

SMALL PLATES

Lunch

Mayra's Soups / Carrot Ginger Purée **V GF** / cup 8. / bowl 11. **Chalk Board Special** / cup 8. bowl 11.

Simply Good Olives / organic Mediterranean olives / local olive oil / rosemary / thyme / garlic / orange rind / **V GF** / 8.

Polenta Fries / polenta sautéed w/pesto / topped w/grated parmesan / served w/roasted red pepper sauce / 16. **GF**

Finger-Licking-Good / roasted fingerling potatoes / garlic / shallots / truffle salt / w/savory dipping sauces / **V request +1 GF** / 14.

Hot n Bubbly Dip / artichoke hearts / smoked gouda / white cheddar / spinach / mild red fresno chilis / tortilla chips **GF** / 17.

Roasted Cauliflower / carrot hummus whip / roasted garlic & cherry tomato / chimichurri / pistachio / **V GF** / 17.

T's Wings / lemon pepper chicken wings / Greek yogurt feta dip / celery / **GF** / 18.

Gotta Have a Meatball / Niman Ranch angus beef / parmesan / ricotta / garlic & herbs / tomato sauce / melted cheese / 16. **GF request +1**

SALADS **GF** **Organic Greens - Mary's Organic Chicken** - Add: Chicken +6 Shrimp +8

Farmers Daughter / baby greens / shredded beets / riced broccoli / carrots / toasted almonds / goat cheese / fig balsamic vinaigrette / 18.

Power Bowl / baby greens / cabbage / carrots / pickled onion / tamari tofu / quinoa / egg / sunflower seeds / hummus / lemon dressing / 19.

Gone Fishing / seared sesame ahi / mixed greens / cabbage / mango / snow peas / pickled onion / mushrooms / orange sesame dressing / 25.

Back Yard BBQ **V** / romaine / roasted corn / tomatoes / black beans / bbq sauce / pepitas / tortilla strips / chipotle dressing / **V** / 19.

Hippie Caesar / our **VEGAN** version of the classic / black spanish radish / carrots / capers / parsnip hemp croutons / cashew dressing / **V** / 18.

Stay Fit 2.0 / baby greens / chicken / chickpeas / feta cheese / pickled green beans / cucumber / red onion / pepitas / basil vinaigrette / 19.

Get Chopped / baby greens / chicken / Applewood smoked bacon / egg / avocado / creamy blue cheese dressing / 21.

Up Town / roasted red & golden beets / oranges / avocado / hempseed / microgreens / poppyseed vinaigrette / **V** / 18.

SANDWICHES & SUCH **Gluten-Free Vegan Bread by Mama Mels Optional +2** **Vegan Cheese Optional +3**

Chick-a-luma / Mary's chicken breast / sliced honey crisp apples / gruyere / arugula / pesto aioli / soup or side salad / 19.

The BLAST / Applewood smoked bacon / smoked salmon / lettuce / tomato / avocado / aioli / soup or side salad / 20.

Adult Grilled Cheese / rustic country bread / comte' / gruyere / bacon / Victor's secret spread / caramelized shallots / soup or side salad / 18..

Veggie Delight / wild mushrooms / artichokes / red bell pepper / sauteed onion/ greens / truffle oil / fontina cheese / soup or side salad / 18.

Plant It Burger **V** / quinoa / black beans / walnuts & seasoning / lemon tahini / sundried tomato pesto / side salad **V** / 19.

Apricot Glazed Turkey Burger / Diestel ground turkey / apricot & mango chipotle glaze / gruyere / squash / mustard aioli / side salad / 19.

WGB Burger / Niman Ranch angus beef / white cheddar / lettuce / tomato / house made pickles / aioli / house made ketchup / side salad / 20.

Lamb Burger / Niman Ranch lamb / marinated mushrooms / red onion / goat cheese / truffle aioli / house made ketchup / side salad / 24..

Dos Street Tacos / seasoned wild cod / home made corn tortillas / avocado tomatillo salsa / sriracha aioli / cabbage slaw / 19. **GF**

Quinoa Sweet Potato Cakes **V** / brussels sprouts slaw / lemon tahini / roasted red pepper & creamy cashew sauces **V GF** / 19.

Shepherd's Pie **V** / roasted Italian fennel **vegan** sausage / carrots / mushrooms / english peas / mashed potato whip **V GF** / 20.

King Salmon / fingerling potatoes / braised cherry tomato & cabbage / bourbon glaze / **GF** / 31.

NEAPOLITAN STYLE PIZZAS **Gluten-Free Vegan Pizza Crust Optional +3** **Vegan Cheese optional+3**

In Season / mary's chicken / bbq sauce / pineapple / serrano peppers / red onion / cilantro / mexican cheese blend / 25.

Margherita / tomato sauce / Grande fresh mozzarella / basil / 20.

Four Cheese Fig & Pig / house made fig spread / fontina / asiago / goat & blue cheese / prosciutto / wild baby arugula / 26.

Mediterranean / pesto sauce / mozzarella cheese / roasted tomatoes / kalamata olives / artichokes / cremini mushrooms / red onion / 23.

The Pearl **V** / tomato sauce / miyoko's mozzarella / italian fennel **vegan** sausage / pepperoncini / beech mushrooms / pearl onion / basil **V**/25.

Fog Lifter / tomato sauce / mozzarella / Fontanini spicy Italian fennel sausage / pepperoni / Applewood smoked bacon / 25.

Perfect Pair / EVOO / mozzarella / roasted pears / Point Reyes blue cheese / smoked uncured ham / wild baby arugula / fennel / 24.

EVOO = Extra virgin olive oil **GF = Gluten Free**, **V = Vegan**—20% gratuity will be added to parties of 6 or more and credit card authorizations without signature.