



STARTERS

- Avocado Toast \$10
radish, cilantro, lemon, olive oil, country wheat /egg +\$2
Guacamole \$9
cilantro, blue corn chips, cotija
Ceviche \$13
white fish, serrano, cucumber, red onions, celery, cilantro, leche de tigre, blue corn chips
Crab Cake \$13
maryland style, old bay aioli
Lox Toast \$13
smoked salmon, garlic herb cream cheese, avocado, dill, red onion, capers, soft poached egg
Brussels Sprouts \$11
pine nuts, apple, dill, feta
Spanish Chorizo and Cotija Flatbread \$13
arugula, spanish chorizo, white cheddar, cotija, spicy pickled red onion, chimichurri

SANDWICHES

- with house greens, lemon vinaigrette /add fries + \$2
Turkey Club \$13
smoked turkey, little gem, sliced tomato, avocado, sprouts, cheddar cheese, lemon-thyme aioli on wheat
Nashville "Hot" Fried Chicken \$13
bread and butter pickles, red cabbage slaw, ranch on a brioche bun
Spicy Tuna Melt \$14
line-caught albacore tuna, spicy aioli, white cheddar, pickled sesame cucumber, kimchi on wheat
Roasted Chicken Breast \$12
fried pickles, provolone, lettuce, tomato, spicy ranch on a brioche bun
Fried Chicken Wrap \$12
gem lettuce, slaw, pickles, asian buffalo sauce, ranch in a whole wheat tortilla
Green House \$11
quinoa, feta, arugula, avocado, cucumber, parsley, red onion, whole wheat tortilla
Reuben On Rye \$12
pastrami, sauerkraut, swiss, thousand island on toasted rye

Business Lunch \$10
half sandwich + side salad + soup
half entree salad + soup
(+1 salmon salad / +1 tuna melt)

SALADS

- Market Chop \$14
little gem, provolone, salami, garbanzo beans, cherry tomatoes, pepperocini, red onion, oregano vinaigrette
Salmon Confit Salad \$14
spicy greens, cucumber, radish, dill, goat cheese, lemon
Grilled Chicken Kale Caesar \$12
baby kale, parmesan, garlic bread toast
Lemongrass Beef Salad \$14
marinated and grilled flatiron steak, gem lettuce, red cabbage, carrot, fried shallots, roasted cashews, vietnamese chili garlic vinaigrette
Crispy Burrata Salad \$13
panko crusted burrata, spicy greens, roasted tomato, cucumber, radish, pickled seasonal veg, lemon, evoo
Quinoa Salad \$11
heirloom pearl quinoa, parsley, red onion, feta, green onion, arugula, cucumber, lemon and olive oil

MAINS

- Seasonal Grain Bowl \$13
barley, lentils and quinoa, soft poached egg, yam, sauteed kale, shimeji mushrooms, avocado, green goddess dressing served cold
Shrimp Tacos \$13
tempura shrimp, cilantro crema, red cabbage slaw, spicy aioli
1000 Burger with Fries \$15
roasted tomato, caramelized onion, arugula, white cheddar, pickles, 1000 island on a brioche bun
substitute impossible patty \$2.50
Poke Bowl \$15
ahi tuna, lemon grass marinaded tofu, avocado, brown rice, wakame, pickled cucumber, green onion, spicy sesame ponzu
Grilled Cheese and Tomato Soup \$14
cheddar, herbed garlic cheese on sourdough served with house tomato soup
Seared Salmon \$22
pan seared with rice pilaf, lemon brown butter sauce, fines herbs
Steak Frites \$21
7 oz all natural flat iron steak, fries, chimichurri

DESSERT

- "Double H" Bread Pudding \$8
house-made bread pudding, caramel sauce, chocolate, ice cream