

## SOUPS

**Roma Tomato Basil** 4.75/cup 6.75/bowl 220/370 CAL  
**Signature Housemade Soup** 4.75/cup 6.75/bowl

## STARTERS

**Simple Salad** 8.00 • 230 CAL  
 organic baby greens, petite tomatoes, croutons,  
 parmesan cheese, lemon basil vinaigrette

**Fried Calamari** 12.50 • 610 CAL  
 sweet and spicy peppers, jalapeño basil aioli

**Crispy Brussels Sprouts** 9.00 • 460 CAL  
 pepperoni, calabrian chili butter,  
 parmesan bread crumbs

**Heirloom Tomatoes & Burrata** 9.75 • 480 CAL  
 grilled sourdough croutons, extra virgin olive oil,  
 balsamic vinegar, basil pesto

**Mediterranean Hummus** 10.25 • 1260 CAL  
 garbanzo beans, kalamata olives, marinated feta,  
 extra virgin olive oil, za'atar flatbread

**Ahi Tuna Poke** \* 15.00 • 390 CAL  
 marinated tuna, daikon sprouts, seasoned wontons,  
 house slaw, wasabi

## SALADS

**Baby Gem Caesar** 13.00 • 450 CAL  
 baby gem romaine, garlic croutons,  
 parmesan cheese crisp, white anchovy,  
 caesar dressing  
 with roasted chicken 16.00 • 660 cal  
 with wild salmon \* 18.00 • 670 cal

**Miso Tofu Salad** 13.00 • 420 CAL  
 organic baby greens, watercress, tofu, japanese  
 cucumber, tomatoes, green onion, lotus chips, furikake,  
 miso dressing

**Cilantro Lime Chicken** † 15.75 • 490 CAL  
 organic baby greens, jack cheese, petite tomatoes,  
 grilled corn, pumpkin seeds, cilantro lime vinaigrette

**Blackened Wild Salmon Caesar** \* 18.00 • 710 CAL  
 baby gem romaine, garlic croutons, parmesan cheese crisp,  
 chili pepper aioli, caesar dressing

**Ginger Crusted Ahi Tuna** \* 19.00 • 460 CAL  
 organic baby greens, cabbage, blistered green beans,  
 red pepper, seasoned wontons, candied ginger, soy glaze,  
 spicy thai basil vinaigrette

**Shrimp & Arugula with Sweet Corn** 18.25 • 580 CAL  
 wild shrimp, petite tomatoes, warm polenta croutons,  
 parmesan cheese crisp, creamy garlic vinaigrette

**Crispy Panko Chicken** 16.25 • 860 CAL  
 organic baby greens, bacon, egg, avocado, tomatoes,  
 grilled corn, cilantro, honey dijon dressing

2,000 calories a day is used for general nutrition advice, but calorie needs vary  
 Additional nutritional information available upon request

\*Item is served or may be requested undercooked. Consuming raw or undercooked meats, poultry, eggs, shellfish or  
 seafood can increase your risk of foodborne illness

† Gluten free

When placing your order, please inform us if a person in your party has a food allergy

## ENTREES

**Tuscan Grilled Chicken** 18.75 • 880 CAL  
 heirloom tomatoes, asparagus, brussels sprouts, farro,  
 fresh mozzarella, lemon basil vinaigrette

**Grilled Flat Iron Steak** \* † 24.50 • 510 CAL  
 8 oz flat iron steak, broccolini, calabrian chili butter,  
 balsamic reduction

**Wild Salmon with Roasted Vegetables & Farro** \*  
 19.50 • 620 CAL  
 tuscan roasted salmon, zucchini, peppers,  
 carrots, baby spinach, parmesan cheese,  
 creamy garlic vinaigrette

## SANDWICHES

served with choice of alderwood smoked sea salt fries or  
 side salad

**Turkey & Swiss BLT** 15.25 • 1100/920 CAL  
 natural roast turkey, bacon, tomato,  
 organic baby greens, calabrian pepper aioli,  
 toasted organic whole wheat bread

**Chicken Parmesan Baguette** 15.75 • 1100/930 CAL  
 panko crusted chicken breast, provolone cheese,  
 roasted garlic tomato sauce, organic arugula,  
 basil pesto, lemon basil vinaigrette

**Market Burger** \* 16.50 • 1220/1050 CAL  
 lettuce, tomato, red onion, jack cheese, roasted garlic  
 aioli, toasted artisan bun

**Chicken Club with Maple Glazed Bacon**  
 15.25 • 1000/820 CAL  
 avocado, tomato, organic baby greens, peppercorn aioli,  
 toasted country bread

## PASTA

**Smoked Bacon & Asparagus Carbonara**  
 15.75 • 880 CAL  
 chitarra pasta, peas, parmesan cheese

**Penne Bolognese** 14.75 • 830 CAL  
 spicy italian sausage, roasted red pepper  
 and tomato cream sauce, parmesan cheese

**Mushroom Ravioli** 15.75 • 730 CAL  
 oven roasted tomatoes and mushrooms, basil,  
 parmesan cream sauce

**Spicy Wild Shrimp Pomodoro** 18.50 • 760 CAL  
 rosemary garlic shrimp, spaghetti alla chitarra,  
 roasted garlic tomato sauce, basil, parmesan cheese

## HANDMADE PIZZA

**Sausage & Sweet Pepper** 14.00 • 1060 CAL  
 sweet tomato sauce, mozzarella, parmesan and  
 aged provolone cheese, fennel sausage, basil

**Margherita** 13.50 • 780 CAL  
 roma tomatoes, garlic oil, basil, mozzarella,  
 parmesan and aged provolone cheese

**Pepperoni & Mushroom** 14.00 • 970 CAL  
 sweet tomato sauce, mozzarella and  
 aged provolone cheese, basil, oregano

**Prosciutto & Arugula** 14.25 • 970 CAL  
 basil pesto, fontina and parmesan cheese,  
 lemon arugula salad