

Salads

MEDITERRANEAN

heritage lettuce blend, spinach, artichoke hearts, quinoa, tomatoes, Greek olives, bell peppers, feta, dolmade, Greek dressing 16.00

ANTIPASTO

romaine, genoa salami, pepperoni, sliced cherry peppers, mozzarella balls, artichoke hearts, tomatoes, black olives, croutons, shredded parmesan, red wine vinaigrette 17.00

SPINACH BACON & BLUE

heritage lettuce, spinach, crumbled bacon, blue cheese crumbles, red onion, beets, quinoa, blueberries, seed blend, red wine vinaigrette 17.00

TACO

romaine, cheddar, roasted corn and black-bean relish, bell peppers, red onions, jalapeños, tomatoes, black olives, avocado mash, salsa and ranch dressing 17.00

CHEF

romaine, cheddar jack, hard boiled egg, cucumber, tomatoes, turkey, bacon, croutons and ranch dressing 17.00

SALMON ZING

heritage lettuce blend, salmon, feta, seed blend, red onions, cucumber, tomatoes, capers, pickled vegetables, *Red Rocket Lemon Mustard Zing Vinaigrette 22.00

APPLE WALNUT

heritage lettuce, granny smith apples, candied walnuts, dried cranberries, seed blend, *Laughing Lab Maple Pumpkin Vinaigrette (entree/side) 16.00/9.00

VEGGIE

heritage lettuce blend, spinach, quinoa, artichoke hearts, tomatoes, beets, bell peppers, pickled vegetables, Greek olives, with choice of cheese / dressing 17.00

CAESAR

romaine, shredded parmesan, croutons, caesar dressing (entree/side) 13.00/8.00

BUILD YOUR OWN

ask your server for the build your own card 17.00

SIDE SALADS

8.00/each

CAPRESE - heritage lettuce, mozzarella balls, cherry tomatoes skewered and served with pesto and balsamic drizzle

GARDEN SIDE - heritage lettuce, bell peppers, red onions, cucumber, tomatoes, cheddar / dressing

Add:

Seasoned Tofu 3.00
Grilled Chicken. 4.00
Smoked Salmon 7.00
Hard Boiled Egg 1.50



SOUPS/SHAREABLES

Charcuterie genoa salami, pepperoni, calabrese, variety of cheese, artichoke hearts, pickled vegetables, fruit, dolmades, greek olives, flatbread crackers, Red Rocket whole grain mustard 20.00

Hummus Plate seasoned hummus, bell peppers, cucumbers, tomatoes, flatbread crackers 12.00

Dolmades rice, mint and lemon wrapped in grape leaves 8.00

Frito Pie just like you get at the game but a little tastier! Fritos, chili, cheddar, romaine, red onion, jalapeno 9.00

Chili / Soup du Jour bowl/cup 8 / 6

100% house-made soups and vegan red chili

Add a grilled cheese 5.00

CHECK OUT OUR BEER WINE & COCKTAIL MENU

DRINKS

Big B's Lemonade 4.00

Perrier 3.00

Kombucha 4.00

Coke/Diet Coke/Soda 3.00

Iced Tea 3.00

Tea/Coffee 3.50



Grain Bowls

- 1 All bowls start vegan
- 2 Pick your bowl
- 3 Pick your grain
- 4 Warm or Cold?
- 5 Add protein or cheese

Add Cheese 1.50
cheddar, blue, feta, mozzarella balls,
parmesan, vegan cheddar or provolone

Add More Protein
3 oz Honey Smoked Salmon 7.00
Seasoned Tofu Scramble 3.00
Fire Braised Deli Sliced Turkey 4.00
3 oz Chicken 4.00
Hard Boiled Egg 1.50



Edamame

Heritage, Red Cabbage, Edamame, Avocado, Bell Peppers, Almonds, Sesame Seeds, *Red Rocket Onions, Sesame Dressing... 15.00

Traditional

Roasted Chickpeas, Sweet Potato, and Red Rocket* balsamic onions, Purple Cabbage, Heritage Lettuce, Chia Seeds, Tahini Greek Dressing... 15.00

Greek

Roasted Chickpeas, Heritage Lettuce, Hummus, Cucumber, Greek Olives, Tomato, Tahini Greek Dressing... 15.00

Beet

Citrus Roasted Beets, Spinach, Heritage Lettuce, Slivered Almonds, Avocado Mash, Red Rocket* balsamic onions, Red Wine Vinaigrette... 15.00

HOAGIES/WRAPPS

Add Some Spice:
House-made Giardiniera 1.00

- Teacher's Pet** grilled chicken, crumbled bacon, red onion, bell pepper, jalapenos, provolone, greek dressing, served hot or cold 15.00
- Pastrami** smoked by *Spark, provolone, romaine, red onion, *Red Rocket whole grain mustard, pickle, served hot or cold 15.00
- Italian Club** genoa salami, fire braised turkey, pepperoni, provolone, romaine, sliced cherry peppers, red onion, red wine vinaigrette, oregano 16.00
- Hippy Love** hummus, provolone, artichoke hearts, red onion, bell pepper, romaine, cucumber, black olive, greek dressing 14.00
- A/V Club** fire braised turkey, applewood smoked bacon, provolone, romaine, bell peppers, avocado mash, mayonnaise 15.00
- Chicken Bacon Ranch Wrap** grilled chicken, crumbled bacon, shredded cheddar, romaine, bell peppers, red onions, house made ranch, served hot 14.00
- Caesar Pizza Wrap** genoa salami, pepperoni, provolone, romaine, parmesan, crumbled crouton, basil pesto, caesar dressing 14.00
- Hummus Roll-Up** seasoned hummus, fire braised turkey, cucumber, artichoke, bell peppers, feta, dilly beans 14.00
- Lil' Turkey Meal** For the kiddos! ½ hoagie, fire braised turkey, provolone, romaine, mayo, served with chips 10.00

SIDES/SWEETS

- Chips** 3.00
- Sweet Potatoes** 4.00
- Dilly Beans** 4.00
- Black Beans & Corn** 5.00
- Baked Treats** 4.00



Vegan/GF?
let us know!

We do substitutions!