

SIGNATURE SALADS

served w/ sliced bread

SOMEN \$8.45

japanese somen noodles, mixed greens, caramelized shallots, kaiware sprouts, carrots, bean sprouts, fresh herbs, crispy wonton strips, roasted chopped peanuts, chili lime vinaigrette

ROCKY \$8.95

herb grilled chicken breast, baby spinach, baby arugula, apples, egg, grapes, cherry tomatoes, roasted red bell peppers, gorgonzola, fried onions, ranch dressing

COBB \$7.45

hearts of romaine, gorgonzola, avocado, apple-wood smoked bacon, cherry tomatoes, egg, creamy basil dressing

TUNA NICOISE \$9.95

pepper crusted seared ahi tuna, butter lettuce, green beans, roasted potatoes, kalamata olives, egg, cherry tomatoes, fresh herbs, lemon tarragon vinaigrette

CAESAR \$6.50

hearts of romaine, garlic herb croutons, roasted red bell peppers, shaved parmesan, caesar dressing

STEAKHOUSE \$9.75

grilled marinated tri-tip steak, hearts of romaine, apple-wood smoked bacon, fried onions, roasted potatoes, black beans, gorgonzola, caesar dressing

FRUITY \$7.95

mixed greens, seasonal fruits, candied walnuts, goat cheese, sesame ginger dressing

DAVY \$12.45

poached scottish loch duart salmon, baby arugula, avocado, sweet corn, aged sharp white cheddar, candied walnuts, shaved fennel, red onions, sesame ginger dressing

HOMEMADE SOUPS

16oz \$4.95

32oz \$8.95

CHICKEN NOODLE

caramelized shallots & spinach

ORGANIC CORN CHOWDER

ground nutmeg

SOUTHWESTERN \$9.25

hearts of romaine, aged sharp white cheddar, apple-wood smoked bacon, avocado, sweet corn, red onions, crispy tortilla strips, black beans, chipotle honey dressing, w/ pico de gallo salsa on top

HOWDY \$9.95

grilled marinated tri-tip steak, butter lettuce, roasted red bell peppers, red onions, aged sharp white cheddar, avocado, sweet corn, blue cheese dressing

SPRING \$9.25

red leaf lettuce, grilled portabella mushroom, roasted summer vegetables, avocado, roasted red bell peppers, red onion, cherry tomatoes, parmesan cheese, balsamic vinaigrette

TOFU \$8.95

furikake crusted tofu, mixed greens, egg white omelet, red bell peppers, edamame, carrots, kaiware sprouts, bean sprouts, toasted sesame seeds, soy ginger vinaigrette

FARMHOUSE \$8.45

red leaf lettuce, orange, roasted red beets, goat cheese, shaved fennel, toasted pine nuts, cherry tomatoes, red onions, roasted red bell peppers, balsamic vinaigrette

KYOTO \$10.45

peppered crusted ahi tuna, mixed greens, wakame seaweed, somen noodles, firm tofu, nori, edamame, kaiware sprout, carrots, sesame seeds, miso sesame dressing

POMONA \$8.95

Baby spinach, organic quinoa, sweet corn, fresh herbs, basil pesto, sugar snap peas, roasted red beets, shaved fennels, cherry tomatoes, feta cheese, red onion.

ORGANIC BUTTERNUT SQUASH

cayenne pepper

CURRY RED LENTILS

chickpeas & quinoa

CUSTOM BUILD SALAD

served w/ sliced bread

step 1 choose a build

full salad \$6.95

half salad \$5.25

step 2 choose a green

baby arugula (+50¢)

butter lettuce

mixed greens

baby spinach

hearts of romaine

red leaf lettuce

step 3 choose 6 standard ingredients (50¢ / each additional ingredient)

alfalfa sprouts

jicama

mango

anchovies

kaiware sprouts

orange

bean sprouts

orzo pasta

Pear

black beans

quinoa

strawberries

broccoli

red bell pepper

Seeds, nuts, & crunches

carrots

red onions

crispy wontons

celery

shaved fennel

crispy tortilla strips

cherry tomatoes

somen noodles

fried onion

chickpeas

sweet corn

garlic croutons

cucumber

watercress

toasted sesame seeds

egg

watermelon radish

toasted almonds

edamame

Fruits

toasted peanuts

fresh herbs

apple

toasted pumpkin seeds

firm tofu

dried currants

new

Cheese

green beans

grapes

crumbled gorgonzola

green onions

golden raisins

crumbled feta

optional step premium ingredients (\$1 / each additional ingredient)

