SALADS

HONEY MUSTARD CHICKEN SALAD $7.99 | 780 cal
Mixed Greens, Bacon, Chicken, Pretzel Croutons, Red Onions, Grape Tomatoes, Sharp Cheddar Cheese with Honey Mustard Dressing

CHICKEN CAESAR SALAD $7.99 | 510 cal
Romaine Lettuce, Parmesan Cheese, Chicken, Garlic Croutons, Crispy Bacon with Caesar Dressing

BUTTERNUT SQUASH KALE SALAD (vg) $7.99 | 360 cal
Spring Mix, Kale, Farro, Red Onions, Grape Tomatoes, Diced Apples, Cranberries, Feta Cheese, Candied Pecans, Roasted Butternut Squash dressing with Apple Vinaigrette

PIZZA

FLATBREAD OF THE DAY $7.99 | Varies
Ask us for the daily special!
GRILL

BISTRO WHITE CHEDDAR CHEESE SLIDERS $7.99 | 740 cal
Local Grass-fed Beef Patties, White Cheddar, Grilled Onions, Pickles, Salad Greens with Honey Citrus Dressing

CAPRESE PANINI $7.99 | 560 cal
Mozzarella, Basil, Tomato, Balsamic Glaze, Salad Greens with Honey Citrus Dressing

ENTREES

SEARED SALMON WITH RED QUINOA $10.99 | 570 cal
Seared Salmon with Red Quinoa and Kale. Served with Roasted Root Vegetables and Fennel Sauce

ahi tuna poke nachos $10.99 | 820 cal
Fried Wontons, Ahi Tuna, Avocado, Tomatoes, Green Onions, Cilantro, with Spicy Soy Glaze, Wasabi Cream Siracha Mayo and Furikake

SIDES

hummus $2.25 | 150 cal
Hummus with assorted Vegetables and Grilled Pita