



# L U N C H

We are proud to use only antibiotic-free, cage free, hormone-free poultry and sustainably-harvested seafood.

We strive to use locally sourced and organic products.

GF = Gluten Free

GFO = Gluten Free Option

HH = Heart Healthier

## EXPRESS LUNCH

All of our artisan sandwiches are served with your choice of organic greens, blues, house made jicama slaw, caprese or a cup of soup.

## ARTISAN SANDWICHES

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|--|------|
| Tuscan   | 8.5  |
| Imported prosciutto, roasted onions and peppers, melted mozzarella and fontina cheese on a toasted artisan roll with house made chimichurri. |      |
| Cuban  | 8.5  |
| Smoked pulled pork and chicken, melted cheeses, mustard and pickles on a toasted artisan roll.   |      |
| Grilled Vegetable  | 8.5  |
| Grilled mixed vegetables topped with melted cheese on a toasted artisan roll with Boursin cheese.  |      |
| Crab Shrimp & Avocado  | 9.5  |
| Lump crab and shrimp salad on whole grain bread, greens, tomato and avocado.   |      |
| Caribbean Crab Cake  | 11.9 |
| House made jumbo lump crab cake, greens, tomato, pineapple mango salsa, remoulade on a toasted artisan roll.                                 |      |
| Prime Rib Sandwich   | 12.9 |
| Sautéed mushrooms, caramelized onions, fontina cheese, horseradish sauce on a toasted artisan roll. Served with a natural au jus.            |      |
| BBQ Short Rib Sandwich   | 12.9 |
| Slow roasted, smoky BBQ sauce, jicama slaw.  |      |
- ## GREENS
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|--|------|
| Salmon Asparagus Salad   | 12.9 |
| Certified Sustainable, broiled Atlantic Salmon*, organic greens, asparagus, tomatoes, feta cheese, walnuts, dried cranberries, house made lemon balsamic vinaigrette. GF   |      |
| Chicken or Shrimp Caesar Salad   |      |
| Romaine hearts, parmesan, croutons. House made Caesar dressing. Anchovies upon request.  |      |
| With chicken   | 12.5 |
| With shrimp  | 14.5 |
|  | GFO  |
| Southwest Chicken Salad  | 9.9  |
| House made chicken salad, organic greens, black bean salsa, tomatoes, avocado, cheddar cheese, crispy tortilla strips, house made Southwest ranch. GF                      |      |
| Steakhouse Salad   | 14.9 |
| Charbroiled Black Angus Flat Iron steak*, chopped lettuces, tomatoes, red onion, walnuts, cranberries, warm bacon, gorgonzola crumbles, house made gorgonzola dressing. GF |      |
| Julie's Farmer Salad   | 9.9  |
| Organic greens, tomatoes, goat cheese, walnuts, green apple, cranberries, house made balsamic vinaigrette dressing. GF HH  |      |
| Add chicken +6 Add shrimp or steak** +8  |      |

\*Consumer Advisory: Consuming raw or undercooked foods may be hazardous.. Do so at your own risk.  
If you have a food allergy, please speak to the owner, manager, chef or your server.