



FLATBREADS *gf*

margherita flatbread 7
mozzarella, tomato, basil,
pomodoro sauce


with chicken 9
with shrimp 10

bbq chicken flatbread 8
grilled chicken, sweet corn,
caramelized onion, cilantro,
smoky bbq, mozzarella

roasted vegetable flatbread v 7
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 8
organic romaine, spinach, arugula, roasted
brussels, butternut squash, dried cranberry, feta,
almond nut crunch, pomegranate vinaigrette

bronzed tuna salad n 13
bibb lettuce, seasonal greens, seared tuna,
edamame, avocado, red peppers, cucumber,
cashews, carrots, black sesame,
sweet chile vinaigrette

power greens salad v 8
organic romaine, spinach, arugula, kale, edamame,
snap peas, broccoli, cucumber, asparagus,
sunflower seeds, lemon-basil vinaigrette

quinoa crunch bowl v 8
quinoa, cucumber, snap peas, broccoli, tomato,
avocado, organic arugula, edamame hummus,
chipotle vinaigrette, hot sauce

protein add-ons

organic tofu *gf v* 2

grilled chicken *gf* 3

parmesan chicken 4


grilled wahoo *gf* 5

ENTRÉES

crispy chicken + brussels n 12
roasted brussels + butternut squash, dried cranberry,
corn purée, dijon vinaigrette

herb roasted salmon gf 16
seasonal vegetables, quinoa, chayote slaw, basil aioli

roasted vegetable cavatappi 11
cavatappi pasta, roasted asparagus, zucchini,
onion, yellow squash, portobello, garlic, spinach,
asiago, basil, tomato cream

turkey meatloaf gf  11
ground turkey, bacon, quinoa, roasted onions,
cauliflower mashed potatoes, sautéed green beans,
pomodoro, hot sauce

curried rice noodles gf v n 11
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 3
choice of hummus or avocado smash

roasted asparagus 4

roasted brussels + butternut squash v 4

roasted potatoes + spinach v 3.5

baked sweet potato fries v 3

garlic parmesan baked sweet potato fries 3.5

simple salad v 3.5

seasonal soup 3.5 / 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

sun-dried tomato hummus, avocado smash, bibb lettuce, tomato, red onion, basil aioli, ciabatta

turkey burger 11

bacon, cheddar cheese, avocado smash, pickled carrots, ciabatta

farmhouse burger 13

100% grass-fed beef, bacon, egg over easy, cheddar cheese, dijonnaise, ciabatta

without bacon or egg 12

black bean burger *v n* 10

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 5

whole grain bread, melted cheddar
gluten-free bread upon request

parmesan chicken strips 5

kids cavatappi or *gf* rice noodles 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 11

avocado smash, chayote slaw, black bean relish, chipotle aioli

line-caught wahoo 11

avocado smash, chayote slaw, pickled red onion, cilantro, chipotle aioli

roasted vegetable *v* 11

portobello, butternut squash, onion, black bean relish, zucchini, yellow squash, asparagus, potato, avocado smash, chipotle aioli

tomatillo shrimp 12

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 2.5

fresh cucumber juice, mint, lime, cane sugar

annie palmer 2.5

unsweetened tea, ginger pomegranate lemonade, splash of apple juice

fresh-squeezed lemonade 3


ginger pomegranate lemonade 3

iced tea / coffee / tea 2



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