apple-wood smoked bacon

kalamata olives

sundried tomatoes

asparagus *new*

pico de gallo salsa

wakame seaweeds *new*

avocado

roasted herb potatoes

Cheese

candied walnuts

roasted red bell pepper

fresh buffalo mozzarella

caramelized shallot

roasted red beets

laura chenel's goat cheese

dried cranberries *new*

summer vegetables *new*

aged sharp white cheddar

egg white omelet

sugar snap peas *new*

shaved parmesan

optional step steak, poultry, seafood, and things (priced individually)

furikake crusted tofu +\$1.50

grilled marinated tri-tip steak +\$2.95

sautéed shiitake mushrooms +\$1.50

pepper crusted seared ahi tuna +\$3.95

herb grilled chicken breast +\$1.95

poached scottish loch duart salmon +\$3.95

step 4 choose a dressing (.50¢ extra)

balsamic vinaigrette

passion fruit citrus vinaigrette

blue cheese dressing

sesame ginger dressing

butter milk ranch dressing

thai vinaigrette

caesar dressing

whole grain mustard - soy vinaigrette

chili lime vinaigrette (low-fat)

yuzu soy vinaigrette

chipotle honey dressing

fat-free balsamic vinaigrette

creamy basil dressing

fat-free honey dill yogurt dressing

lemon tarragon vinaigrette

balsamic vinegar & extra virgin olive oil

SANDWICHES

served w/ side salad

HOT SANDWICHES

GRILLED CHEESE \$5.25

melted sharp cheddar, on a acme pain de mei

GROQUE MONSIEUR \$7.95

grilled ham, gruyere cheese, on a acme pain de mie

PORTABELLA \$8.95

fresh buffalo mozzarella, marinated tomatoes, olives tapenade, red pepper aioli, on a toasted acme sweet bun

EGGPLANT \$8.25

grilled eggplant, roasted bell peppers, cheddar cheese, basil pesto, marinated tomatoes, on a toasted acme sweet bun

CLUB \$9.25

turkey breast, apple-wood smoked bacon, avocado, tomatoes, alfalfa sprouts, roasted red pepper aioli, on a acme herb slab

TURKEY \$8.45

turkey breast, mixed greens, tomatoes, cream cheese, cranberry sauce, basil pesto, on a whole wheat bread

COOL SANDWICHES

CHIPOTLE \$8.25

spicy chipotle chicken breast, fontina cheese, chipotle sauce, crispy tortilla strips, on a toasted acme green onion slab

STEAK \$8.75

sliced marinated tri-tip steak, crispy potatoes, sautéed corn, lettuce, mayonnaise, on a toasted acme ciabatta

SHRIMP \$8.25

marinated shrimp, cucumber salsa, fresh herbs, butter lettuce, mayonnaise, on a toasted acme green onion slab

BLTA \$8.95

apple-wood smoked bacon, lettuce, roma tomato, avocado, mayonnaise, on a toasted acme pain de mie

CAPRI \$8.45

vine-ripe tomatoes, fresh buffalo mozzarella, olive tapenade, basil pesto, mixed greens, on a toasted acme herb slab

SMALL BITES

GUACAMOLE \$6.25

sour cream, chives, homemade chips

PORK POTSTICKERS (6) \$5.95

chili soy ginger sauce

VEGGIE EGG ROLLS (4) \$4.25

tangy sweet & sour sauce

SESAME TOFU \$4.50

crispy tofu in tangy sesame sauce

FRIED CALAMARI \$7.95

spicy aioli sauce

LETTUCE WRAP

butter lettuce, somen noodles, carrots, cucumber, bean sprouts, caramelized shallots, chopped peanuts, thai sauce
shiitake \$7.95 | chicken \$8.25 | shrimp \$8.75

SUMMER ROLLS

lettuce, carrots, bean sprouts, fresh herbs, thai sauce
shiitake \$4.25 | chicken \$4.95 | shrimp \$5.25

DRINKS

homemade lemonade and juices

HOMEMADE LEMONADE \$1.95

STRAWBERRY LEMONADE \$2.50

FRESH SQUEEZED ORANGE JUICE \$3.50

iced drinks

HOT TEAS \$2.25

ICED GREEN TEA \$1.95

ICED BLACK TEA \$1.95

ARNOLD PALMER \$1.95

We also carry a wide selections of bottled drinks in our cooler. Please ask for our current selections.

fresh organic salads

homemade dressings

seasonal organic ingredients

gourmet sandwiches

specialty drinks