

SPRING ALL DAY

Vegan Power Bowl GF VG N 16 Brown Rice & Quinoa, Lemony White Beans, Red Pepper Romesco, Spring Vegetable Saute, Pistachios	Mediterranean Chicken Bowl N 20 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 N 19.5 Faroe Island Salmon Marinated with Ponzu, Sesame Rice, Pickled Cabbage, Spiced Pears, Edamame, Radish, Furikake Aioli, Hard Boiled Egg,	Grilled Salmon 26 Faroe Island Salmon, Couscous, Chestnut Mushrooms, Tomato, Sautéed Collard Greens, Grilled Asparagus, Lemon Sauce, Trout Roe and Dill Garnish	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
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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	Taco Salad VG GF N 15.5 Kale & Romaine, Woodlands' Tempeh, Kidney Beans, Avocado, Cilantro-Corn, Pickled Onions, Pumpkin Seeds, Lemon Vinaigrette
Harvest V GF N 13.5 Mixed Greens, Asparagus, Strawberries, Beets, Brussel Sprouts, Radish, Goat Cheese, Sunflower Seeds, Herb Vinaigrette	Salmon Salad GF N 21 Arugula, Radicchio, Frisee, Fresno Peppers, Peppercorn Peppers, Olives, Cucumber, Red Onion, Tomato, Mixed Goat & Feta Cheese, Everything Bagel Spice
Shrimp Caesar 20 Kale-Romaine Mix, Tomatoes, Garlic Croutons, Parmesan, Fried Capers, Hearts of Palm, Caesar Dressing	

HOUSEMADE COCKTAILS

Frozen Espresso Martini 12 1876 Vodka, Nitro Cold Brew, Kahlua	Frozen Aperol Spritz 12 Aperol, Prosecco, Orange
Strawberry Rum Punch 12/30 Leblon Rum, Strawberry, Lime Jice	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
Rose Sangria 12 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

"Crunchy" Chicken N 16.25 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
Avocado BLT 16.5 Applewood Bacon, Fried Egg, Avocado, Aioli, Heirloom Tomato, Lettuce, Sourdough	Garden Sammie VG 13 Brussels Sprouts, Avocado Spread, Hummus, Sprouts, Pickled Onion, L&T, Curried Cauliflower, Ciabatta
Truffled Egg Salad V 15 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 <i>Sub San San Organic Non Gmo Tofu With Vegan Aioli</i>
Gulf Seafood 17.5 Blue Horizon Shrimp & Blue Crab, Romaine, Tomato, Pickled Onion, Green Goddess Dressing, Ciabatta	Good Karma "Burger" VG N 14.5 Quinoa Patty, Pickled Taqueria Vegetables, Tomato, Vegan Aioli, Romaine, Ciabatta

WINES BY THE GLASS

SIDES

SOUP CUP 4.5 / BOWL 8

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	Valravn Cabernet 10 Sonoma, CA

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	

Chicken Posolé GF N
Spring Squash & Quinoa VG GF

SWEETS

Chocolate Chunk Cookie V 4	Vegan Carrot Cupcake VG 4
Chocolate Brownie GF 5	