

# SALADS

## House Salad

apple-shallot and honey vinaigrette 6  
add goat cheese 7.5

## Caesar Salad

warm garlic croutons and parmesan 9  
add grilled shrimp or grilled chicken 11.5

## Kale and Rice Salad

butternut, pecan, apple and miso-ginger dressing 8

## Endive and Arugula Salad

egg, crispy pancetta, shallot, mustard and croutons 8.5

## Jerk Chicken Salad

black bean, jicama, orange, avocado and chili-lime dressing 9

## Smoked Trout and Watercress Salad

endive, grapefruit, radish and horseradish-chive dressing 9

## Chef Salad

egg, ham, turkey, swiss, avocado and greens with honey-balsamic dressing 8

## Brussel Sprouts

with chipotle-ranch dressing 5.5

# ENTREES

## Pork Ribs

creamy slaw and housemade carolina-style bbq sauce 8

## Indian Lunch

vegetable pakoras, cilantro rice, curry sauce, saag paneer, cauliflower  
and mango chutney 11

## Greek Lamb Plate

lamb patty over couscous with feta, mint, peppers, olive, yogurt and spinach 11

## Blackened Barramundi Cakes

blackeyed peas, tater tots, collard greens and creole tartar sauce 14

## Meatloaf

maple-chili carrots, braised greens and leek gravy with hand-cut fries 10.5

## Shrimp and Lobster Scampi

linguini, tomato, fennel, chili, garlic, peppers, capers, butter and herbs  
with garlic bread 15

## Local Beef Burger

have it your way on a housemade bun with hand-cut fries 11

## Grilled Lamb Burger

feta, spinach, roasted peppers and harissa mayo with hand-cut fries 10



# SANDWICHES

<b>Rick's Grilled Garlic Chicken</b> honey mustard, crisp lettuce and tomato	9.5
<b>Reuben</b> turkey or tempeh, housemade sauerkraut, swiss and russian dressing	9.5
<b>Meatloaf Club</b> chipotle ranch dressing, bacon, caramelized onion and cheddar	10.5
<b>Eggplant Parmesan</b> spicy tomato mayo, pepper, onion, provolone and spinach	9.5
<b>Ham and Brie</b> apple and cider jelly	9
<b>Grilled Sausage</b> pickle, cheddar, red onion and mustard	9.5
<b>Turkey</b> caramelized onion, butternut, cheddar and cranberry-maple mayo	9
<b>Lobster BLT</b> bacon, tomato, avocado, aioli and crisp lettuce	13.5
<b>Cheesy BLT and A</b> cheddar, swiss, bacon, avocado, spinach and aioli	8.5
<b>Fried Tofu</b> cucumber, carrot, greens and peanut sauce	8.5

## LUNCH BREAK SPECIALS

half of any sandwich with a cup of soup or a house salad	8.5
half of a cheddar panini with a cup of soup or a house salad	7.5
cup of soup and a house salad	6.5

# BEVERAGES

<b>Pierce Bros Organic Coffee</b>	2.25
<b>Espresso</b>	4
<b>Cappuccino or Latte</b>	4.5
<b>Choice Organic Tea</b> black tea, green tea, earl grey, rooibos, wild berry, chamomile and peppermint	2
<b>Iced Tea</b> black or herbal	2
<b>Harmony Springs Natural Soda</b> cola and diet cola, ginger ale, cream soda, root beer, grapefruit-lemon, pineapple, seltzer and quinine	2
<b>Juices</b> cranberry, pomegranate, mango, orange, grapefruit, fresh lemonade	2

**There may be an 18% gratuity included for larger groups. Before placing your order, please inform your server if anyone in your party has any food-related allergies.**