

UPGRADE YOUR EXPERIENCE

Trade your bag of chips for a premium side:	3
Mozzarella Caprese Salad	
Loaded Potato Salad with eggs, cheese, and chives	
Superfood Coleslaw	
Add avocado to any salad, sandwich, or wrap	3
Add cheese	1

GROWN

substitute sweet chili shrimp, chicken, or salmon (additional \$3) on any salad

Chilled Salmon Salad	16	Avocado Tuna Salad	15
artisan greens, salmon, cucumbers, pickled red onions, bell peppers, feta, sunflower seeds, and mango pineapple vinaigrette		a scoop of our homemade tuna salad on a bed of artisan mixed greens, tomatoes, cucumbers, avocado, roasted pumpkin seeds, and zinfandel vinaigrette	
Chicken Mediterranean Salad	15	Vegan Cobb Salad	12
artisan mixed greens, chicken breast, chickpeas, heirloom cherry tomatoes, cucumbers, hardboiled egg, Kalamata olives and feta cheese, and Italian herb dressing		artisan mixed greens, chick peas, cucumbers, pickled carrots, heirloom cherry tomatoes, bell peppers, avocado, and zinfandel vinaigrette	
Chicken Blueberry Salad	15	Side Salad	4
a scoop of our homemade chicken salad on a bed of artisan mixed greens, blueberries, feta cheese, candied pecans, strawberries, and raspberry walnut vinaigrette		artisan mixed greens, tomatoes, cucumbers, pickled carrots, served with your choice of dressing	

Dressing options: Honey Mustard, Italian Herb, Ranch, Raspberry Walnut Vinaigrette, Mango Pineapple Vinaigrette, Zinfandel Vinaigrette

HANDHELD

served with a bag of chips (gluten-free bread available)
* indicates selections for half sandwich, combination does not include chips

Salmon BLT	15	Turkey & Smoked Gouda Sandwich*	14
served on toasted sourdough, chilled citrus herb salmon, lemon herb mayo, bacon, artisan lettuce, and tomato		served on artisan multigrain with sliced all natural turkey, smoked gouda cheese, tangy mayo, artisan lettuce, and tomato	
Avocado BLT*	14	Vegan Chickpea Salad Sandwich*	14
served on toasted sourdough, smashed avocado, lemon herb mayo, bacon, artisan lettuce, and tomato		served on toasted panini bread with chickpeas, celery, red onion, mustard, vegan mayo, seasonings, lettuce, and tomato	
Chicken BLT	14	Half Sandwich & Side Salad	12
served on toasted sourdough, lemon herb mayo, bacon, chicken breast, artisan lettuce, and tomato		* indicates selections for half sandwich, combination does not include chips	
Black Bean Veggie Burger	14	Fried Chicken Tenders	9
served on sourdough ciabatta with artisan lettuce, and tomato		with your choice of barbecue, ranch, or honey mustard	
Chicken Salad Sandwich*	14	Hebrew National Hot Dog	9
served on croissant with a scoop of our own homemade chicken salad, artisan lettuce, and tomato		1/4 pound all-beef hot dog	
Fried Flounder Sandwich	14	Peanut Butter & Jelly Sandwich*	5
served on sourdough ciabatta, fried flounder filet, artisan lettuce, tomato, and tartar sauce			

WRAPPED

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

Thai Shrimp Wrap	14	Buffalo Chicken Wrap	14
served on spinach wrap with glazed sweet chili shrimp, rice noodles, artisan lettuce, pickled carrots, cucumbers, and fresh mint. Substitute chilled salmon (\$3 upgrade)		served on tomato basil wrap, tenders tossed in buffalo ranch, provolone cheese, artisan lettuce, and tomato	
Turkey Cranberry Wrap	14	Avocado Tuna Wrap	14
served on spinach wrap with sliced all natural turkey, cranberry mayo, provolone cheese, sprouts, and tomato		a scoop of our homemade tuna salad, lettuce, tomato, and sprouts	

MELTED

Ham & Gruyere Melt

served on panini bread, ham, gruyere cheese, arugula, and dijonnaise

Turkey Brie Melt

served on panini bread, all-natural smoked turkey, fig preserves, apples, Brie cheese, and arugula

15 **Margherita Melt** 15

served on panini bread, fresh mozzarella, pesto, tomato, balsamic glaze, and arugula

15 **Roast Beef Sandwich** 15

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

FLATBREADS

Ask about our daily flatbread special!

Margherita

roasted tomato, pesto, mozzarella, and arugula. Flatbread is drizzled with balsamic glaze

BBQ Chicken Flatbread

roasted chicken, cheddar jack cheese, pickled onions, and cilantro. Substitute salmon (\$3 upgrade)

15

15

SIDES & SWEETS

9 oz. Mozzarella Caprese Salad 8 **Monster Cookie** 4

Loaded Potato Salad 5 baked fresh

Superfood Coleslaw 5 **Gluten Free Brownie** 4

Bag of Chips 3 **Gluten Free Rice Krispy Treat** 4

Muffin 4

Hand Dipped Ice Cream (assorted flavors)

Small 5 Large 9

Medium 6 Waffle Cone 1

BREAKFAST breakfast served from 9 a.m. to 11 a.m.

Avocado Toast

slice of toasted sourdough, smashed avocado, everything seasoning with fresh fruit on the side

7

Bagel

served with cream cheese

Bagels: plain, asiago, blueberry, cinnamon raisin

4

Breakfast Bagel Sandwich

fried egg, bacon, cheddar cheese

7

Tower Breakfast

two pancakes, two eggs, two slices of bacon, and home fries

12

Bok Breakfast Bowl

two eggs, two slices of bacon, roasted peppers and onions, shredded cheese, served over home fries

10

BEVERAGES *unlimited refills

Fountain Soda* 4 **Iced Tea*** 4

Florida's Natural Orange Juice 3 **Green Tea*** 4

Apple Juice 4 **Ginger Beer Soda** 5

Bottled Water 3 **Locally Roasted Coffee*** 4

Gatorade 4 **Cold Brew Coffee** 5

Homemade Lemonade 5 **Hot Chocolate** 4

WINE & BEER

Wine **Mimosa** 7

glass 7 **Beer** 7

bottle 25

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

Hot Dog

Chicken Tenders

Turkey & Cheddar

Grilled Cheese

Peanut Butter & Jelly

Snacks

Muffin 4

Potato Chips 3

Dessert

Kid's Ice Cream 5

Monster Cookie 4

