



lunch M E N U

Soups

FRENCH ONION	4.50/8.95
caramelized onions deglazed with white wine, beef and chicken stocks, served with a garlic crouton and gruyere cheese	
CREAM OF MUSHROOM	3.50/6.95
sautéed mushrooms and aromatics pureed with cream, toasted garlic baguette	
FEATURED	3.50/6.95
soup of the day	

Lunch Plates

QUICHE FEATURE	10.95
deep dish featured quiche served with a side house salad	

Salads

HOUSE	7.95
mixed greens, halved grape tomato, cucumber, olive, feta cheese, raw apple cider house dressing [our house salad is full of essential fatty acids, antioxidants, and plant based protein]	
WALDORF	12.95
mixed greens, dried cranberries, sliced apples, shaved fennel, spiced walnuts, grapes, and a creamy blue cheese dressing	
CAULIFLOWER CAESAR	13.50
tender leaf lettuce and baby kale, vegan sweet chili Buffalo crispy cauliflower bites, shaved carrot ribbons, vegan Caesar dressing	
POACHED PEAR	13.75
arugula lettuce, red wine poached pear, shaved crispy prosciutto, blue cheese, spiced walnuts, and a mulled red wine vinaigrette	
RED BEET	13.25
mixed greens, roasted red beets with herbs and olive oil, shaved fennel, pistachios, goat cheese crumbles, tarragon orange dressing	
QUINOA BURRATA	10.95
mixed greens, warmed burrata ball, fluffed vegetable quinoa grains, halved grape tomatoes, and a balsamic vinaigrette	
PROTEIN CHOICES FOR A SALAD	
Grilled antibiotic free chicken breast	6.25
Grilled salmon filet	11.95
Grilled flat iron steak	14.50
Grilled ahi tuna steak	11.95

Flatbreads

gluten free cauliflower crust also available [free from wheat to accommodate Celiac/gluten sensitivities]	4.50 upgrade
MARGARITA [Lycopenes]	10.75
nut free pesto sauce, sliced tomato, buffalo mozzarella, served with fresh basil and fresh mozzarella	
BUFFALO	10.95
garlic breaded chicken, blue cheese dressing, buffalo hot sauce, cheddar cheese food for the soul	
FIG	16.95
rosemary fig jam, honey cream cheese, shaved red onion, gorgonzola cheese, baked and served with sliced prosciutto, arugula, and spiced walnuts	
SAUSAGE	11.95
fennel sweet sausage, romesco sauce, sliced apple and fennel, spinach, fontina cheese, fresh basil leaves and cracked peppercorns	

Sandwiches

SANDWICHES SERVED WITH A SIDE OF TOSSED GREENS.	
French fries, sweet potato fries, caesar salad, or house fried chips also available for an upgrade.	
BURGER	10.50
8 ounce beef patty on a toasted brioche bun, lettuce, tomato, pickle	
ADD TO A BURGER	.75
chipotle ranch sauce, avocado, bacon, sautéed onion, shaved red onion, cheddar cheese, Cooper American cheese, pepper jack cheese, gruyere cheese	
SSG BURGER	14.25
8 ounce beef patty on a toasted onion poppyseed brioche bun, chipotle ranch, crispy jalapeño, caramelized onion, bacon, pepper jack cheese	
TURKEY BURGER	11.95
6 ounce turkey burger on a multigrain bun, aioli sauce, lettuce, tomato, red onion, avocado	
FALAFEL BURGER	12.95
seasoned ground chick peas formed into a patty served on pita bread, cucumber, tomato and red onion tossed in herbs and lemon, lettuce and vegan yogurt sauce [High in protein and alkaline ingredients]	
CHICKEN SALAD	9.50
[Ca] [Niacin] [Riboflavin] roasted chicken breast mixed with yogurt, cranberries, celery, red onion, tarragon, and lemon, toasted croissant and arugula lettuce [We use a greek yogurt base to add a whole new level of protein and calcium to a classic chicken salad.]	
E.B.A.L.T.	10.95
fried eggs, bacon, avocado, lettuce, tomato served on a toasted croissant with dill aioli	
FISH TACO	12.95
featured fish of the day served DIY style, flour tortillas, lettuce, vegetable slaw/salsa and sauce	

