooms, egg, buttermilk ranch

augula pear, crisped proscuitto, toasted almonds, truffle vinaigrette

farmers market bib lettuce, radish, toasted walnuts, feta cheese, and lemon-vinaigrette

sandwiches \$9.50 baguette, or lavash wrap choose: pasta salad | side salad | veg chips

ham & brie green apple, honey dijon mustard- pressed

grilled chicken grilled free range split chicken breasts, roasted tomato, provolone cheese, basil mayo

grilled vegetable and pesto eggplant, zucchini, squash, spinach, portobello, tomato, pesto

club roast turkey, avocado, bacon, tomato, romaine, basil mayo

grilled salmon grilled salmon, mixed greens, red onion, fresh dill, lemon caper aioli

filet sliced filet, havarti cheese, grilled onion, mixed greens, tomato horseradish aioli

grilled chicken salad grilled chicken breast, celery, capers, red onion, granny smith apples, dill mayo

carolina-style bbq slow raised pork loin, with barbeque sauce wheat bun with grilled vidalia onions,

grilled tuna burger glazed with teriyaki sauce with sliced avocado, pickled red onions, spicy yuzu mayo,

entrees \$13 served with bread & herb butter or flatbread and olive tapenade

grilled shrimp skewer salsa verde, lemon chive risotto, vegetable

roast salmon olives, capers, lemon, basil, grape tomato, lemon chive risotto, vegetable

mahi mahi grilled topped with mango-avocado salsa, black bean and corn salad, mashed yucca with

apple wood smoked chicken , gruyere & brie mac & cheese, string beans and caramelized onions

chipotle roast pork tenderloin garlic sauce, black beans and rice

filet kabob cabernet reduction, truffle oil mashed cauliflower , vegetable

miso glazed salmon soba noodles, vegetables

whole grain pasta of the day

soft tacos beef, pork, or fish with chips & salsa, black bean-corn salad

ala cart \$3 with flatbread and crostini

traditional hummus

artichoke hummus

sun dried tomato pesto

lentil tabouli

olive tapenade

crab and artichoke dip

smoked fish dip

babaganoush

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eat, drink, be thoughtful