

panini sandwiches: Ciabatta or Whole Wheat Flat Bread

(1/2 Panini with 1/2 Soup or 1/2 Salad available, 1/2 and 1/2 on Ciabatta Only)

Smokey Southwest Chicken \$8.9

Spicy Fire-Grilled Chicken, Two Cheeses, Crisp Tortillas, Lettuce, Southwest Ranch Dressing

Waldorf Chicken Salad (1/2 & 1/2: \$8.6) \$7.9

Fire Grilled Chicken, Apples, Grapes, Cranberries, Raisins, Candied Walnuts, House Pickled Onions, Blue Cheese Crumbles, Lettuce

Asian Chicken Crunch (1/2 & 1/2: \$8.6) \$8.3

Almond Rosemary Crusted Chicken, Ginger Apricot Coleslaw, Avocado, Chili Peanut Aioli

Grilled Vegetable 🍃 \$7.9

Grilled Zucchini, Grilled Onions, Olive Salad, Baby Greens, Avocado, Grilled Squash, Feta Cheese, Balsamic Vinaigrette

Grilled Salmon* \$9.8

Marinated Salmon, Avocado, Lettuce, Corn Cilantro Relish, Tarragon Aioli

Crispy Tenderloins of Chicken (1/2 & 1/2: \$8.6) \$7.9

Crispy Ale-Laced Chicken, Lettuce, Two Cheeses, Honey Mustard

Grilled Prime Steak* \$9.9

Savory Tender Steak, Roasted Peppers, Blue Cheese Crumbles, Caramelized Onions, Baby Greens, Horseradish Aioli

Grilled Chicken BLT \$8.9

Fire-Grilled Chicken, Avocado, Lettuce, Tomatoes, Sprouts, Bacon Aioli

Tomato Mozzarella (1/2 & 1/2: \$8.6) 🍃 \$8.3

Ovolini Mozzarella, Roasted Peppers, Basil, Tomatoes, Nut-Less Pesto, Balsamic Vinaigrette

House Turkey Club \$8.9

House Roasted Turkey, Two Cheeses, Lettuce, Tomato, Bacon Honey Mustard

outside the box burgers:

Ciabatta or Whole Wheat Flat Bread

Black Bean Burger 🍃 \$9.9

Black Beans, Rice, Avocado, House Pickled Jalapeños, Lettuce, Tomatoes, Corn Relish, Horseradish Aioli, Honey Mustard Sauce

Bison Burger* \$10.9

Grilled Bison Beef Burger, Baby Field Greens, Blue Cheese Crumbles, BBQ, Horseradish Aioli

Tuna Burger* \$9.9

Ginger Scallion Studded Tuna Burger, Asian Slaw, Baby Field Greens, Horseradish Aioli

Salmon Burger* \$10.9

Salmon Burger, Baby Field Greens, Roasted Corn Relish, Pickled Jalapeños & Onions, Avocado, Horseradish Aioli, Tomatoes

chef's small plates:

Ale Laced Chicken Tenders **plate** \$5.5 **plate & 1/2 soup or a side salad**** \$7.5

Honey Mustard & BBQ

Almond Crusted Seared Tuna* \$6.5 \$8.5

Asian Slaw, Dijon Vinaigrette

Coconut Curry Chicken \$7.5 \$9.5

Fresh Coconut Curry Sauce, Wheat Berry Rice, Roasted Corn Relish

Almond Chicken Skewers \$5.5 \$7.5

Peanut Chili Sauce, Asian Slaw

Grilled Salmon* \$8.5 \$10.5

Fresh Coconut Curry Sauce or Black Bean Orange Sauce, Roasted Corn Relish, Wheat Berry Rice

Blackened Lime Shrimp \$6.5 \$8.5

Asian Slaw, Ranch Dressing

Crispy Calamari \$6.5 \$8.5

Lemon Frites, Ginger Apricot Vinaigrette

Chicken Wild Mushroom \$7.5 \$9.5

Mushroom Cream Sauce, Garlic Mashed Potatoes

Seared Tofu 🍃 \$5.5 \$7.5

Fresh Coconut Curry Sauce, Wheat Berry Rice, Roasted Corn Relish

****Select a 1/2 Soup OR Side Salad**

Soups: Tomato Bisque, Wild Mushroom, Lentil, Chicken Tortilla or Creamy Chicken Vegetable
 Side Salads: F2O Baby Green, House or Caesar

chef inspired soups:

Made In-House Daily: 1/2 bowl: \$4.2 **full bowl:** \$5.1

Tomato Bisque (gluten free) 🍃

Wild Mushroom 🍃

Lentil (vegan, gluten free)

