

~ APPETIZERS ~

- ❑ **The Tenders**
Panko-crusted marinated organic chicken tenders with two sauces: wildflower honey mustard and a tangy chili sauce \$10
- ❑ **The Big Dippers**
Classic hummus, white bean dip, and edamame puree with crisp crudité's, whole wheat pita and pressed lemon olive oil \$7
- ❑ **The Empanadas**
Stuffed with spinach, potato, peppers and queso blanco. Roasted poblano sour cream \$9
- ❑ **The Pizza Rolls**
One with pepperoni and mozz, one with spinach and goat cheese. Tomato sauce \$4.5
- ❑ **The Mozz Sticks**
Not-your-standard mozzarella, made daily, lightly crusted. Our signature chipotle dipping sauce and a traditional marinara \$9
- ❑ **The Caviar**
2oz of Osetra caviar with blinis and accompaniments. We know it's crazy, but why not? Treat yourself and someone else! \$175
Check out our **SIDES** if you're looking for something lighter!

~ BURGERS ~

Served with crispy fries or field greens

- ❑ **The Burger**
Our juicy, hand-pressed beef burger with lettuce, tomato and your choice of cheese \$14
- ❑ **The M.A.C.**
Two beef patties, special sauce, lettuce, cheese, pickles, onions on a sesame-seed bun. We're loving it! \$16.5
- ❑ **The Gobbler**
Chargrilled turkey, cranberry-horseradish chutney, coleslaw, raisin-walnut bread \$16
- ❑ **The Veggie Burger**
Bulgur wheat, bean and walnut housemade protein patty, with romaine, heirloom tomato, chipotle aioli on toasted 7-grain \$14
- ❑ **The Fisherman**
Our signature halibut burger, green olive tapenade, romaine, lemon aioli on brioche. Yes, it's different — and delicious \$18

~ HOUSEMADE SOUPS ~

Served with Pain D'Avignon bread

- ❑ **The Lentil**
French green lentils stewed with a hint of curry and tomato (vegan) \$7
- ❑ **The Grandma**
Organic chicken noodle for when you're missing home \$8

~ SALADS ~

Served with Pain D'Avignon bread

- ❑ **The Olympian**
Grilled organic chicken, romaine hearts, crumbled feta, roasted tomato, and Kalamata olives tossed in lemon vinaigrette \$16.5
- ❑ **The Arugula**
Baby arugula, Humboldt Fog goat cheese, candied hazelnuts, roasted grapes and balsamic vinaigrette \$14
- ❑ **The Cobb**
Our version... grilled chicken, baby spinach, avocado, tomato, egg, corn, bacon, with blue cheese dressing (switch it up if you want!) \$16
- ❑ **The Silk Road**
Hoisin chicken, bok choy, shaved romaine, green apple, pickled vegetables, crispy wontons and sesame-peanut vinaigrette \$16
- ❑ **The Custom**
Have your own favorite salad? Choose your lettuce, toppings and dressing \$14 + \$3 for protein
And yes... we can make you **The Caesar** too, with organic chicken if you really want it! \$12 + \$3

Snacks for Now & Later

Chocolate-dipped Pretzels \$3
 Herb Popcorn \$2.5 ~ Granola \$3 ~ Chocolate Toffee \$4
 Spiced Hazelnuts \$4 ~ Fancy Chocolate \$6
 Energy Bar \$4.5 ~ Chips \$1.5

~ SANDWICHES & WRAPS ~

Served with crispy fries or field greens

- ❑ **The Kansas City**
Pulled pork, classic KC BBQ sauce, pickle, coleslaw (we like it on the sandwich, but you can leave it on the side if you want) \$16
- ❑ **The Turkey Wrap**
Carved turkey breast, lettuce and slow-roasted sweet onion. If you're in the mood, add Niman Ranch bacon too \$13 + \$3
- ❑ **The Crunchy Earth**
Avocado, hummus, carrot, roasted pepper, Sicilian onions, shaved romaine on toasted 7-grain (vegan) \$12
- ❑ **The Pesto Chicken**
Marinated organic chicken breast, pesto Genovese, fire-roasted peppers, fresh mozz, lemon aioli \$16
- ❑ **The Polish**
Ale-poached Kielbasa kissed by our grill, set on rye bread with horseradish mustard \$16

