



FLATBREADS *gf*

margherita flatbread 8.5

mozzarella, tomato, basil,
pomodoro sauce

with chicken 9.5

with shrimp 10.5

bbq chicken flatbread 9.5


grilled chicken, sweet corn,
caramelized onion, cilantro,
smoky bbq, mozzarella

roasted vegetable flatbread v 8

edamame hummus, zucchini,
yellow squash, onion, potato,
butternut squash, asparagus,
portobello, balsamic, fresh basil

gf gluten-free *v* vegan

n contains tree nuts

 contains pork

SALADS *gf*

seasonal market salad n 10

organic romaine, spinach, arugula, roasted
brussels, butternut squash, dried cranberry, feta,
almond nut crunch, pomegranate vinaigrette

bronzed tuna salad n 14.5

bibb lettuce, seasonal greens, seared tuna, edamame,
avocado, red peppers, cucumber, cashews, carrots,
black sesame, sweet chile vinaigrette

power greens salad v 11

organic romaine, spinach, arugula, kale, edamame,
snap peas, broccoli, cucumber, asparagus,
sunflower seeds, lemon-basil vinaigrette

quinoa crunch bowl v 12

quinoa, cucumber, snap peas, broccoli, tomato,
avocado, organic arugula, edamame hummus,
chipotle vinaigrette, hot sauce

tortilla crusted chicken salad 14

organic romaine, seasonal greens, kale, chayote slaw,
tomato, black bean relish, avocado, chipotle aioli

without chicken v 10

protein add-ons

organic tofu *gf v* 2

grilled chicken *gf* 3

parmesan chicken 4

grilled wahoo *gf* 5

ENTRÉES

crispy chicken + brussels n 14.5

roasted brussels + butternut squash, dried cranberry,
corn purée, dijon vinaigrette

herb roasted salmon *gf* 19

seasonal vegetables, quinoa, chayote slaw,
basil aioli

roasted vegetable cavatappi 12

cavatappi pasta, roasted asparagus, zucchini,
onion, yellow squash, portobello, garlic, spinach,
asiago, basil, tomato cream

turkey meatloaf *gf*  13

ground turkey, bacon, quinoa, roasted onions,
cauliflower mashed potatoes, sautéed green beans,
pomodoro, hot sauce

curried rice noodles *gf v n* 13

curry, carrots, red peppers, broccoli, cauliflower,
green beans, black sesame, roasted cashew,
sweet chile sauce

sautéed shrimp *gf* 6

roasted salmon *gf* 7

ROOTS + VEGGIES *gf*

chips + dip 4.5

choice of hummus or avocado smash

roasted asparagus 4.5

**roasted brussels +
butternut squash v** 4.5

**roasted potatoes +
spinach v** 4.5

**baked sweet
potato fries v** 4.5

**garlic parmesan
baked sweet
potato fries** 4.5

simple salad v 4.5

seasonal soup 4/6

SANDWICHES

*served with your choice of baked
sweet potato fries or organic arugula salad
gluten-free bread available upon request*

- chicken + avocado sandwich** 11.5
sun-dried tomato hummus, avocado smash,
bibb lettuce, tomato, red onion, basil aioli, ciabatta
- parmesan chicken sandwich** 12
parmesan crusted chicken, fresh mozzarella,
pomodoro, caramelized onions, basil, ciabatta
- turkey burger** 13
bacon, cheddar cheese, avocado smash,
pickled carrots, ciabatta
- farmhouse burger** 14.5
100% grass-fed beef, bacon, egg over easy,
cheddar cheese, dijonnaise, ciabatta
without bacon or egg 13
- black bean burger** *v n* 11
bibb lettuce, tomato, red onion, avocado smash,
smoky pepper aioli, ciabatta

LITTLE LYFERS

*served with baked sweet potato fries
or steamed vegetables + a choice of kids
lemonade, milk, or organic apple juice*

- grilled cheese** 6.5
whole grain bread, melted cheddar
gluten-free bread upon request
- parmesan chicken strips** 6.5
- kids cavatappi or gf rice noodles** 6.5
tomato sauce or butter + parmesan

TACOS *gf*

*made with white corn tortillas
served with your choice of chips + salsa verde
or organic arugula salad*

- sweet chile chicken** 12.5
avocado smash, chayote slaw, black bean relish,
chipotle aioli
- line-caught wahoo** 13
avocado smash, chayote slaw, pickled red onion,
cilantro, chipotle aioli
- roasted vegetable** *v* 12
portobello, butternut squash, onion, black bean
relish, zucchini, yellow squash, asparagus, potato,
avocado smash, chipotle aioli
- tomatillo shrimp** 14
avocado smash, roasted onion, tomatillo,
cilantro, chipotle aioli

*even better with a local pint,
glass of wine or mocktail*

MOCKTAILS *gf v*

- cucumber mint water** 3
fresh cucumber juice, mint, lime, cane sugar
- annie palmer** 3
unsweetened tea, ginger pomegranate lemonade,
splash of apple juice
- fresh-squeezed lemonade** 3
- ginger pomegranate lemonade** 3
- iced tea / coffee / tea** 3

-LYFE LUNCH-

— \$12 —

HALF SALAD


POWER GREENS
SEASONAL MARKET

+ PROTEIN CHOICE

PARMESAN CHICKEN
GRILLED CHICKEN
SAUTÉED SHRIMP
GRILLED WAHOO

+ SEASONAL SOUP



gf gluten-free *v* vegan
n contains tree nuts
 contains pork

LOCAL BEER
ON TAP +
WINES BY THE
GLASS

Please note: Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.