



STARTERS

<b>Avocado Toast</b> radish, cilantro, lemon, olive oil, country wheat /egg +\$2	\$8
<b>Guacamole</b> cilantro, blue corn chips, cotija	\$9
<b>Ceviche</b> white fish, serrano, cucumber, red onions, celery, cilantro, leche de tigre, blue corn chips	\$13
<b>Crab Cake</b> maryland style, old bay aioli	\$13
<b>Brussels Sprouts</b> pine nuts, apple, dill, feta	\$11

SANDWICHES

	HALF	WHOLE
with house greens, lemon vinaigrette /add fries + \$2		
<b>Market Chop</b> smoked turkey, little gem, sliced tomato, avocado, sprouts, cheddar cheese, lemon-thyme aioli on wheat	\$8	\$12
<b>Nashville "Hot" Fried Chicken</b> bread and butter pickles, red cabbage slaw, ranch on a brioche bun	\$10.5	
<b>Spicy Tuna Melt</b> line-caught albacore tuna, spicy aioli, white cheddar, pickled sesame cucumber, kimchi on wheat	\$7	\$11.75
<b>Roasted Chicken Breast</b> fried pickles, provolone, lettuce, tomato, spicy ranch on a brioche bun	\$10	
<b>Fried Chicken Wrap</b> gem lettuce, slaw, pickles, asian buffalo sauce, ranch in a whole wheat tortilla	\$6	\$10
<b>Green House</b> quinoa, feta, arugula, avocado, cucumber, parsley, red onion, whole wheat tortilla	\$6	\$10.75
<b>Reuben On Rye</b> pastrami, sauerkraut, swiss, thousand island on toasted rye	\$6	\$10.75

SALADS

	HALF	WHOLE
<b>Market Chop</b> little gem, provolone, salami, garbanzo beans, cherry tomatoes, pepperocini, red onion, oregano vinaigrette	\$7	\$11
<b>Grilled Chicken Kale Caesar</b> baby kale, parmesan, garlic bread toast sub grilled salmon + \$5	\$6	\$10.50
<b>Lemongrass Beef Salad</b> marinated and grilled flatiron steak, gem lettuce, red cabbage, carrot, fried shallots, roasted cashews, vietnamese chili garlic vinaigrette	\$7	\$11.75
<b>Quinoa Salad</b> heirloom pearl quinoa, parsley, red onion, feta, green onion, arugula, cucumber, lemon and olive oil	\$6	\$10

MAINS

<b>Seasonal Grain Bowl</b> barley, lentils and quinoa, soft poached egg, yam, sauteed kale, shimeji mushrooms, avocado, green goddess dressing served cold	\$13
<b>1000 Burger with Fries</b> roasted tomato, caramelized onion, arugula, white cheddar, pickles, 1000 island on a brioche bun <i>substitute impossible patty \$2.50</i>	\$13
<b>Poke Bowl</b> ahi tuna, lemon grass marinaded tofu, avocado, brown rice, wakame, pickled cucumber, green onion, spicy sesame ponzu	\$15
<b>Grilled Cheese and Tomato Soup</b> cheddar, herbed garlic cheese on sourdough served with house tomato soup	\$11
<b>Seared Salmon</b> pan seared with rice pilaf, lemon brown butter sauce, fines herbs	\$22
<b>Braised Short Ribs</b> buttermilk mash, sautéed asparagus, port wine reduction	\$22

DESSERT

<b>"Double H" Bread Pudding</b> house-made bread pudding, caramel sauce, chocolate, ice cream	\$8
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<b>Business Lunch</b>	\$10
half sandwich + side salad + soup	
half entree salad + soup	
(+1 salmon salad / +1 tuna melt)	