



# 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

GF = Gluten Free Option

HH = Heart Healthier

V = Vegetarian

## 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

**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. V

**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

**Salmon Asparagus Salad 12.9**  
Certified Sustainable, broiled Atlantic Salmon\*, organic greens, asparagus, tomatoes, feta cheese, walnuts, dried cranberries, house made lemon balsamic vinaigrette. GFO

**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. GFO

**Steakhouse Salad 14.9**  
Charbroiled Choice Bravheart Black Angus Beef®, chopped lettuces, tomatoes, red onion, walnuts, cranberries, warm bacon, gorgonzola crumbles, house made gorgonzola dressing. GFO

**Julie's Farmer Salad 9.9**  
Organic greens, tomatoes, goat cheese, walnuts, green apple, cranberries, house made balsamic vinaigrette dressing. GFO HH V  
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.