

SUMMER ALL DAY

Vegan Power Bowl GF VG N 16	Mediterranean Chicken Bowl N 20	Fish Tacos 18
Brown Rice & Quinoa, Lemony White Beans, Red Pepper Pine Nut Caponata, Summer Vegetable Saute, Baby Tomato	Seared 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
Salmon Poke* 19.5	Grilled Salmon 26	Gulf Shrimp Pasta 23
Faroe Island Salmon, Edamame, Avocado, Tomato, Seaweed Crunch, Pickled Carrot and Daikon, Leche de Tigre, Bean Sprouts	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
	Glazed Pork Chop GF 21	Steak Bowl GF 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 Tofu 3 / Chicken 6 / Shrimp 9 / Salmon 9
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	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, Corn, Watermelon, Gold Bar Squash, Brussel Sprouts, Radish, Zucchini, Grape Tomato, Goat Cheese, Sunflower Seeds, Herb Vinaigrette Shrimp Caesar20 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 21 Arugula, Radicchio, Frisee, Fresno Peppers, Pepperoncini Peppers, Olives, Cucumber, Red Onion, Tomato, Mixed Goat & Feta Cheese, Everything Bagel Spice, Red Wine Vinaigrette

HOUSEMADE COCKTAILS	SANDWICHES	ANY SANDWICH MAY BE PREPARED AS A SALAD!
Frozen Espresso Martini12 1876 Vodka, Nitro Cold Brew, Kahlua Frozen Aperol Spritz12 Aperol, Prosecco, Orange Strawberry Rum Punch12/30 Leblon Rum, Strawberry, Lime Juice Ginger Berry Rita12/30 Pueblo Viejo Tequila Blanco, Blackberry, Blueberry, Ginger Beer Spicy Margarita12/30 Tequila, Jalapeno, Lime, Tajin Rim Lavender Lemonade12/30 Empress Gin, Lemon, Lavender Syrup Rose Sangria12 Strawberry, Apple, Orange, Chambord	"Crunchy" Chicken N 16.25 Oven Roasted, Nut-Seed Crumble, Chips, Romaine, Tomato, Pickles, Provolone, Buttermilk Ranch, Pretzel Bun Avocado BLT16.5 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 Seafood17.5 Blue Horizon Shrimp & Blue Crab, Romaine, Tomato, Pickled Onion, Green Goddess Dressing, Ciabatta Chicken Caesar Wrap20 Grilled Chicken, Romaine & Kale Mix, Parmesan, Tobiko, House Caesar Dressing, Sesame Tempura Nori, Crispy Capers	Roasted Steak19 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 <i>Sub San San Organic Non Gmo Tofu With Vegan Aioli</i> Good Karma "Burger" VG N 14.5 Quinoa Patty, Pickled Taqueria Vegetables, Tomato, Vegan Aioli, Romaine, Ciabatta

WINES BY THE GLASS	SIDES	SOUPCUP 4.5 / BOWL 8
Sea Pearl Sauvignon Blanc10 Marlborough, NZ Domaine de Triennes Rose10 Provence, FR Eden Rift Pinot Noir10 Central Coast, CA No Curfew Chardonnay10 California Le Grand Prebois Brut10 VDF, FR Valravn Cabernet10 Sonoma, CA	Tuscan Kale GF V N Potato Chips GF VG Red Potato Salad GF V Texas Watermelon GF VG Pickle Spears GF VG Pumpkin Seeds GF VG N Corn Succotash VG N GF	Chicken Posolé GF N Summer Minestrone VG
		SWEETS
		Chocolate Chunk Cookie V 4 Vegan Carrot Cupcake VG 4 Chocolate Brownie GF 5

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

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