

# lunch M E N U

## Soups

<b>CARNIVORE</b> meat based feature	<b>3.50/6.95</b>
<b>HERBIVORE</b> vegan based feature	<b>3.50/6.95</b>
<b>FOS</b> caramelized French onion soup made with beef and chicken broths, garlic crouton, gruyere cheese	<b>3.95/7.95</b>

## Lunch Plates

<b>QUICHE FEATURE</b> deep dish quiche served with a side house salad	<b>10.95</b>
<b>BONE BROTH BOWL</b> [Collagen] [Folate] [Niacin] beef broth made from marrow bones, grilled chicken breast, fresh steamed veggies, mushrooms, lime, sambal chili sauce drizzle, cilantro, and brown rice noodles	<b>16.95</b>

## Salads

<b>HOUSE</b> house blended greens, hemp seed sprinkle, crispy roasted olive oil and herb chic peas, raw apple cider lemon vinaigrette. [our house salad is full of essential fatty acids, antioxidants, and plant based protein]	<b>7.50</b>
<b>KALE CAESAR</b> tender baby kale leaves and shaved brussel sprouts tossed with a healthier version of caesar dressing, baked rosemary parmesan croutons, preserved lemon strips, parmesan crisp. [swapping out romaine for darker greens helps boost potassium and other nutrients]	<b>10.50</b>
<b>HOT APPLE CIDER</b> roasted half apple with spice and local maple, served over leaf lettuce, shaved red onion, sweet potato croutons, immune boosting goji berries, raw apple cider vinaigrette	<b>12.95</b>
<b>ROASTED BEET SALAD</b> [Ca] [Mg] [Folate] roasted red and yellow beets, dried blueberries, gorgonzola crumbles, shaved radish, baby arugula, shaved fennel, lemon and dill dressing	<b>12.95</b>
<b>THAI RED CURRY NOODLE STIR FRY</b> mixed sesame vegetables served over cold brown rice noodles [lower glycemic noodle option containing fiber], red curry, ginger, and lime dressing, and crushed peanuts.	<b>13.50</b>
<b>BUFFALO CAULIFLOWER CAESAR</b> tender leaf lettuce topped with buffalo crispy cauliflower, caesar dressing, spiraled crunchy carrots ribbons, fresh scallions and parsley served with vegan Caesar dressing	<b>10.95</b>
<b>SALAD ADDITIONS</b>	
Grilled chicken	<b>5.95</b>
Flat iron steak	<b>10.95</b>
Grilled salmon filet	<b>12.95</b>
Portabello mushroom	<b>4.50</b>

## Grilled Flatbreads

gluten free cauliflower crust also available [free from wheat to accommodate Celiac/gluten sensitivities]	<b>3.75</b> upgrade
<b>MARGARITA</b> [Lycopenes] nut-free pesto sauce, sliced tomato, buffalo mozzarella and provolone blend and topped with fresh mozzarella and basil	<b>9.75</b>
<b>BUFFALO</b> blue cheese dressing and sriracha lime wing sauce, crispy garlic chicken bites and cheddar cheese food for the soul	<b>10.50</b>
<b>MUSHROOM</b> [Fe] [P] [Zn] Sautéed and caramelized mixed mushrooms with garlic and herbs, goat cheese, spinach and a fried egg. Topped with crispy asparagus and crazy good olive oil.	<b>12.95</b>
<b>PICKLE PIZZA</b> chipotle ranch dressing, sliced pickles, red onion, spinach, parmesan and cheddar cheeses, scallions and red chili flakes	<b>11.95</b>

## Sandwiches

<b>SANDWICHES SERVED WITH A SIDE OF TOSSED GREENS.</b> French fries, sweet potato fries, caesar salad, or house fried chips also available for an upgrade.	
<b>BURGER</b> 8 ounce beef patty on a Brioche roll, lettuce, tomato, and pickle spear.	<b>10.50</b>
<b>ADD TO A BURGER</b> Cooper American cheese, smoked gouda, cheddar, gruyere, raw onion, sauteed onion, avocado, and/or bacon	<b>.75</b>
<b>FEATURED SSG BURGER</b> made with beef patty or turkey patty - sticky bacon onion jam, smoked gouda cheese, sunny egg, and au 'poivre sauce on a croissant roll	<b>14.95</b>
<b>TURKEY BURGER</b> turkey patty [Lean on fat but not on flavor] on a multigrain roll, leaf lettuce, tomato, red onion, and avocado, avocado ranch spread	<b>11.95</b>
<b>WILD RICE AND BLACK BEAN BURGER</b> formed with sautéed veggies and herbs, multi grain roll, sliced avocado, red onion, leaf lettuce, and broccoli slaw. [High in protein and alkaline ingredients]	<b>13.75</b>
<b>CHICKEN SALAD CROISSANT</b> [Ca] [Niacin] [Riboflavin] greek yogurt based chicken salad with dried cranberries, celery, apple, red onion, tarragon, grapes, and lemon. Served on a croissant and topped with greens. [We use a greek yogurt base to add a whole new level of protein and calcium to a classic chicken salad.]	<b>8.95</b>
<b>FISH TACO FEATURE</b> three soft flour tortilla filled with special ingredients	<b>12.95</b>
<b>GRILLED STEAK</b> [Fe] [Zn] grilled flat iron steak, caramelized onions, Gorgonzola cheese, horseradish cream, served on a garlic buttered hoagie roll	<b>12.95</b>
<b>VEGAN TACOS</b> [Vitamin A] chimmichurri roasted sweet potatoes and crispy cauliflower, chipotle avocado sauce, shredded cabbage, lettuce leaves and lime, soft flour shells.	<b>12.95</b>

