



GLUTEN FRIENDLY LUNCH

SHARE PLATES

HUMMUS PLATE 10	EDAMAME PLATE 9	ASIAN LETTUCE WRAPS 11
House Hummus Sliced Cucumbers Chips Olives / Peppers / Artichokes Pickled Red Onion Feta Cheese	Steamed Edamame Tamari Aioli Marinated Lotus Root Sesame Seeds	Seasoned Ground Chicken Bibb Lettuce Wraps Pickled Carrots & Ginger Avocado / Mango / Cilantro Black Bean Vinaigrette

SIGNATURE SALADS

Enhance Any Salad: Chicken 4 / Salmon 5 / Shrimp 5

SPINACH & STRAWBERRY 13	WEDGE 13	COBB 14
Spinach & Arugula Strawberries Peppered Goat Cheese Candied Walnuts Shallots Pomegranate Vinaigrette	Boston Bibb Wedge Hickory Smoked Bacon Smoked Bleu Cheese Grape Tomatoes Ranch Dressing	Mixed Greens Hickory Smoked Bacon Grape Tomatoes Avocado Bleu Cheese Red Wine Pickled Egg Avocado Dressing
SEARED TUNA SALAD* 15	NOMAD 12	ROASTED BEET 13
Mixed Greens Seared Ahi Tuna Carrots / Mangos Peppered Goat Cheese Seaweed Salad Sesame Seeds Wasabi Vinaigrette	Mixed Greens Sliced Pears Dried Cranberries Bleu Cheese Balsamic & Fig Vinaigrette	Organic Arugula Roasted Red & Gold Beets Orange Segments Toasted Hazelnuts Shaved Parmesan Cheese Grape Tomatoes Balsamic & Fig Vinaigrette
	MEDITERRANEAN 13	
	Mixed Greens Artichokes / Kalamata Olives Pepperoncinis / Red Onions Feta / Cucumbers Italian Vinaigrette	

SOUP

TOMATO SOUP 4/6

BURGERS

All Come With Lettuce Wraps.
Choose One Side: Grilled Pineapple, Asian Cole Slaw, or Beet Relish.

BURGER AMERICANA* 13.5

House Seasoned Burger
White Cheddar
Hickory Smoked Bacon
Tomato Jam
Dijon Aioli

BLEU BURGER* 12.5

House Seasoned Burger
Smoked Blue Cheese Crumbles
Pickled Red Onion
Smoked Tomatoes
Boston Bibb Lettuce
Sriracha Aioli

BOURSIN BURGER 13.5

Black Peppered Burger
Herb Boursin Cheese
Tomato Bruschetta
Sautéed Mushrooms
Bibb Lettuce

BACKYARD BURGER* 11

House Seasoned Burger
Lettuce / Tomato / Onion
Dill Pickle Spear

RISE & SHINE BURGER* 13.5

Espresso Rubbed Patty
Over Easy Egg
Hickory Smoked Bacon
Maple Dijon Mustard
White Cheddar

SANDWICHES

All Come With Lettuce Wraps.
Choose One Side: Grilled Pineapple, Asian Cole Slaw, or Beet Relish.

THAI TACOS 11

Smoked BBQ Pork
Asian Cole Slaw
Sriracha (Spicy)
Cilantro

CHEESE STEAK* 13

Seasoned Chopped Steak
Mushroom / Onions / Peppers
Cheese Whiz

GRILLED CHICKEN* 11

Grilled Chicken Breast
House Seasoning
Lettuce / Tomato / Onion
Garlic Aioli

CHICKEN AVOCADO* 12.5

Grilled Chicken Breast
Peppered Brown Sugared Bacon
Avocado
Bibb Lettuce
Cilantro Aioli

BLT 11

Peppered Brown Sugared Bacon
Garlic Aioli
Spring Greens
Smoked Tomatoes

CHICKEN PHILLY* 12

Grilled Chicken
Onions / Peppers
Garlic Aioli
Provolone Cheese

CLUB 11

Maple Cured Ham
Roasted Turkey
Cheddar / Provolone
Hickory Smoked Bacon
Spring Greens / Tomato
Garlic Aioli

BLACKENED SALMON* 13.5

Asian Cole Slaw
Smoked Tomatoes
Pickled Red Onion

Although we are not a gluten free kitchen, all of the ingredients in this menu are gluten free.

*Thoroughly cooking foods of animal origin such as beef, eggs, fish, lamb, pork, poultry or shellfish reduces the risk of foodborne illness. Individuals with certain health conditions may be at higher risk if these foods are consumed raw or undercooked. Consult your physician or public health official for further information.