



Lunch Menu

V Vegetarian VV Vegan GF Gluten Free VO Vegan Option

Small Plates or Sharing Plates

- Soup of the Day 8
- Roasted Chickpea Hummus, Red Chermoula, Pita Bread VV 10
- Grilled Tofu, Lila Dragon Sauce, Chinese Mustard, Sriracha V/GF/VO 8
- Roasted Jersey Sweet Potato Wedges, Harissa Spices, Cashew Mayo VV/GF 9
- Bowl of French Green Lentils, Rutabaga, Browned Butter VO/GF 10

Vegetable Plates

Cool/Cold

- Roasted Beets, Turtle Creek Goat Cheese, Arugula, Walnuts, Orange-Sherry Vinaigrette VO/GF 13
- Grilled Avocado -Farro Bowl, Feta Cheese, Yogurt Sauce, Nuts and Seeds V/VO 14
- Macro Bowl: Chickpeas, Sweet Potatoes, Avocado, Seaweed, Brown Rice, Tahini Vinaigrette VV/GF 14
- Greek Salad; Tomatoes, Cucumbers, Red Onion, Feta, Oregano, Olive Oil V/GF/VO 13
- Sandwich of Toasted Sprouted Spelt Bread, Tomato, Red Onion, Avocado, Sprouts VV 11

Warm/Hot

- Grilled Romaine, Farro, Lemon, Olive Oil, Herbs VV 12
- Black Bean Burrito, Whole Wheat Wrap, Rice, Avocado, Pickled Onions, Tofu Sour Cream, Chipotle VV 12
- Veg Burger: Quinoa-Sweet Potato, Whole Grain Bun, Avocado, Red Onion, Mixed Green Salad VV 15
- Spring Bowl: Asparagus, Peas, Kale, Falafel, Pistachios, Tahini-Lemon Sauce VV/GF 14
- Stir-Fry: Tofu, Asian Vegetables, Brown Rice, Red Curry Sauce VV/GF 14
- Ricotta Salata 'Cannelloni', Pomodoro Sauce, Spinach, Parmesan, Garlic, Olive Oil 15
- Bean Tostadas: Yucatan Style Red Cabbage Slaw, Salsa, Avocado, Cilantro VV/GF 12

Plates & Sides

- Sunnyside Up Grove Ladder Farm Egg, Root Vegetable-Potato Hash, Brioche Toast 8 *with bacon add 4*
- Herbed Two Egg Omelet, Spinach, Feta Cheese GF 6
- Merguez Sausage, Mustard, Onions (4 oz.) GF 7
- Add Colemans Organic Chicken Breast (4 oz.) 5
- Add Baked Fish Cake with Cilantro, Mint and Jalepeño GF 5
- Add Grove Ladder Farm Egg GF 3 *Sunnyside up*
- Add Grilled Gulf Shrimp, Garlic, Vegan Butter (4 each) GF 6

Non Alcoholic Beverages

- 221 B.C Kombucha 7
- Berry Hibiscus, Mint Matcha Honey, Ginger, Moringa Lavender*
- Orange Turmeric Cinnamon, Grapefruit Bee Pollen Basil*

- Sara Fresh Juice 7
- Beetiful,*

- San Pellegrino Sparkling Water (Liter) 6
- San Pellegrino Sparkling Water (500ml) 4
- Pure Leaf Iced Tea 5

- Nespresso
- Coffee 2.75 1.25 refill
- Decaf 2.75 1.25 refill
- Ristretto 3.75
- Espresso 3.75
- Cappuccino 4.25
- Decaf Cappuccino 4.25

- Nunshen Hot Tea 4

We Proudly Support Organic, Sustainable and Local Farms /Businesses When in Season and Available
Albert's Organics, Grove Ladder, Geraldson Farms, Hoot Acre, Fermentlicious Sarasota Beef Company, Honeyside Farms,