~ PASTAS ~

Served with Pain D'Avignon bread

- ❑ **The Penne**
Our signature pasta with roasted Eberly Farm chicken, charred peppers and onions, mascarpone cheese \$17
- ❑ **The Boozehound**
Vodka sauce, Esposito's Italian sausage, San Marzano tomato, crushed red pepper, fresh mozzarella \$16
- ❑ **The Zag**
Classic lasagna with braised grass-fed beef, tomato ragu, fresh ricotta and mozzarella \$16
- ❑ **The Bolo**
Traditional beef bolognese with trumpet pasta, Parmigiano and black pepper \$15
- ❑ **The Mac & Cheese**
Cavatappi pasta with English cheddar and Gruyère \$14 + \$2 for bacon or organic chicken

~ ARTISANAL PIZZAS ~

All pizzas are handmade personal pizzas

- ❑ **La Fiesta**
Spicy chicken, shredded red peppers, cilantro, lime and queso blanco. One of our house specialties! \$16
- ❑ **The Sherwood Forest**
Roasted forest mushrooms, applewood-smoked thick-cut bacon, caramelized onions, Fontina cheese \$16
- ❑ **The Rickshaw**
Grilled Thai chicken, spiced peanut sauce, pickled Asian vegetables, cilantro (no cheese) \$17
- ❑ **The American**
Grass-fed ground beef, caramelized onions, tomato, white cheddar \$16

The Margherita \$13

+ your choice of toppings \$1.5ea

Housemade fresh mozzarella, tomato sauce and basil. We have all the classic toppings — phone-in or log-on for options.

Drinks

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|--|------------------------------|
| Sodas, Bottled Water \$2 | Energy Boosters \$3-6 |
| Juices, Teas, Iced Coffee \$2-5 | Protein Shakes \$4 |
| Flavored Waters \$2-5 | Sports Drinks \$3-5 |

~ ENTREES ~

Served with your choice of two sides

- ❑ **The Hanger**
Marinated grass-fed hanger steak chargrilled to order \$28
- ❑ **The Chicken Parm**
The usual chicken, cheese and sauce... just better! \$17
- ❑ **The Halibut**
Herb-crusted Atlantic halibut with green olive tapenade \$24
- ❑ **The Bird**
Roasted, fork-ready Eberly Farm chicken with thyme, marjoram and lemon sea salt \$19
- ❑ **The Chuck**
Braised beef meatloaf with shallots, bacon and thyme. Even grandma is jealous \$17

Our chef is pretty great...

...call us for vegetarian options or special requests and we'll see what we can do!

- ❑ **Field Greens with Dressing**
- ❑ **Steamed Baby-Leaf Spinach**
Pressed-lemon EVOO

- ❑ **Wok-fired Green Beans**
Chili black bean sauce
- ❑ **Smashed Red Potatoes**
Freshly-grated horseradish

~ SIDES ~
\$4.5

- ❑ **Crispy Savory Fries with Sea Salt**
- ❑ **Roasted Potatoes**
Garlic, Parmigiano and oregano

- ❑ **Mixed Grain Rice**
Brown, red & black rice with split peas and lentils
- ❑ **Chilled French Green Lentil Salad**
Herbs and aged sherry vinegar
- ❑ **Red Quinoa with Peppers & Onions**

Desserts \$4.5

The Guiltless Fage yogurt with wildflower honey ~ **The Chunks** Chewy chocolate chunk cookies
The Gooeys Chocolate brownies ~ **The Quakers** Oatmeal currant cookies ~ **The Poppers** Grilled doughnut holes