

# LUNCH



## organic appetizers

**mediterranean flatbread** – ricotta cheese | heirloom tomato | kalamata olive | red onion | basil | balsamic reduction *(available gluten free)* 13

**live rolls** – bibb lettuce | daikon radish | cucumber | carrot | kimchi | pepper | beet | avocado | sesame seed | tahini ginger sauce *(gluten free)* 10

**share board** – cashew cheese | olive | pickled veg | caponata | hummus | pita *(available gluten free)* 17

**tortilla empanadas** – jackfruit | onion | pepper | spinach | potato | salsa verde 12

**sweet potato gnocchi** – sage | roasted garlic | spinach | mushroom | spicy cashew 13

**phyllo baked brie cheese** – Nuts for Cheese's Un-Brie-Lievable brie cheese | caramelized onion | red pepper jelly 15

**organic soup & salads** (dressings – blueberry balsamic | turmeric poppy seed | herbed citrus vinaigrette | caesar)

**soup** – made daily | ask server for details *(gluten free)* 8

**caesar salad** – romaine | kale | crouton | tempeh | parmesan cheese | caesar dressing *(available gluten free)* 13

**house salad** – greens | cherry tomato | cucumber | *choice of dressing (gluten free)* 12

**spinach salad** – spinach | chickpea | cranberry | feta cheese | onion | *choice of dressing (gluten free)* 15

**superfood salad** – kale | spinach | bibb lettuce | blueberry | quinoa | sweet potato | beet | chia | flax | *choice of dressing (gluten free)* 16

## organic entrées

**bibimbap** – zucchini | daikon radish | mushroom | carrot | pea tenders | spinach | kimchi | tofu | rice | raw or cooked *(gluten free)* 16

**ravioli** – made weekly | ask server for details 15

**chickpea & mushroom burger** – tzatziki | arugula | tomato | feta cheese | *choice of side (available gluten free)* 16

**po'boy sandwich** – tofu | avocado | lettuce | tomato | onion | garlic aioli | *choice of side* 15

**gourmet grilled cheese** – Nuts for Cheese's Un-Brie-Lievable brie cheese | chao cheese | tomato | olive oil | garlic | basil | *choice of side* 16

## organic sides

**soup | house salad | caesar salad** 6

We use organic and locally sourced ingredients as often as possible.  
Please identify food allergies to your server.  
All cheese products are nut- or seed-based.