



# 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  
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

#### Cuban 7.9

Smoked pulled pork and chicken, melted cheeses, mustard and pickles on a toasted artisan roll.

#### Grilled Vegetable 8.9

Grilled yellow and green squash, roasted onions, peppers, mushrooms, asparagus. Topped with melted cheese on a toasted artisan roll with a creamy cheese spread. V

#### Crab Shrimp & Avocado Salad 8.9

Lump crab and shrimp salad on whole grain bread, greens, tomato and avocado.

#### BBQ Short Rib Sandwich 12.9

Slow roasted, smoky BBQ sauce, jicama slaw.

#### Prime Rib Sandwich 13.9

Slow roasted and shaved prime rib, sautéed mushrooms, caramelized onions, melted fontina cheese on a toasted artisan roll with a natural au jus and horseradish sauce.

### GREENS

#### Salmon Asparagus Salad 12.9

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

#### Chicken or Shrimp Caesar Salad 10.9

Crisp romaine hearts, croutons, parmesan cheese, house made Caesar dressing. Anchovies upon request. GFO

#### Southwest Chicken Salad 8.9

House made chicken salad, organic greens, black bean salsa, tomatoes, avocado, cheddar cheese, crispy tortilla strips, house made Southwest ranch. GFO

#### Steakhouse Salad 12.9

8oz, Braveheart Black Angus Beef® Flat Iron steak\*, chopped lettuces, tomatoes, red onion, walnuts, cranberries, warm bacon, gorgonzola crumbles, house made gorgonzola dressing. GFO

#### Julie's Farmer Salad 8.9

Organic greens, tomatoes, goat cheese, walnuts, green apple, cranberries, house made balsamic vinaigrette dressing. GFO HH V

Add chicken or shrimp +6 or steak\* +8

\*Contains raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions. Please inform your server of any allergies or intolerances.