



**First Picks**

**Lunch Menu**

**Bowls** *all gluten free*

**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, bruschetta, tzatziki,  
served with warm naan  
*add hand picked vegetables 4*

**Urban Sprouts 13**

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 14**

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

**Triple Cheese & Shroom Flatbread 20**

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

**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

**Handhelds**

**Salmon Avocado Toast 16**

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

**Portobello Swiss Melt 15**

rosemary aioli, caramelized onions,  
roasted red peppers, arugula on toasted bread  
*served with fries or petite salad*

**Turkey Burger Caprese 17**

turkey burger, house-made pesto, tomato,  
mozzarella, spinach, on a potato bun  
*gluten free bun \$1*  
*served with fries or petite salad*

**The Brad 18**

two smash beef patties, aged cheddar cheese,  
daddy sauce, lettuce, tomato, onion, pickle  
on a potato bun. *gluten free bun \$1*  
*served with fries or petite salad*

**Bird on Fire 17**

hand battered pickle brined chicken, honey lemon  
sriracha aioli, lettuce, tomato onion, pickle,  
on a potato bun  
*served with fries or petite salad*

**Grown Up Grilled Cheese 17**

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

*upgrade to an elevated side for \$3*

**Elevated Sides**

sweet potato fries \$5

truffle parm fries \$6

raw garden veggies \$4

petite side salad \$4

roasted broccoli \$4

herb butter tri- color carrots \$6

**Soup and Salads** *all salads gluten free*

**Homemade Soup MKT**

tomato soup or soup of the day

**Seasonal Salad 14**

spinach, asian pears, candied walnuts, gorgonzola,  
shredded carrots, 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,  
cucumber, cranberry, crumbled goat cheese,  
citrus dijon 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

*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  
parties of eight or more are subject to 20% gratuity*