



## 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 9
- Grilled Tofu, Lila Dragon Sauce, Chinese Mustard, Sriracha V/GF/VO 8
- Roasted Jersey Sweet Potato Wedges, Harissa Spices, Cashew Mayo VV/GF 10
- Le Puy Green Lentil Dip, Pita, Brown Rice Crackers VV 11

### 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
- Southwestern Bowl: Quinoa, Black Beans, Avocado, Sweet Potatoes, Feta, Lettuces V/GF/VO 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

- Black Bean Burrito, Whole Wheat Wrap, Rice, Avocado, Pickled Onions, Tofu Sour Cream, Chipotle VV 12
- Veg Burger: Mushrooms, Rice, Herbs, Kaiser Roll, Sweet Potato Wedges VV 17
- Summer Bowl: Roasted Vegetables, Falafel, Tahini-Lemon Sauce VV/GF 14
- Stir-Fry: Tofu, Asian Vegetables, Brown Rice, Red Curry Sauce VV/GF 14
- House Made Linguine, Pomodoro Sauce, Garlic, Olive Oil, Basil V 14
- Bean Tostadas: Yucatan Style Red Cabbage Slaw, Salsa, Avocado, Cilantro VV/GF 12

### Plates & Sides

- Two Sunnyside Up Farm Eggs, Root Vegetable-Potato Hash, Brioche Toast 9 *with bacon add 4*
- Herbed Two Egg Omelet, Spinach, Feta Cheese GF 7
- Add Chorizo ( 4 oz. Patty) GF 5
- 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