Chicken Tortilla

Creamy Chicken Vegetable

sweet treats:

Desserts: \$2.1

Fudge Brownie 27

Cup Cake of the Day

Fresh Baked Cookies

salads:

1/2 salad &

1/2 soup

full salad

Southwest \$8.3 \$7.9

Mixed Greens, Tomatoes, Cheese, Roasted Corn, Golden Raisins, Tortilla Crisps, Southwest Ranch

Asian \$8.3 \$7.9

Mixed Baby Greens, Candied Walnuts, Tomatoes, Avocado, Sesame Seeds, Pickled Ginger, Mandarin Oranges, Szechuan Peanuts, Crispy Noodles, Dijon Vinaigrette

Market \$8.3 \$7.9

Mixed Baby Greens, Mandarin Oranges, Candied Walnuts, Golden Raisins, Apples, Toasted Almonds, Balsamic Vinaigrette

Caesar \$8.3 \$7.9

Crisp Romaine Blend, Aged Parmesan, Herb Croutons, Caesar Dressing

Mediterranean \$8.3 \$7.9

Mixed Greens, Feta Cheese, Tomatoes, Olive Salad, Grilled Onions, Toasted Almonds, Herbs, Red Grapes, Ginger Apricot Vinaigrette

Spinach \$8.3 \$7.9

Spinach, Seasonal Fruit, Strawberries, Toasted Almonds, Blue Cheese Crumbles, Cranberries, Raspberry Vinaigrette

Club \$8.3 \$7.9

Mixed Greens, Toasted Almonds, Bacon, Tomatoes, Cucumbers, Avocado, Cheese, Cranberries, Honey Mustard

protein add ons for salad:

Blackened Chicken Tenders \$2.7 Tender Crispy Calamari \$3.9

Ale-Laced Chicken Tenders \$2.7 Grilled Salmon* \$4.1

Seared Tofu 🍃 \$2.7 Blackened Lime Shrimp \$4.9

Fire-Grilled Chicken Breast \$2.7 Almond Crusted Tuna* \$4.9

Almond Crusted Chicken Skewers \$3.0 Grilled Prime Steak* \$4.9

entrée long plates:

Grilled Salmon* (3/4 portion: \$11.9) \$14.3

Black Bean Orange Sauce, Baby Greens, Roasted Corn Relish, Wheat Berry Rice, Baby Greens

Crispy Tenderloins Of Chicken (3/4 portion: \$9.9) \$11.8

Crispy Ale-Laced Chicken, Garlic Mashed Potatoes, Honey Mustard & BBQ

Almond Chicken Skewers (3/4 portion: \$10.9) \$11.9

Almond-Rosemary Crust, Sweet Mashed Potatoes, Asian Slaw, Twin Sauces

Coconut Curry Salmon* (3/4 portion: \$11.9) \$14.3

Fresh Coconut Curry Sauce, Roasted Corn Relish, Wheat Berry Rice, Baby Greens

Grilled Prime Steak Medallion* \$14.9

Balsamic Cabernet Reduction, Garlic Jack Grit Cake, Baby Greens

Fire-Grilled Chicken \$11.5

Tender and Marinated, Wheat Berry Rice, Balsamic Cabernet Reduction, Baby Greens

Calamari \$11.5

Tender Calamari, Lemon Frites, Asian Slaw, Wheat Berry Rice, Ginger Apricot Vinaigrette

Coconut Curry Chicken \$11.5

Fresh Coconut Curry Sauce, Tender Fire Grilled Chicken, Roasted Corn Relish, Wheat Berry Rice, Baby Greens

Chicken Wild Mushroom \$13.6

Mushroom Cream Sauce, Garlic Mashed Potatoes, Roasted Mushrooms

Wild Mushroom Prime Steak Medallion* \$14.9

Mushroom Cream Sauce, Baby Greens, Garlic Mashed Potatoes, Roasted Mushrooms, Baby Greens

premium sides: \$3.9

Garlic Mashed Potatoes

Wheat Berry Rice

Grilled Vegetables

Fruit Salad

Macaroni & Cheese

Garlic Jack Grit Cake

Roasted Corn Nut Salad

Sweet Mashed Potatoes

kids: 12 & younger only please, served with choice of chips, apples or carrots. Premium sides available at an additional charge.

Macaroni & Cheese \$4.5

Chicken Tender Platter, Honey Mustard & BBQ \$4.5

Kids Caesar Salad, Grilled Chicken \$4.5

Grilled Chicken Breast, Baby Greens \$5.5

Coconut Curry Chicken, Baby Greens \$5.5

Seared Salmon*, Baby Greens \$6.5

Grilled Steak*, Baby Greens \$6.5