

# FALL 2024 MENU

## SALADS Add Chicken (4oz) (\$3) - Add Smoked Salmon (2oz) (\$5)

### **Classic Chicken Caesar Salad: \$14 (With Chicken) \$12 (Without Chicken)**

Grilled Chicken Breast, Caesar Dressing, Artisan Romaine Wedge, Roma Tomatoes, Parmesan, House Made Croutons, Lemon Squeeze.

*Allergens: Chicken (Can be made without), Fish (Anchovy Paste), Gluten (Croutons), Nightshades (Tomatoes), Parmesan (Dairy), Alliums (Garlic).*

### **Smoked Beet Salad - \$13**

Roasted Gold and Red Beets, Arcadian Greens, Frisse, Toasted Hazelnuts, Orange Segments, Feta Cheese, Maple Vinaigrette, Lemon Squeeze.

*Allergens: Nuts (Hazelnuts), Dairy (Feta) (Can Be Made Without), Allium (Shallots)*

### **Kabocha Squash Salad - \$14**

Roasted Kabocha Squash, Pomegranate Vinaigrette, Toasted Blackened Pepitas, Pomegranate Gel, Arcadian Greens, Goat Cheese, Watermelon Radish, Lemon Squeeze.

*Allergens: Dairy (Goat Cheese), Allium (Shallot)*

### **Fall Chicory Salad - \$14**

Belgian Endive, Radicchio, Green Apples, Blue Cheese Crumbles, Blue Cheese Dressing, Bacon Crumbles, Chives, Extra Virgin Olive Oil, Lemon Squeeze.

*Allergens: Pork (Bacon), Fish (Anchovy Paste), Dairy (Blue Cheese, Buttermilk, Sour Cream), Allium (Chives)*

### **Garden Vegetable Salad - \$10**

Arcadian Greens, Tarragon Vinaigrette, Cherry Tomatoes, Carrots, Cucumbers, Tarragon Leaves, Olive Oil

*Allergens: Allium (Shallots)*

## SANDWICHES/VELOCI-WRAPS

### **Chicken Tinga Torta Wrap - Garlic and Herb Wrap - \$16**

Chicken Tinga, Picante Black Beans, Chipotle Mayo, Queso Fresco, Cilantro and Cabbage Slaw, Lime Squeeze.

*Allergens: Chicken, Gluten(Wrap), Dairy(Queso Fresco), Egg(Mayo), Allium(Black Bean).*

### **Hmong Chicken Wrap - Tomato and Herb Wrap - \$13**

Thai Chile Chicken, Lemongrass Aioli, Carrots, Cucumbers, Spicy Cabbage Slaw, Lime Squeeze.

*Allergens: Chicken, Gluten(Wrap), Egg, Nightshades*

### **Roasted Veggie and Tofu Wrap - Spinach Wrap - \$13**

Zucchini, Roasted Red Bell Peppers, Roasted Portobello Mushrooms, Soy Marinated Tofu, Sesame Vinaigrette.

*Allergens: Sesame (Dressing), Soy (Tofu), Gluten (Wrap).*

### **SMM Reuben - \$15**

Corned Beef, House Made 1,000 Island Sauce, Sauerkraut, Swiss Cheese, Marble Rye Bread.

*Allergens: Beef (Corned Beef), Egg (1,000 Island Sauce), Dairy (Cheese), Gluten (Bread)*

### **Grown Up Grilled Cheese - \$15**

Sourdough, Fig and Brie Spread, Havarti Cheese, Arugula, Tarragon Vinaigrette.

*Allergens: Gluten (Bread), Dairy (Brie, Havarti, Butter), Allium (Shallot)*

## **SOUP**

### **Butternut Squash Soup - \$6**

Garlic, Sage, Rosemary, Ginger, Squash, Onions, Vegetable Stock, Butter

*Allergens: Dairy(Brown Butter), Allium(Onion, Garlic, Vegetable Broth)*

## **CHEF LINE STATIONS**

### **Tricerabowls - \$15 - Guacamole - \$2 Extra**

### **Fried Tortilla Bowls, Rice Bowls, Salad Bowls - \$14**

Fried Tortilla Bowl, Cilantro Lime Rice, Picante Black Beans, Chicken Tinga/Barbacoa/Mushrooms, Fajita Vegetables, Tomatillo Salsa, Queso Fresco, Cilantro, Sour Cream, Jalapeno Hot Sauce, Habanero Hot Sauce, Pico De Gallo etc.

*Allergens: Based on Customer Selections but not limited to Chicken, Pork, Beef, Fish, Gluten, Egg, Dairy, Nightshades, Allium.*

### **Potato Dactyl Bar - \$14**

Russet Brown Potato & Sweet Potato, Chili Con Carne, Queso Sauce (Nacho Cheese), Green Onions, Black Olives, Broccoli, Bacon Crumbles, Hot Sauce (Jalapeno & Habanero).

*Allergens: Based on Customer Selections but not limited to Chicken, Pork, Beef, Fish, Gluten, Egg, Dairy, Nightshades, Allium.*

### **Mac and Cheese Bar - \$14**

Cavatappi Mac and Cheese, Queso Sauce (American, Cheddar), Beef Barbacoa, Green Onions, Tomatoes, Hot Sauce (Jalapeno or Habanero), Black Olives, Jalapenos, Bacon Crumbles, Toasted Bread Crumbs.

*Allergens: Based on Customer Selections but not limited to Chicken, Pork, Beef, Fish, Gluten, Egg, Dairy, Nightshades, Allium.*

### **Prehistoric Bowls - Grab And Go! - \$12**

Grilled Chicken, Quinoa, Farro, Wild Rice, Red Rice, Bulgar Wheat, House Made Ranch, Roasted Zucchini, Roasted Red Bell Peppers, Broccoli Florets, Cauliflower Florets, Carrots, Fennel, Yellow Squash, Cucumbers, Feta. Choice of Dressings: Tarragon Vinaigrette, Maple Vinaigrette, Pomegranate Vinaigrette, House Made Ranch Dressing, House Made 1,000 Island, Caesar.

*Allergens: Chicken, Fish(Anchovy), Gluten, Dairy, Nightshades, Alliums*

## **JURASSIC PIZZAS**

### **Herbivore Pizza - \$13**

Butternut Squash, Sage Cream Sauce, Parsnips, Kohlrabi, Carrots, Mozzarella, Tomato Sauce, Arugula, Tarragon Vinaigrette.

*Allergens: Dairy, Gluten, Allium, Nightshades.*

### **Carnivore Pizza - \$15**

Buffalo Chicken, Buffalo Pizza Sauce, Blue Cheese Crumbles, Green Onions, Mozzarella.

*Allergens: Chicken, Nightshades, Dairy, Gluten*