



SHAREABLES

ORGANIC CHICKPEA HUMMUS - \$6

served with toasted pita bread

APPLE-BRINE WINGS - \$10

buffalo or date bbq style
served with buttermilk ranch

SEARED TUNA PLATE - \$10

seared to preference yellowfin tuna
served atop field greens with wasabi
and soy sauce sides

FRIED GREEN BEANS - \$7

served with sriracha aioli

CHICKEN SLIDERS - \$9

buffalo chicken, butter lettuce, heirloom
tomato, sriracha aioli

ASIAN LETTUCE WRAPS - \$10

chicken, water chestnuts, cabbage, carrots and
scallions served with whole butter lettuce, thai
peanut sauce and sweet & sour sauce

SALADS

ADD-ON TO ANY SALAD:

Chicken, Blackened - \$5

Salmon - \$6

Chicken, Free Range - \$5

Yellowfin Tuna - \$6

Shrimp - \$6

Mahi Mahi - \$8

CAPRESE SALAD - \$8

traditional fresh mozzarella and tomato
stack with basil, balsamic & olive oil

SPINACH SALAD - \$8

baby organic spinach leaves, pecan-smoked
bacon, red onion, sliced mushrooms & belle
chevre goat cheese in a red wine vinaigrette

ACA SALAD - \$8

fresh spring mix, apples, toasted pine nuts,
craisins, and belle chevre goat cheese tossed
in a maple-raisin vinaigrette

ASIAN CHOPPED SALAD - \$8

romaine, tomatoes, cucumber, julienne carrots,
bell peppers & wonton chips tossed in a
creamy ginger dressing

DRESSING OPTIONS:

Maple Raisin Vinaigrette

Creamy Ginger

Blue Cheese

Balsamic Glaze

Buttermilk Ranch

Red Wine Vinaigrette

CAESAR SALAD - \$8

crisp romaine, brioche croutons & aged parmesan
tossed in our House Caesar dressing

BLUE CHEESE WEDGE - \$8

organic iceberg lettuce, pecan-smoked bacon,
red onion, cucumbers, tomatoes, blue cheese
crumbles & dressing

SOUTHWEST CHOPPED SALAD - \$8

crisp romaine & iceberg lettuce, tomatoes,
cucumbers, avocado, feta cheese & Cajun
tortilla chips with buttermilk ranch dressing

SANDWICHES

SERVED WITH YOUR CHOICE OF:

French Fries, House Salad, Fresh Veggies (steamed or sauteed)

For \$2: Tempura Fries, Brussel Sprouts (fried or steamed), Fresh Fruit

SOUTHWEST CHICKEN - \$12

free range chicken breast, field greens tossed
in pesto, pecan-smoked bacon, beef steak
tomatoes, avocado, & chipotle mayo served
on wheat berry bread

OLD FASHIONED CHEESEBURGER - \$10

grass-fed, black angus, aged cheddar, organic
lettuce, beef steak tomatoes, red onion, &
regular mayo on a brioche bun
add pecan-smoked bacon - \$2

BLT TWIST - \$10

fried mozzarella, beefsteak tomatoes, pecan-
smoked bacon, organic lettuce, & chipotle
mayo on wheat berry bread

ATHLETIC CHICKEN SALAD WRAP - \$9

free range chicken, craisins, & almonds tossed in a
greek yogurt dressing, beefsteak tomatoes, &
field greens served on a spinach tortilla

TURKEY CLUB - \$10

oven roasted turkey, avocado, tomatoes, field
greens, roasted bell pepper hummus, provolone,
& turkey bacon on wheat berry bread

BISON SLIDERS - \$12

organic ground bison, irish cheese
blend, balsamic caramelized onion,
butter lettuce, chipotle mayo

*Consuming raw or under-cooked meats, poultry, seafood, shellfish, or eggs may increase the risk of foodborne illness. Our establishment offers products with peanuts, tree nuts, soy, eggs, milk, and wheat. While we take steps to minimize the risk of cross-contamination, we cannot guarantee that any of our products are safe to consume for people with allergies to the above-listed products.



FLATBREAD PIZZA

SUPREME - \$12

marinara base with parmesan & mozzarella cheese, onions, peppers, sausage, pepperoni, ham, & mushrooms

PESTO PIZZA - \$10

pesto base with feta cheese, mushrooms, onions, tomatoes, & basil

BARBEQUE CHICKEN - \$10

barbecue sauce base with mozzarella cheese, grilled chicken, onions, & mushrooms

WHITE PIZZA - \$11

alfredo sauce base with mozzarella cheese, chicken, mushrooms, spinach, tomatoes, & onions

BUILD YOUR OWN PIZZA

BASE FLATBREAD-SAUCE-CHEESE PIZZA - \$8

CHOOSE A SAUCE marinara, barbecue, pesto, alfredo, or oil & garlic

CHOOSE STANDARD TOPPINGS - \$0.50 EACH

onions, peppers, mushrooms, spinach, tomatoes, basil, squash, zucchini, brussel sprouts, olives, sweet potato, caramelized onion

CHOOSE PREMIUM TOPPINGS - \$1 EACH

sausage, pepperoni, ham, ground beef, bacon, chicken, feta cheese, belle chevre goat cheese

PASTA

CAJUN PASTA - \$10

penne pasta with a white wine cream sauce, parmesan cheese, & cajun spices

add shrimp - \$6

add chicken - \$5

TOMATO SPINACH PASTA - \$10

penne pasta and seasonal vegetables topped with a spinach and marinara sauce

BUILD YOUR OWN PASTA

BASE PASTA AND SAUCE - \$9

CHOOSE A PASTA penne, fettuccine, gluten-free

CHOOSE A SAUCE marinara, pesto, alfredo, or oil & garlic

CHOOSE STANDARD TOPPINGS - \$0.50 EACH

onions, peppers, mushrooms, spinach, tomatoes, basil, squash, zucchini

CHOOSE PREMIUM TOPPINGS - \$1 EACH

sausage, pepperoni, ham, ground beef, bacon, chicken, feta cheese, belle chevre goat cheese

ENTREES

CHICKEN & BRUSSEL BOWL - \$11

fried organic brussel sprouts over white jasmine rice topped with grilled chicken breast, shredded carrots, roasted red peppers and coated in a soy sauce glaze

BAJA TEMPURA MAHI TACOS - \$12

flour tortillas, tempura and beer-battered Mahi, butter lettuce, pico de gallo, feta, avocado, & ginger ranch with a side of fried brussels

GRILLED SIRLOIN - \$18

8 oz. sirloin, grilled to your specification. served with garlic mashed potatoes, and roasted green beans & tomatoes drizzled with a marsala baby 'bella wine glaze

GRILLED ORANGE CITRUS MAHI - \$17

seasoned, grilled Mahi over rice pilaf with an orange citrus glaze. served with your choice of steamed or grilled seasonal vegetables