

SPRING ALL DAY

Vegan Power Bowl GF VG N **16**
Brown Rice & Quinoa, Lemony White Beans, Red Pepper Romesco, Spring Vegetable Saute

Salmon Poke* GF N **19.5**
Faroe Island Salmon Marinated with Ponzu, Sesame Rice, Pickled Cabbage, Spiced Pears, Edamame, Radish, Furikake Aioli, Hard Boiled Egg,

Mediterranean Chicken Bowl N **20**
Seared Chicken Thighs, Tzatziki, Tabouli, Cucumber, Feta, Pickled Onion, Tomato, Olive Mix, Pine Nuts

Achiote Salmon N GF **23**
Faroe Island Salmon, Black Rice, Cauliflower Puree, Roasted Sweet Potatoes, Charred Broccolini

Fish Tacos **18**
Tempura Battered Gulf Fish, Jalapeno Crema Housemade Corn Tortillas, Red Cabbage Slaw, Diced Tomatoes, Red Onion & Cilantro

Gulf Shrimp Pasta **23**
Milton's Bucatini Pasta, Lobster Sauce, Cremini Mushrooms, Spinach, Tomato, Broccolini

Steak Bowl GF **22**
Saffron Rice, Oyster Mushroom, Green Beans Roasted Cherry Tomatoes, Corn Salsa, Gold Bar Squash

SHAREABLES

Vegan Spinach Dip VG GF N **11**
Cashew Cream, Hearts of Palm, Crispy Garlic, Tortilla Chips

Cashew Queso VG N GF **9**
Pico de Gallo, Vegan "Taco Meat", Tortilla Chips

SALADS

ADD A PROTEIN TO ANY SALAD
Tofu 3 / Chicken 6 / Shrimp 9 / Salmon 9

Asian Chicken GF N **16**
Cabbage & Romaine, Cucumber, Broccoli, Cashews, Cilantro, Green Beans, Ginger-Soy Vinaigrette, Sambal-Peanut Sauce

Harvest V GF N **13.5**
Mixed Greens, Asparagus, Strawberries, Beets, Brussel Sprouts, Radish, Goat Cheese, Sunflower Seeds, Herb Vinaigrette

Shrimp Caesar **20**
Kale-Romaine Mix, Tomatoes, Garlic Croutons, Parmesan, Fried Capers, Hearts of Palm, Caesar Dressing

Taco Salad VG GF N **15.5**
Kale & Romaine, Woodlands' Tempeh, Kidney Beans, Avocado, Cilantro-Corn, Pickled Onions, Pumpkin Seeds, Lemon Vinaigrette

Salmon Salad GF N **20**
Arugula, Radicchio, Frisee, Almonds, Oranges, Brussels, Kabocha Squash, Pomegranate, Fried Curry Sweet Potato Noodles, Coconut Almond Vinaigrette

HOUSEMADE COCKTAILS

Frozen Espresso Martini **12**
1876 Vodka, Nitro Cold Brew, Kahlua

Frozen Aperol Spritz **12**
Aperol, Prosecco, Orange

Cranberry Maple Smash **12/30**
Spiced Rum, Spiced Maple Simple, Cranberry, OJ

Ginger Berry Rita **12/30**
Pueblo Viejo Tequila Blanco, Blackberry, Blueberry, Ginger Beer

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

SANDWICHES

ANY SANDWICH MAY BE PREPARED AS A SALAD!

Served with your choice of two house sides or a cup of soup. Sub Leven gluten free bread +3 V

"Crunchy" Chicken N **16.25**
Oven Roasted, Nut-Seed Crumble, Chips, Romaine, Tomato, Pickles, Provolone, Buttermilk Ranch, Pretzel Bun

Avocado BLT **16.5**
Applewood Bacon, Fried Egg, Avocado, Aioli, Heirloom Tomato, Lettuce, Sourdough

Truffled Egg Salad V **15**
Swift Hill Farms Eggs, Greens, Tomato, Parmesan, Aioli, Pretzel Bun

Gulf Seafood **17.5**
Blue Horizon Shrimp & Blue Crab, Romaine, Tomato, Pickled Onion, Green Goddess Dressing, Ciabatta

Roasted Steak **19**
44 Farms Steak, Gruyere, Caramelized Onion, Jalapeño Aioli, Crispy Onion, French Roll

Garden Sammie VG **13**
Brussels Sprouts, Avocado Spread, Hummus, Sprouts, Pickled Onion, L&T, Curried Cauliflower, Ciabatta

"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

Good Karma "Burger" VG N **14.5**
Quinoa Patty, Pickled Taqueria Vegetables, Tomato, Vegan Aioli, Romaine, Ciabatta

WINES BY THE GLASS

Sea Pearl Sauvignon Blanc **10**
Marlborough, NZ

Domaine de Triennes Rose **10**
Provence, FR

Eden Rift Pinot Noir **10**
Central Coast, CA

No Curfew Chardonnay **10**
California

Le Grand Prebois Brut **10**
VDF, FR

Valvran Cabernet **10**
Sonoma, CA

SIDES

Tuscan Kale GF V N

Potato Chips GF VG

Red Potato Salad GF V

Strawberry Ginger Salad GF VG

Pickle Spears GF VG

Pumpkin Seeds GF VG N

Apple Beet Slaw VG GF

SOUP CUP 4.5 / BOWL 8

Chicken Posolé GF N

Spring Squash & Quinoa VG GF

SWEETS

Chocolate Chunk Cookie V **3**

Vegan Carrot Cupcake VG **4**

Chocolate Brownie GF **5**