



Look out for chalk board dinner features!

Shareables + Sides

cream cheese pickles kosher dill, smothered in cream cheese & rolled in a thinly sliced deli ham, sliced for your enjoyment | vegetarian? no problem, rolled in tortilla. side | share plate

fresh blackened tuna

sushi grade | served rare with a wasabi ranch & pickled ginger

guacamole + blue tortilla chips

freshly made all day long! side | share plate

whipped feta

served with garlic crisps

ceviche

a chilled seafood salad marinated in citrus juices | shrimp | tilapia | pico de gallo | jalapeno | cucumber | avocado | chipotle sauce | blue chips
[also available in our deli case]

hummus platter

red pepper hummus | pita | fresh veggies
side | choose pita bread or fresh veggies

sweet basil shrimp

jumbo shrimp | kalamata olives | grape tomato | feta | fresh basil | garlic crisps | whipped feta | lemon sweet basil drizzle

roasted & chilled beets + goat cheese

sugared pecans | mike's spicy honey

fruit cup

cucumber + melon + grapes + chile lime seasoning

baked goat cheese

[dine in only] served with garlic crisps

[after 4:30 pm fridays + saturdays]

chicken + chorizo nachos

melted chihuahua cheese on blue tortilla chips, pico de gallo, guacamole, sour cream, salsa verde

fiesta spinach artichoke dip

topped with pico de gallo | chips + salsa
[add chorizo +\$]

chipotle beef lollipops

slow simmered in a chipotle tomato sauce | mild white cheese | black bean sauce | cilantro

Soup

served daily | soups also available by the quart

bowl

soup flight [dine in only]

entrée

chicken enchilada

grilled chicken | black beans | zucchini | corn | tomato | jalapeno | tortilla strips | sour cream [entrée also served with guacamole | cheddar cheese | cilantro]

red pepper gouda

vegetarian | crouton | creamy [entrée served with garlic crisps]

rotating soups

loaded potato | chicken avocado | chicken caesar | chipotle meatball | cheeseburger | chili | pepper jack broccoli | pork poblano | barbacoa + black bean + more

Pick Two Lunch

[available 11-2]*no substitutions, thank you

Choose a half wrap [or] half salad Enjoy with choice of soup

Wraps

quesadilla wrap

just cheese | chicken | carnitas | mushroom | barbacoa | black bean + pico | chickpea

b.l.t.a

the skinny

veggie | chicken | tuna salad

fruity chicken

Salads

fruity chicken

chunky chicken | apples | grapes | red onion | celery | tango dressing blend | sugared pecans atop romaine

the skinny

veggie | chicken | tuna salad

the garden

veggie | chicken | tuna salad

Salads

the skinny

romaine blend | shredded carrots | cucumber | avocado | sprouts | tomato | drizzle of olive oil | chile lime spice
[wanna keep it skinny? stick with the lime + spice]
veggie | chicken | shrimp | blackened tuna | blackened salmon

fiesta

romaine blend | black beans | pico de gallo | cheddar cheese | guacamole | grilled bell peppers + red onion | jalapeno ranch | tortilla strips
veggie | chicken | shrimp | blackened salmon

melon + goat cheese

romaine blend | spinach | avocado | red onion | sprinkle of chile lime seasoning | sugared pecans | mango-pineapple vinaigrette
veggie | chicken | shrimp | blackened salmon

garden

romaine | baby spinach | cucumber | sprouts | tomato | shredded carrots | red onion | roasted red pepper | egg | parmesan | croutons | dressings: ranch | caesar | oil + vinegar | balsamic | greek feta vinaigrette
veggie | chicken | tuna salad | shrimp | blackened tuna | blackened salmon

goddess bowl

roasted chickpeas | bulgur wheat | red onion | red pepper hummus | cucumber + tomato + red onion salad | feta vinaigrette | feta

Wraps

quesadilla wraps

flour tortilla | chihuahua cheese | salsa + blue tortilla chips | just cheese | chicken | mushroom | shredded beef "barbacoa" | black bean + pico | chick pea | carnitas

vegan-dilla

red pepper hummus | [grilled] mushroom | bell pepper | zucchini | onion | salsa + blue chips

want more? chorizo | jalapeno | black beans | guacamole | pico de gallo | sour cream | avocado

b.l.t.a

bacon | lettuce | tomato | avocado | mayo | spinach tortilla

cali cobb

turkey | bacon | romaine | tomato | avocado | mayo | feta | sprouts | spinach tortilla

the skinny

romaine | shredded carrots | cucumber | tomato | sprouts | avocado | red pepper hummus | lime + spice | tomato tortilla | veggie | blackened salmon | blackened tuna | chicken | shrimp

chipotle b.l.t.a

bacon | lettuce | tomato | avocado | chipotle mayo | spinach tortilla

{miss vickie's potato chips:

sea salt | salt + vinegar | bbQ | jalapeno}

check out our deli case for side dishes

Sandwiches

cuban melt

slow roasted pork | grilled ham | bacon | melted swiss | guacamole | cuban sauce | brioche bun

blackened tuna

sushi grade | served rare | avocado | sprouts | wasabi ranch | brioche

tuna melt

tuna salad [prepared with celery, red onion, mayo] | melted swiss | avocado | sprouts | marble rye

greek pita

whipped feta | naan pita | cucumber | red bell pepper | red onion | tomato | veggie | chicken | shrimp | blackened salmon | gyro

beet + goat cheese

roasted + chilled beets | apple | basil | jalapeno | toasted sunflower multigrain

cucumber

seasoned cream cheese | salami | cucumber | sprouts | roasted red pepper | sunflower multigrain bread

Little Sprouts 10 & under, thank you

sides | apple | orange | carrot sticks | avocado slices | cream cheese pickles | chips

quesadilla

just cheese [or] cheese + chicken

grilled p,b+j

turkey + cheddar wrap

grilled chicken strips

served with mango-pineapple

snack box (limited availability)

deli meat | cheese | veggies | fruit | crackers [*no side]

Tacos

shrimp tacos

3 corn tortillas, pico de gallo, guacamole, chipotle sauce, chips + salsa

Friday + Saturday

[after 4:30 pm additions]

fajitas veggie, chicken, barbacoa, shrimp

pepperjack mac

pepperburger

cali burger

mushroom + swiss burger

barbacoa rice bowl