

SPRING ALL DAY

Vegan Power Bowl GF VG N16 Brown Rice & Quinoa, Lemony White Beans, Red Pepper Romesco, Spring Vegetable Saute, Pistachios	Mediterranean Chicken Bowl N20 Seared Chicken Thighs, Tzatziki, Tabouli, Cucumber, Feta, Pickled Onion, Tomato, Olive Mix, Pine Nuts	Fish Tacos 18 Tempura Battered Gulf Fish, Jalapeno Crema Housemade Corn Tortillas, Red Cabbage Slaw, Diced Tomatoes, Red Onion & Cilantro
Salmon Poke * GF N19.5 Faroe Island Salmon Marinated with Ponzu, Sesame Rice, Pickled Cabbage, Spiced Pears, Edamame, Radish, Furikake Aioli, Hard Boiled Egg,	Achiote Salmon N GF23 Faroe Island Salmon, Black Rice, Cauliflower Puree, Roasted Sweet Potatoes, Charred Broccolini	Gulf Shrimp Pasta 23 Milton's Bucatini Pasta, Lobster Sauce, Cremini Mushrooms, Spinach, Tomato, Broccolini
		Steak Bowl GF22 Saffron Rice, Oyster Mushroom, Green Beans Roasted Cherry Tomatoes, Corn Salsa, Gold Bar Squash

SHAREABLES	SALADS	ADD A PROTEIN TO ANY SALAD Tofu 3 / Chicken 6 / Shrimp 9 / Salmon 9
Vegan Spinach Dip VG GF N11 Cashew Cream, Hearts of Palm, Crispy Garlic, Tortilla Chips	Asian Chicken GF N16 Cabbage & Romaine, Cucumber, Broccoli, Cashews, Cilantro, Green Beans, Ginger-Soy Vinaigrette, Sambal-Peanut Sauce	Taco Salad VG GF N15.5 Kale & Romaine, Woodlands' Tempeh, Kidney Beans, Avocado, Cilantro-Corn, Pickled Onions, Pumpkin Seeds, Lemon Vinaigrette
Cashew Queso VG N GF9 Pico de Gallo, Vegan "Taco Meat", Tortilla Chips	Harvest V GF N13.5 Mixed Greens, Asparagus, Strawberries, Beets, Brussel Sprouts, Radish, Goat Cheese, Sunflower Seeds, Herb Vinaigrette	Salmon Salad GF N20 Arugula, Radicchio, Frisee, Almonds, Oranges, Brussels, Kabocha Squash, Pomegranate, Fried Curry Sweet Potato Noodles, Coconut Almond Vinaigrette
	Shrimp Caesar 20 Kale-Romaine Mix, Tomatoes, Garlic Croutons, Parmesan, Fried Capers, Hearts of Palm, Caesar Dressing	

HOUSEMADE COCKTAILS	SANDWICHES	ANY SANDWICH MAY BE PREPARED AS A SALAD!
Frozen Espresso Martini 12 1876 Vodka, Nitro Cold Brew, Kahlua	"Crunchy" Chicken N16.25 Oven Roasted, Nut-Seed Crumble, Chips, Romaine, Tomato, Pickles, Provolone, Buttermilk Ranch, Pretzel Bun	Roasted Steak 19 44 Farms Steak, Gruyere, Caramelized Onion, Jalapeño Aioli, Crispy Onion, French Roll
Frozen Aperol Spritz 12 Aperol, Prosecco, Orange	Avocado BLT 16.5 Applewood Bacon, Fried Egg, Avocado, Aioli, Heirloom Tomato, Lettuce, Sourdough	Garden Sammie VG13 Brussels Sprouts, Avocado Spread, Hummus, Sprouts, Pickled Onion, L&T, Curried Cauliflower, Ciabatta
Cranberry Maple Smash 12/30 Spiced Rum, Spiced Maple Simple, Cranberry, OJ	Truffled Egg Salad V15 Swift Hill Farms Eggs, Greens, Tomato, Parmesan, Aioli, Pretzel Bun	"Banh Mi" 15 Charred Red Field Ranch Pork, Aioli, Pickled Onion, Jalapeño, Cilantro, Sambal, Cucumber Carrot Slaw, French Baguette Sub San San Organic Non Gmo Tofu With Vegan Aioli
Ginger Berry Rita 12/30 Pueblo Viejo Tequila Blanco, Blackberry, Blueberry, Ginger Beer	Gulf Seafood 17.5 Blue Horizon Shrimp & Blue Crab, Romaine, Tomato, Pickled Onion, Green Goddess Dressing, Ciabatta	Good Karma "Burger" VG N14.5 Quinoa Patty, Pickled Taqueria Vegetables, Tomato, Vegan Aioli, Romaine, Ciabatta
Spicy Margarita 12/30 Tequila, Jalapeno, Lime, Tajin Rim		
Lavender Lemonade 12/30 Empress Gin, Lemon, Lavender Syrup		
Red Wine Sangria 12 Pinot Noir, Apple, Orange, Amaretto		

WINES BY THE GLASS	SIDES	SOUPCUP 4.5 / BOWL 8
Sea Pearl Sauvignon Blanc 10 Marlborough, NZ	Tuscan Kale GF V N	Chicken Posolé GF N
Domaine de Triennes Rose 10 Provence, FR	Potato Chips GF VG	Spring Squash & Quinoa VG GF
Eden Rift Pinot Noir 10 Central Coast, CA	Red Potato Salad GF V	
No Curfew Chardonnay 10 California	Strawberry Ginger Salad GF VG	
Le Grand Prebois Brut 10 VDF, FR	Pickle Spears GF VG	
Valvran Cabernet 10 Sonoma, CA	Pumpkin Seeds GF VG N	
	Apple Beet Slaw VG	

*consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness

We add a 5% Premium Package fee on all To-Go Orders