

UPGRADE YOUR EXPERIENCE

Trade your bag of chips for a premium side:	3
Mozzarella Caprese Salad	
Add avocado to any salad, sandwich, or wrap	3
Add cheese	1

GROWN

substitute chicken or salmon (additional \$3) on any salad

Chilled Salmon Salad

16

artisan greens, salmon, cucumbers, pickled red onions, bell peppers, feta, sunflower seeds, and mango pineapple vinaigrette

Chicken Mediterranean Salad

15

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

Chicken Blueberry Salad

15

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

Avocado Tuna Salad

15

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

12

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

Side Salad

4

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

served on toasted sourdough, chilled citrus herb salmon, lemon herb mayo, bacon, artisan lettuce, and tomato

Avocado BLT*

14

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

Chicken BLT

14

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

Black Bean Veggie Burger

14

served on sourdough ciabatta with artisan lettuce, and tomato

Chicken Salad Sandwich*

14

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

Turkey & Smoked Gouda Sandwich*

14

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

Vegan Chickpea Salad Sandwich*

14

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

Half Sandwich & Side Salad

12

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

Peanut Butter & Jelly Sandwich*

5

WRAPPED

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

Turkey Cranberry Wrap

14

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

Avocado Tuna Wrap

14

a scoop of our homemade tuna salad, tomato, and sprouts

MELTED

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

Ham & Gruyere Melt

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

Turkey Brie Melt

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

15

Margherita Melt

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

15

Roast Beef Sandwich

served on panini bread with roast beef (roasted in-house), chimichurri herb mayo, arugula, and tomato

15

Classic Grilled Cheese*

cheddar cheese on sourdough, grilled to perfection

6

FLATBREADS

Ask about our daily flatbread special!

Margherita

15

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

BBQ Chicken Flatbread

15

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

Pizza Flatbread

14

select classic cheese or pepperoni with cheese and sauce

SIDES & SWEETS

9 oz. Mozzarella Caprese Salad

8

Gluten Free Brownie

4

Bag of Chips

3

Gluten Free Rice Krispy Treat

4

Monster Cookie baked fresh

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

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

Two Egg Breakfast

9

two fried eggs, two pieces of bacon, and two pieces of toast

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

glass
bottle

7
25

Mimosa Beer

7
7

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

Turkey & Cheddar

Grilled Cheese

Peanut Butter & Jelly

Half Pizza Flatbread

(cheese or pepperoni)

Snacks

Muffin

4

Potato Chips

3

Dessert

Kid's Ice Cream

5

Monster Cookie

4