

## STARTERS

### ROMA TOMATO BASIL SOUP

CUP 4.50 / 220 cal BOWL 6.50 / 370 cal

### SIGNATURE HOUSEMADE SOUP

CUP 4.50 BOWL 6.50

### RUSTIC CHEDDAR CHIVE BISCUIT 2.25 / 320 cal

### SIMPLE SALAD 6.75 / 250 cal

organic baby greens, petite tomatoes, croutons,  
parmesan cheese, creamy garlic vinaigrette

## SALADS

### FRESH BERRY\* 13.75 / 510 cal

organic baby greens, seasonal berries, spiced candied  
almonds, goat cheese, dried strawberries,  
vanilla bean vinaigrette

### CILANTRO LIME CHICKEN\* 15.00 / 440 cal

organic baby greens, jack cheese, tomato, grilled corn,  
pumpkin seeds, cilantro lime vinaigrette

### WILD SALMON NIÇOISE\*\* 18.00 / 540 cal

organic baby greens, herb and dijon roasted salmon, green beans,  
kalamata olives, petite tomatoes, red onion, potatoes, egg, capers,  
dijon balsamic vinaigrette

### ASIAN CHICKEN 14.75 / 570 cal

organic baby greens, julienne vegetables, crisp wontons,  
mandarin oranges, toasted almonds, sesame seeds, cilantro,  
ginger sesame dressing

### SHRIMP & ARUGULA WITH SWEET CORN 17.75 / 580 cal

wild shrimp, petite tomatoes, warm polenta croutons,  
parmesan cheese crisp, creamy garlic vinaigrette

### CHICKEN, APPLE & GOAT CHEESE\* 14.75 / 680 cal

organic baby greens, apple chips, spiced candied almonds,  
granny smith apple, red onion, champagne vinaigrette

### CAESAR SALAD 12.00 / 570 cal

romaine lettuce, garlic croutons, parmesan cheese crisp,  
caesar dressing

*with roasted chicken* 14.50 / 720 cal

*with wild salmon\** 17.50 / 790 cal

## HANDMADE PIZZA

### PROSCIUTTO & ARUGULA 13.75 / 970 cal

basil pesto, fontina and parmesan cheese, lemon arugula salad

### MARGHERITA 13.25 / 780 cal

roma tomatoes, garlic oil, basil, mozzarella, parmesan and  
aged provolone cheese

### PEPPERONI & MUSHROOM 13.50 / 970 cal

sweet tomato sauce, mozzarella and aged provolone cheese,  
basil, oregano

## PASTA

### SPICY WILD SHRIMP POMODORO 17.75 / 760 cal

rosemary garlic shrimp, spaghetti alla chitarra,  
roasted garlic tomato sauce, basil, parmesan cheese

### CHILI SPICED CHICKEN 14.75 / 980 cal

ginger ground chicken, sesame soy green beans,  
shiitake mushrooms, water chestnuts, chitarra pasta, gochujang,  
cilantro, sesame seeds

### PENNE BOLOGNESE 13.75 / 740 cal

spicy italian sausage, roasted red pepper and  
tomato cream sauce, parmesan cheese

### CHICKEN & CHEESE TORTELLONI 15.00 / 840 cal

organic baby spinach, roasted tomatoes,  
alfredo sauce, asiago cheese

## ENTREES

### PAN SEARED CHICKEN\* 17.50 / 540 cal

chicken breast, organic arugula, petite tomatoes, red onion,  
creamy garlic vinaigrette, parmesan cheese

### ASPARAGUS QUICHE 14.75 / 860 cal

braised leeks, swiss cheese, balsamic glaze,  
organic arugula salad, creamy garlic vinaigrette, parmesan cheese

### WILD SALMON WITH ROASTED VEGETABLES & FARRO\*

19.00 / 620 cal

tuscan roasted salmon, zucchini, peppers, carrots, baby spinach,  
parmesan cheese, creamy garlic vinaigrette

### GRILLED SKIRT STEAK CHIMICHURRI\*\* 21.00 / 890 cal

roasted asparagus, carrots and yukon gold potatoes,  
cilantro lime vinaigrette

## SANDWICHES

*served with choice of side salad or sweet spiced kettle chips*

### CHICKEN CLUB WITH MAPLE GLAZED BACON

14.00 / 840 | 940 cal

avocado, tomato, organic baby greens,  
peppercorn aioli, toasted country bread

### WHITE CHEDDAR & ASPARAGUS GRILLED CHEESE

12.75 / 660 | 760 cal

aged white cheddar cheese, caesar dressing,  
oven roasted asparagus, crisp country bread

### CRANBERRY TURKEY 13.00 / 840 | 940 cal

cranberry chutney, havarti cheese, organic arugula,  
roasted garlic aioli, toasted organic whole wheat bread

### FRENCH DIP\* 16.25 / 820 | 920 cal

warm roast beef, au jus, sharp white cheddar cheese,  
toasted parmesan baguette

### SANTA FE CHICKEN PANINI 13.50 / 960 | 1060 cal

blackened chicken, jack cheese, roasted red peppers,  
caramelized onion, avocado, chili pepper aioli, crisp country bread

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 served undercooked. Consuming raw or  
undercooked meats, poultry, eggs, shellfish or seafood can increase your risk  
of food-borne illness

\* Gluten free

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