



Lunch Menu
seven days a week
11am - 4pm

First Picks

Yogurt Parfait 10

greek yogurt, fresh berries, toasted granola ,
wild flower honey

Deviled Eggs 11

bacon jam, paprika, parsley, tabasco

Mediterranean Dips 14

whipped feta with olive tapenade,
beet hummus with goat cheese,
tzatziki,served with naan
add hand picked vegetables 4

Urban Sprouts 12

crispy brussel sprouts, whipped feta,
pickled red onion, bacon jam

Tri-Color Carrots 13

orange, purple, yellow carrots, goat cheese,
cranberries, walnuts, pomegranate balsamic

Truffle Fries 10

black and white truffle oil, coijta, chives,
parmesan, served with
mushroom garlic aioli.

Bulgogi Beef Lettuce Wraps 18

asian pear marinated tenderloin, pickled
vegetables, bibb lettuce, and rice paper

Gochujang Chicken Wings 16

sweet chili glaze served with bleu cheese ranch.

Bowls *all gluten free*

Aloha Bowl 17

ahi tuna*, rice, ginger, garlic, carrot, daikon,
spinach, asian medley, peanuts,
coconut tamari glaze

Curry Korma Bowl 15

marinated shrimp, sweet potato medley, garbanzo
beans, english pea, cashews, edamame, quinoa

Cuban Soul Bowl 14

grilled chicken, rice, black beans, corn succotash,
caramelized plantains, cilantro lime crema

Pork Belly Bowl 16

braised pork belly, rice, brussel sprouts, pickled
veggies, curry daikon, bugolgi glaze

Philly Cheesesteak Bowl 16

hand cut philly meat, rice, cheese sauce, onions,
peppers, mushrooms, truffle aioli

Super Mom Bowl 15

quinoa, sweet potato, spinach, cottage cheese,
avocado, pickled red onion, sunny egg

Vegan Bowl 14

quinoa, sweet potato, mushrooms, tomatoes,
garbanzo beans, peas, plant based pesto, avocado

Soup and Salad
all salads gluten free

Homemade Soup MKT

tomato soup or soup of the day

Summer Salad 14

spinach, strawberries, blueberries, goat cheese,
chopped walnuts, pomegranate dressing

Power Salad 14

spring mix, spinach, red and yellow beets, crumbled
bleu cheese, candied walnuts, balsamic

Tarpon Chop Salad 14

mixed greens, tomatoes, hard boiled eggs, red onion,
almond, cucumber, cranberry, crumbled goat,
citrus balsamic

Horiatiki Salad 14

mixed greens, tomatoes, cucumber, bell peppers, red
onion, feta, tzatziki, greek vinaigrette

Add to any salad:

ahi tuna* 10 / grilled salmon 10 / shrimp 8
grilled chicken 6

Toast and More

Salmon Avocado Toast 16

local sourdough, smoked salmon*, fresh avocado,
pickled red onion, goat cheese, petite greens

Pink Vegan Toast 13

local sourdough, beet hummus, roasted and pickled
beets, pistachios, citrus zest,
add crumbled feta or goat 2.00

Triple Cheese & Shroom Flatbread 20

gluten free cauliflower crust , tarragon aioli,
wild mushrooms, goat cheese, feta, mozzarella,
spinach, figs, balsamic glaze

-add a fried egg to any item 2.00

Handhelds

Turkey Burger Caprese 17

turkey burger, house-made pesto, tomato,
mozzarella, spinach, on a potato bun
gluten free bun \$1

The Brad 18

two smash beef patties, aged smoked cheddar,
daddy sauce, lettuce, tomato, onion, pickle on a
potato bun. *gluten free bun \$1*

The Karen 16

zucchini, mushroom, red onion yellow squash,
ricotta, pesto, mozzarella, on basil focaccia,
add chicken breast 5

Bird on Fire 17

hand battered pickle brined chicken, honey lemon
sriracha aioli, lettuce, tomato onion, pickle,
on a potato bun

Grown Up Grilled Cheese 17

aged smoked cheddar, mozzarella, roasted
tomato, balsamic onions, bacon jam, on
sourdough accompanied by our house made
tomato soup

*all handhelds are served with hand craft fries or
petite salad. upgrade to an elevated side for \$3*

Elevated Sides

sweet potato fries \$5
truffle parm fries \$6
raw garden veggies \$4
cup of fruit \$4
Broccoli \$4

Please inform your server of any major allergy. not all ingredients are listed.

**Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs
may increase your risk of foodborne illness*