

## SUMMER ALL DAY

<b>Vegan Power Bowl</b> GF VG N <b>16</b> Brown Rice & Quinoa, Lemony White Beans, Red Pepper Pine Nut Caponata, Summer Vegetable Saute, Baby Tomato	<b>Mediterranean Chicken Bowl</b> N <b>20</b> Seared Chicken Thighs, Tzatziki, Tabouli, Cucumber, Feta, Pickled Onion, Tomato, Olive Mix, Pine Nuts	<b>Fish Tacos</b> <b>18</b> Tempura Battered Gulf Fish, Jalapeno Crema Housemade Corn Tortillas, Red Cabbage Slaw, Diced Tomatoes, Red Onion & Cilantro
<b>Salmon Poke*</b> GF N <b>19.5</b> Faroe Island Salmon, Edamame, Avocado, Tomato, Seaweed Crunch, Pickled Carrot and Daikon, Leche de Tigre, Bean Sprouts	<b>Grilled Salmon</b> <b>26</b> Faroe Island Salmon, Couscous, Chestnut Mushrooms, Tomato, Sautéed Collard Greens, Grilled Asparagus, Lemon Sauce, Trout Roe and Dill Garnish	<b>Gulf Shrimp Pasta</b> <b>23</b> Milton's Bucatini Pasta, Lobster Sauce, Cremini Mushrooms, Spinach, Tomato, Broccolini
	<b>Glazed Pork Chop</b> GF <b>21</b> Orange Maple Glaze, Sautéed Brussels, Heirloom Carrots, Mashed Potatoes, Grilled Peaches	<b>Steak Bowl</b> GF <b>22</b> Saffron Rice, Oyster Mushroom, Green Beans Roasted Cherry Tomatoes, Corn Salsa, Gold Bar Squash

## SHAREABLES

<b>Vegan Spinach Dip</b> VG GF N <b>11</b> Cashew Cream, Hearts of Palm, Crispy Garlic, Tortilla Chips	<b>Cashew Queso</b> VG N GF <b>9</b> Pico de Gallo, Vegan "Taco Meat", Tortilla Chips
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## SALADS

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

<b>Asian Chicken</b> GF N <b>16</b> Cabbage & Romaine, Cucumber, Broccoli, Cashews, Cilantro, Green Beans, Ginger-Soy Vinaigrette, Sambal-Peanut Sauce	<b>Taco Salad</b> VG GF N <b>15.5</b> Kale & Romaine, Woodlands' Tempeh, Kidney Beans, Avocado, Cilantro-Corn, Pickled Onions, Pumpkin Seeds, Lemon Vinaigrette
<b>Harvest</b> V GF N <b>13.5</b> Mixed Greens, Corn, Watermelon, Gold Bar Squash, Brussel Sprouts, Radish, Zucchini, Grape Tomato, Goat Cheese, Sunflower Seeds, Herb Vinaigrette	<b>Salmon Salad</b> GF N <b>21</b> Arugula, Radicchio, Frisee, Fresno Peppers, Peppercorn Peppers, Olives, Cucumber, Red Onion, Tomato, Mixed Goat & Feta Cheese, Everything Bagel Spice, Red Wine Vinaigrette
<b>Shrimp Caesar</b> <b>20</b> Kale-Romaine Mix, Tomatoes, Garlic Croutons, Parmesan, Fried Capers, Hearts of Palm, Caesar Dressing	

## HOUSEMADE COCKTAILS

<b>Frozen Espresso Martini</b> <b>12</b> 1876 Vodka, Nitro Cold Brew, Kahlua	<b>Frozen Aperol Spritz</b> <b>12</b> Aperol, Prosecco, Orange
<b>Strawberry Rum Punch</b> <b>12/30</b> Leblon Rum, Strawberry, Lime Juice	<b>Ginger Berry Rita</b> <b>12/30</b> Pueblo Viejo Tequila Blanco, Blackberry, Blueberry, Ginger Beer
<b>Spicy Margarita</b> <b>12/30</b> Tequila, Jalapeno, Lime, Tajin Rim	<b>Lavender Lemonade</b> <b>12/30</b> Empress Gin, Lemon, Lavender Syrup
<b>Rose Sangria</b> <b>12</b> Strawberry, Apple, Orange, Chambord	

## 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

<b>"Crunchy" Chicken</b> N <b>16.25</b> Oven Roasted, Nut-Seed Crumble, Chips, Romaine, Tomato, Pickles, Provolone, Buttermilk Ranch, Pretzel Bun	<b>Roasted Steak</b> <b>19</b> 44 Farms Steak, Gruyere, Caramelized Onion, Jalapeño Aioli, Crispy Onion, French Roll
<b>Avocado BLT</b> <b>16.5</b> Applewood Bacon, Fried Egg, Avocado, Aioli, Heirloom Tomato, Lettuce, Sourdough	<b>Garden Sammie</b> VG <b>13</b> Brussels Sprouts, Avocado Spread, Hummus, Sprouts, Pickled Onion, L&T, Curried Cauliflower, Ciabatta
<b>Truffled Egg Salad</b> V <b>15</b> Swift Hill Farms Eggs, Greens, Tomato, Parmesan, Aioli, Pretzel Bun	<b>"Banh Mi"</b> <b>15</b> 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
<b>Gulf Seafood</b> <b>17.5</b> Blue Horizon Shrimp & Blue Crab, Romaine, Tomato, Pickled Onion, Green Goddess Dressing, Ciabatta	<b>Good Karma "Burger"</b> VG N <b>14.5</b> Quinoa Patty, Pickled Taqueria Vegetables, Tomato, Vegan Aioli, Romaine, Ciabatta
<b>Chicken Caesar Wrap</b> <b>20</b> Grilled Chicken, Romaine & Kale Mix, Parmesan, Tobiko, House Caesar Dressing, Sesame Tempura Nori, Crispy Capers	

## WINES BY THE GLASS

<b>Sea Pearl Sauvignon Blanc</b> <b>10</b> Marlborough, NZ	<b>Domaine de Triennes Rose</b> <b>10</b> Provence, FR
<b>Eden Rift Pinot Noir</b> <b>10</b> Central Coast, CA	<b>No Curfew Chardonnay</b> <b>10</b> California
<b>Le Grand Prebois Brut</b> <b>10</b> VDF, FR	<b>Valravn Cabernet</b> <b>10</b> Sonoma, CA

## SIDES

<b>Tuscan Kale</b> GF V N	<b>Potato Chips</b> GF VG
<b>Red Potato Salad</b> GF V	<b>Texas Watermelon</b> GF VG
<b>Pickle Spears</b> GF VG	<b>Pumpkin Seeds</b> GF VG N
<b>Corn Succotash</b> VG N GF	

## SOUP CUP 4.5 / BOWL 8

<b>Chicken Posolé</b> GF N
<b>Summer Minestrone</b> VG

## SWEETS

<b>Chocolate Chunk Cookie</b> V <b>4</b>
<b>Vegan Carrot Cupcake</b> VG <b>4</b>
<b>Chocolate Brownie</b> GF <b>5</b>