



SHAREABLES *gf*

edamame hummus *v* 7.5

cucumber, tomato, snap peas, broccoli, toasted flatbread

cucumber bites 8.5

cucumber, edamame hummus, seared tuna, pickled red onion, chipotle aioli

turkey meatball martini 7.5

ground turkey, pomodoro sauce, asiago

margherita flatbread 8

mozzarella, tomato, basil, pomodoro sauce

with chicken 9 with shrimp 10

bbq chicken flatbread 9.5

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

roasted vegetable flatbread *v* 7.5

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

SALADS *gf*

tortilla crusted chicken salad 13.5

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

without chicken *v* 9.5

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* 10.5

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

quinoa crunch bowl *v* 11.5

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

seasonal market salad *n* 9.5

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

protein add-ons

organic tofu *gf v* 2 grilled wahoo *gf* 5

grilled chicken *gf* 3 sautéed shrimp *gf* 6

parmesan chicken 4 roasted salmon *gf* 7

ENTRÉES

crispy chicken + brussels *n* 14.5

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

parmesan crusted chicken 14.5

seasonal vegetables, quinoa, black bean relish, smoky pepper aioli

herb roasted salmon *gf* 18

seasonal vegetables, quinoa, chayote slaw, basil aioli

penne pomodoro *gf* 10.5

penne, roasted zucchini, yellow squash, asiago, basil, sun-dried tomato, spinach, pomodoro sauce

with turkey meatballs 12 with shrimp 14

turkey meatloaf *gf* 12.5

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

curried rice noodles *gf v n* 12.5

curry, carrots, snap peas, red peppers, broccoli, cauliflower, edamame, black sesame, roasted cashew, sweet chile sauce

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

ROOTS + VEGGIES *gf*

steamed broccoli + snap peas *v* 4

with lemon vinaigrette

sautéed green beans + bacon 4

roasted cauliflower *v* 4

roasted asparagus 4

roasted potatoes + spinach *v* 4

baked sweet potato fries *v* 4

garlic parmesan

roasted brussels + butternut squash *v* 4

simple salad *v* 4

seasonal soup 3.5 / 5.5



SANDWICHES

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

chicken + avocado sandwich	10.5
sun-dried tomato hummus, avocado smash, bibb lettuce, red onion, basil aioli, ciabatta	
parmesan chicken sandwich	11.5
parmesan crusted chicken, fresh mozzarella, pomodoro, caramelized onions, basil, ciabatta	
turkey burger	12.5
bacon, cheddar cheese, avocado smash, pickled carrots, ciabatta	
turkey meatloaf sandwich 🐷	10.5
turkey meatloaf, roasted onion, organic ketchup, 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	10.5
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
whole grain bread, melted cheddar <i>gluten-free bread upon request</i>	
parmesan chicken strips	6
pasta gf	6
tomato sauce or butter + parmesan with 3 turkey meatballs	
	7

TACOS gf

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

roasted vegetable v	11
portobello, butternut squash, onion, black bean relish, zucchini, yellow squash, asparagus, potato, avocado smash, chipotle aioli	
sweet chile chicken	11.5
avocado smash, chayote slaw, black bean relish, chipotle aioli	
line-caught wahoo	12.5
avocado smash, chayote slaw, pickled red onion, cilantro, chipotle aioli	
tomatillo shrimp	13.5
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

DESSERTS

chocolate nut crunch parfait v n	5
chocolate mousse, marinated strawberries, blueberries, nut crunch, chocolate chip cookie	
chocolate banana caramel crunch gf v n	4.5
chocolate mousse, bananas, date caramel, nut crunch	
brownie gf v	4.5
<i>with gelato or sorbet</i>	
trio of gelato or sorbet	5
three chocolate chip cookies v	2.5



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