

Refined Roots

First Picks

Yogurt Parfait 10

greek yogurt, cinnamon maple roasted peaches ,
granola, wild flower honey

Deviled Eggs 11

bacon jam, paprika, parsley, tabasco

Mediterranean Dips 14

whipped feta with olive tapenade,
bruschetta,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, chives, parmesan,
served with mushroom garlic aioli.

Bulgogi Beef Lettuce Wraps 19

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

Gochujang Chicken Wings 16

sweet chili glaze served with bleu cheese ranch.

Tuna Tataki * 16

sesame ahi tuna, asian pickled slaw, spicy aioli

Turkey Meatballs 13

homemade meatballs with house marinara and
ricotta cheese with side of toasted baguette

Soup and Salad

all salads gluten free

Homemade Soup MKT

tomato soup or soup of the day

Autumn Harvest Salad 14

spinach, asian pears, candied walnuts, gorgonzola,
shredded carrots, maple pomegranate dressing

Beets & Burrata Salad 14

arugula, red and yellow roasted beets, burrata,
pumpkin seeds, hot honey dressing

Refined Chop Salad 14

mixed greens, tomatoes, hard boiled eggs, red onion,
almond, cucumber, cranberry,
crumbled goat cheese, citrus dejon dressing

Spring Bayou Salad 14

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

Add to any salad:

ahi tuna* 10 / grilled salmon 10 / shrimp 8
grilled chicken 6 / bulgogi beef 9

Lunch Menu
seven days a week 11am - 4pm

Bowls *all gluten free*

Aloha Bowl 17

ahi tuna*, rice, garlic, carrot, daikon, spinach,
asian medley mix, chopped peanuts,
coconut, soy, sweet thai chili glaze

Curry Korma Bowl 15

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

Cuban Soul Bowl 14

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

Spicy Salmon Bowl 17

Atlantic salmon, white rice, pickled veggies,
siracha mayo, avocado

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

Salmon Avocado Toast 16

local sourdough, smoked salmon*, fresh avocado,
pickled red onion, goat cheese, petite greens
add a fried egg 2.00

Triple Cheese & Shroom Flatbread 20

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

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*

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 (except grilled cheese) 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

roasted broccoli \$4

herb butter tri- color carrots \$6

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*