

FALL ALL DAY

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

| SHAREABLES                                                                                                                                                                                                                                                                   | SALADS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | ADD A PROTEIN TO ANY SALAD<br>Tofu 3 / Chicken 6 / Shrimp 9 / Salmon 9                                                                                                                                                                                                                                                                                                                                                                                                   |
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| <div><div><div><b>Vegan Spinach Dip</b> <div>VG GF N</div>11</div><div>Cashew Cream, Hearts of Palm, Crispy Garlic, Tortilla Chips</div></div><div><div><b>Cashew Queso</b> <div>VG N GF</div>9</div><div>Pico de Gallo, Vegan "Taco Meat", Tortilla Chips</div></div></div> | <div><div><div><b>Asian Chicken</b> <div>GF N</div>16</div><div>Cabbage &amp; Romaine, Cucumber, Broccoli, Cashews, Cilantro, Green Beans, Ginger-Soy Vinaigrette, Sambal-Peanut Sauce</div></div><div><div><b>Harvest</b> <div>V GF N</div>13.5</div><div>Mixed Greens, Cauliflower, Shaved Apples, Roasted Butternut Squash, Brussel Sprouts, Radish, Beets, Goat Cheese, Sunflower Seeds, Herb Vinaigrette</div></div><div><div><b>Shrimp Caesar</b>20</div><div>Kale-Romaine Mix, Tomatoes, Garlic Croutons, Parmesan, Fried Capers, Hearts of Palm, Caesar Dressing</div></div></div> | <div><div><div><b>Taco Salad</b> <div>VG GF N</div>15.5</div><div>Kale &amp; Romaine, Woodlands' Tempeh, Kidney Beans, Avocado, Cilantro-Corn, Pickled Onions, Pumpkin Seeds, Lemon Vinaigrette</div></div><div><div><b>Salmon Salad</b> <div>GF N</div>21</div><div>Arugula, Radicchio, Frisee, Fresno Peppers, Pepperoncini Peppers, Olives, Cucumber, Red Onion, Tomato, Mixed Goat &amp; Feta Cheese, Everything Bagel Spice, Red Wine Vinaigrette</div></div></div> |

| HOUSEMADE COCKTAILS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | SANDWICHES                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | ANY SANDWICH MAY BE PREPARED AS A SALAD!                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
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| <div><div><div><b>Frozen Espresso Martini</b>12</div><div>1876 Vodka, Nitro Cold Brew, Kahlua</div></div><div><div><b>Frozen Aperol Spritz</b>12</div><div>Aperol, Prosecco, Orange</div></div><div><div><b>Pear Moscow Mule</b>12</div><div>Pueblo Viejo Tequila Blanco, Blackberry, Blueberry, Ginger Beer</div></div><div><div><b>Spicy Margarita</b>12/30</div><div>Tequila, Jalapeno, Lime, Tajin Rim</div></div><div><div><b>Lavender Lemonade</b>12/30</div><div>Empress Gin, Lemon, Lavender Syrup</div></div><div><div><b>Pineapple Mezcalita</b>12/30</div><div>Mezcal, Lime, Orange Liquor, Spicy Salt Rim</div></div><div><div><b>Rose Sangria</b>12</div><div>Strawberry, Apple, Orange, Chambord</div></div></div> | <div><div><div><b>"Crunchy" Chicken</b> <div>N</div>16.25</div><div>Oven Roasted, Nut-Seed Crumble, Chips, Romaine, Tomato, Pickles, Provolone, Buttermilk Ranch, Pretzel Bun</div></div><div><div><b>Avocado BLT</b>16.5</div><div>Applewood Bacon, Fried Egg, Avocado, Aioli, Heirloom Tomato, Lettuce, Sourdough</div></div><div><div><b>Truffled Egg Salad</b> <div>V</div>15</div><div>Swift Hill Farms Eggs, Greens, Tomato, Parmesan, Aioli, Pretzel Bun</div></div><div><div><b>Gulf Seafood</b>17.5</div><div>Blue Horizon Shrimp &amp; Blue Crab, Romaine, Tomato, Pickled Onion, Green Goddess Dressing, Ciabatta</div></div><div><div><b>Chicken Caesar Wrap</b>20</div><div>Grilled Chicken, Romaine &amp; Kale Mix, Parmesan, Tobiko, House Caesar Dressing, Sesame Tempura Nori, Crispy Capers</div></div></div> | <div><div><div><b>Roasted Steak</b>19</div><div>44 Farms Steak, Gruyere, Caramelized Onion, Jalapeño Aioli, Crispy Onion, French Roll</div></div><div><div><b>Garden Sammie</b> <div>VG</div>13</div><div>Brussels Sprouts, Avocado Spread, Hummus, Sprouts, Pickled Onion, L&amp;T, Curried Cauliflower, Ciabatta</div></div><div><div><b>"Banh Mi"</b>15</div><div>Charred Red Field Ranch Pork, Aioli, Pickled Onion, Jalapeño, Cilantro, Sambal, Cucumber Carrot Slaw, French Baguette<br/><i>Sub San San Organic Non Gmo Tofu With Vegan Aioli</i></div></div><div><div><b>Good Karma "Burger"</b> <div>VG N</div>14.5</div><div>Quinoa Patty, Pickled Taqueria Vegetables, Tomato, Vegan Aioli, Romaine, Ciabatta</div></div></div> |

| WINES BY THE GLASS                                                                                                                                                                                                                                                                                                                                                                                                                                                           | SIDES                                                                                                                                                                                                                                                                                                                               | SOUP <div>CUP 4.5 / BOWL 8</div>                                                                                                     |
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| <div><div><div><b>Sea Pearl Sauvignon Blanc</b>10</div><div>Marlborough, NZ</div></div><div><div><b>Domaine de Triennes Rose</b>10</div><div>Provence, FR</div></div><div><div><b>Eden Rift Pinot Noir</b>10</div><div>Central Coast, CA</div></div><div><div><b>No Curfew Chardonnay</b>10</div><div>California</div></div><div><div><b>Le Grand Prebois Brut</b>10</div><div>VDF, FR</div></div><div><div><b>Valravn Cabernet</b>10</div><div>Sonoma, CA</div></div></div> | <div><div><div><b>Tuscan Kale</b> <div>GF V N</div></div><div><b>Potato Chips</b> <div>GF VG</div></div><div><b>Red Potato Salad</b> <div>GF V</div></div><div><b>Pickle Spears</b> <div>GF VG</div></div><div><b>Pumpkin Seeds</b> <div>GF VG N</div></div><div><b>Lemongrass Sesame Slaw</b> <div>VG N GF</div></div></div></div> | <div><div><div><b>Chicken Posolé</b> <div>GF N</div></div><div><b>Vegan Broccoli &amp; Cheese</b> <div>VG GF</div></div></div></div> |

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

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