
Lunch

SOUP

CHICKEN TORTILLA

garnished w. cheese, cilantro, lime, & avocado

CHILI

your choice between beef or turkey chili made smokey and a little spicy w. moist corn bread

WHITE BEAN & KALE

smoked turkey cooked low and slow w. white beans & finished w. kale

SALAD

CAESAR SALAD

tofu based dressing w. anchovies & tons of garlic, this is the best caesar dressing ever! topped w. ciabatta breadcrumbs

APPLE WALNUT SALAD

mixed greens w. candied walnuts, green & red apples, blue cheese, shaved carrots, dried cranberries, dressed w. white balsamic dressing

ARUGULA SALAD

arugula, parmesan, and manchego cheese, w. lemon shallot vinaigrette

KALE SALAD **VEGAN**

avocado, apples, lime and liquid amino

COBB SALAD

w. green goddess dressing
add: chicken

NICOISE SALAD

w. lemon caper dressing
add: roasted pesto salmon

ORIENTAL ASIAN SALAD

w. honey sesame dressing
add: fried chicken or grilled chicken

SANDWICHES

SHRIMP & BACON CLUB

w. chipotle mayo, lettuce, & tomato

BLT

bacon lettuce tomato

TLT **VEGAN**

tofu bacon lettuce & tomato

CRABMELT

lump crab salad on sourdough w. cheddar & mango hot sauce

DELI SANDWICHES

MAKE YOUR OWN:

turkey - salami - ham - grilled chicken - tuna
- avocado - bacon - lettuce - tomato - alfalfa
sprouts - red onions - jalapeno -
pepperchinis - beets - black olives - salt -
pepper - olive oil - red wine vinegar -
provolone - cheddar - sourdough - wheat -
multigrain - potato

CHEESEBURGER

in-n-out burger

GRILLED CHICKEN SANDWICH

manchego cheese, w. arugula & jalapeño pesto

BBQ GRILLED CHICKEN SANDWICH

w. lettuce, tomato, cheddar, & fried
onions

GREEN GODDESS SANDWICH VEGAN

green goddess sauce, alfalfa sprouts,
avocado, bibb lettuce, & mushrooms

SIDES

MS VICKIES CHIPS

HOMEMADE CHIPS

FRENCH FRIES

MAC & CHEESE

SIDE SALAD

SIDE CAESAR

FRUIT SALAD