

GROWN

Chicken Mediterranean Salad 14

artisan mixed greens, chicken breast, chickpeas, heirloom cherry tomatoes, cucumbers, hardboiled egg, Kalamata olives and feta cheese, and Italian herb dressing

Chicken Blueberry Salad 14

a scoop of our homemade chicken salad on a bed of artisan mixed greens, blueberries, feta cheese, candied pecans, strawberries, and raspberry walnut vinaigrette

Chicken Bacon Ranch Salad 13

artisan mixed greens, chicken breast, heirloom cherry tomatoes, cucumbers, pickled carrots, bacon, shredded cheese, and ranch dressing

Avocado Tuna Salad 13

a scoop of our homemade tuna salad on a bed of artisan mixed greens, tomatoes, cucumbers, avocado, roasted pumpkin seeds, and zinfandel vinaigrette

Vegan Cobb Salad 11

artisan mixed greens, chick peas, cucumbers, pickled carrots, heirloom cherry tomatoes, bell peppers, avocado, and zinfandel vinaigrette

Side Salad 3

artisan mixed greens, tomatoes, cucumbers, pickled carrots, served with your choice of dressing

HANDHELD (served with a bag of chips (gluten-free bread available))

Avocado BLT* 13

served on toasted sourdough, smashed avocado, lemon herb mayo, bacon, artisan lettuce, and tomato

Chicken BLT 13

served on toasted sourdough, lemon herb mayo, bacon, chicken breast, artisan lettuce, and tomato

Black Bean Veggie Burger 13

served on sourdough ciabatta with artisan lettuce, and tomato

Chicken Salad Sandwich* 13

served on croissant with a scoop of our own homemade chicken salad, artisan lettuce, and tomato

Fried Flounder Sandwich 14

served on sourdough ciabatta, fried flounder filet, artisan lettuce, tomato, and tartar sauce

Turkey & Smoked Gouda Sandwich* 13

served on artisan multigrain with sliced all natural turkey, smoked gouda cheese, tangy mayo, artisan lettuce, and tomato

Vegan Chickpea Salad Sandwich* 13

served on toasted panini bread with chickpeas, celery, red onion, mustard, vegan mayo, seasonings, lettuce and tomato

Half Sandwich & Side Salad 11

* indicates selections for half sandwich, combination does not include chips

Fried Chicken Tenders 9

with your choice of barbecue, chipotle ranch, ranch, or honey mustard

Hebrew National Hot Dog 9

1/4 pound all-beef hot dog

Peanut Butter & Jelly Sandwich* 5

WRAPPED (served with a bag of chips (gluten-free bread available))

Thai Shrimp Wrap 13

served on spinach wrap with glazed sweet chili shrimp, rice noodles, artisan lettuce, pickled carrots, cucumbers, and fresh mint

Turkey Cranberry Wrap 13

served on spinach wrap with sliced all natural turkey, cranberry mayo, provolone cheese, sprouts, and tomato

Buffalo Chicken Wrap 14

served on tomato basil wrap, tenders tossed in buffalo ranch, provolone cheese, artisan lettuce, tomato

TOASTED

Ham & Gruyere Panini	14
served on panini bread, ham, gruyere cheese, arugula, dijonaise, pressed on our panini machine	
Margherita Panini	14
served on panini bread, fresh mozzarella, pesto, tomato, balsamic glaze, arugula, pressed on our panini machine	

UPGRADE YOUR EXPERIENCE

Trade your bag of chips for a premium side: 3

Mozzarella Caprese Salad

Loaded Potato Salad with eggs, cheese, and chives

Pasta Salad with feta, olives, cucumbers, tomatoes and a creamy dressing

Add avocado to any salad, sandwich, or wrap 3

Add cheese .75

BREAKFAST

Avocado Toast	7
slice of toasted sourdough, smashed avocado, everything seasoning with fresh fruit on the side	
Bagel	4
served with cream cheese	
Bagels: plain, asiago, blueberry, cinnamon raisin	
Breakfast Bagel Sandwich	7
fried egg, bacon, cheddar cheese	
Tower Breakfast	12
two pancakes, two eggs, two slices of bacon, and home fries	
Bok Breakfast Bowl	8
two eggs, two slices of bacon, roasted peppers and onions, shredded cheese, served over home fries	

Roast Beef Sandwich	14
served on panini bread with roast beef (roasted in-house), chimichurri herb mayo, arugula, and tomato	
Classic Grilled Cheese*	6
cheddar cheese on sourdough, grilled to perfection	

SIDES & SWEETS

9 oz. Mozzarella Caprese Salad	8	Monster Cookie	3
Loaded Potato Salad	5	baked fresh	
Pasta Salad	5	Gluten Free Brownie	4
Bag of Chips	2	Gluten Free Rice Krispy Treat	4
Hand Dipped Ice Cream (assorted flavors)			
Single 5 oz.	6	Kid's 2.5 oz.	5
Double 10 oz.	9	Waffle Cone	1

BEVERAGES

Fountain Soda	3	Green Tea	3
Florida's Natural Orange Juice	3	Ginger Beer Soda	5
Apple Juice	3	Locally Roasted Coffee	3
Bottled Water	3	Cold Brew Coffee	4
Gatorade	3	Nitro Cold Brew Coffee	5
Homemade Lemonade	4	Hot Chocolate	3
Iced Tea	3		

WINE & BEER

Wine		Enjoy a Flight of Beer or Wine	
glass	6	Three 6oz Beers	10
bottle	22	Three 4oz Wines	12
Mimosas	6		
Beer	6		

Please be aware that our food may come into contact with common allergens. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness

KIDS MENU (all meals include choice of fruit cup or bag of chips and apple juice box)

Meal	8	Snacks	
Hot Dog		Muffin	4
Chicken Tenders		Potato Chips	2
Turkey & Cheddar			
Grilled Cheese			
Peanut Butter & Jelly			
Dessert			
Kid's Ice Cream	5		
Monster Cookie	3		