

Bowls

CHEF'S BOWLS

Our chef-created bowls are served over a bed of warm organic rice & quinoa. Sub cauliflower rice for +\$2!



Chef's Pick
Curry Salmon* GF DF 14.45
Sustainable salmon, fire roasted veggies, marinated kale, coconut sweet potato curry, toasted coconut, green onion
CALORIES: 800

Blackened Chicken Mango

GF DF 12.45
Antibiotic-free blackened chicken thigh, mango salsa, chile sweet potato, organic black bean, kale, scallion, lime wedge, pineapple BBQ sauce
CALORIES: 590

Lemongrass Tuna*

GF DF N 13.95
Line-caught ahi tuna, carrot, cucumber, pickled onion, jalapeño, cilantro, peanut, lemongrass aioli, chile vinegar
CALORIES: 660

Smoky Chicken

GF 11.95
Herb-marinated roasted chicken, chile sweet potato, citrus cabbage slaw, heirloom cherry tomato, cotija, avocado-tomatillo salsa, smoked crema
CALORIES: 740

Buddha

GF V N 10.45
Organic sesame glazed tofu, spicy roasted broccoli, carrot, citrus cabbage slaw, peanut, cilantro, peanut mango sauce
CALORIES: 600

All dressings & sauces included in calorie counts.

try with greens!

PROTEIN BOWLS

Includes protein over bed of warm organic rice & quinoa (sub cauliflower rice +\$1), with sauce & two sides

1. PICK A PROTEIN

- Line-Caught Ahi Tuna*** GF DF 13.95
CALORIES: 330
- 100% Grass-Fed Steak*** GF DF 13.45
CALORIES: 400
- Sustainable Salmon*** GF DF 13.95
CALORIES: 400
- Herb Marinated Roasted Chicken** GF DF 12.45
CALORIES: 350
- Blackened Chicken Thigh** GF DF 12.95
CALORIES: 340
- Organic Sesame Glazed Tofu** GF V 9.95
CALORIES: 340

2. PICK 2 SIDES

- New!** **Kale Caesar Salad** GF DF 70
CALORIES: 70
- Arugula & Blue Cheese Salad** GF DF 100
CALORIES: 100
- Mixed Greens Salad** GF DF 30
CALORIES: 30
- Cauliflower Rice** GF V 80
CALORIES: 80
- Fire Roasted Veggies** GF V 80
CALORIES: 80
- Rosemary Sweet Potato Mash** GF V 200
CALORIES: 200
- Roasted Garlic Mashed Potatoes** GF DF 290
CALORIES: 290
- Organic Rice & Quinoa** GF V 240
CALORIES: 240
- Macaroni & Cheese** DF 370
CALORIES: 370

SIDES CAN BE ORDERED À LA CARTE 2.50

Greens



Chef's Pick
Summer Seared Ahi* GF 14.95
Romaine, line-caught seared tuna, marinated squash, heirloom cherry tomato, fresh corn, watermelon radish, sliced cage-free egg, avocado, lemon wedge, scallion ranch dressing
CALORIES: 620

Baja Blackened Chicken

12.95 | 8.95
Romaine, antibiotic-free blackened chicken thigh, cotija, organic black bean, corn, pickled onion, organic blue corn tortilla strips, avocado, lime wedge, creamy jalapeño lime dressing
CALORIES: 600 | 300

Salmon Caesar*

12.95
Romaine, kale, sustainable salmon, Grana Padano, heirloom cherry tomato, cucumber, basil, ciabatta croutons, house Caesar dressing
CALORIES: 660

Thai Coconut

GF DF N 11.95 | 8.45
Mixed greens, herb-marinated roasted chicken, chile sweet potato, toasted coconut, cucumber, pickled onion, cilantro, peanut, peanut mango dressing
CALORIES: 740 | 370

Flatiron*

GF 13.95 | 9.45
Mixed greens, 100% grass-fed steak, bleu cheese, roasted fingerling potato, heirloom cherry tomato, roasted onion, basil balsamic vinaigrette
CALORIES: 850 | 425



Chef's Pick
Farmer 2.0 GF N 12.95 | 8.45
Baby greens, herb-marinated roasted chicken, goat cheese, corn, seasonal fruit, watermelon radish, almond, sesame seed, citrus champagne vinaigrette
CALORIES: 810 | 405

Sammies

Served with house-seasoned Kettle Chips



Chef's Pick
Chile Steak* 11.95 | 8.45
100% grass-fed steak, cotija, Cholula cabbage slaw, avocado tomatillo salsa, fresh cilantro, chipotle aioli on ciabatta
CALORIES: 820 | 500

Blackened Chicken

Bánh Mì DF 10.45 | 6.95
Antibiotic-free blackened chicken thigh, pickled carrot, cilantro, basil, jalapeno, lemongrass aioli on ciabatta
CALORIES: 750 | 450

Basil Chicken

10.45 | 7.45
Herb-marinated roasted chicken, tomato, red onion, provolone, arugula, basil aioli on ciabatta
CALORIES: 750 | 450

Chicken Bacon Club

11.45 | 7.45
Herb-marinated roasted chicken, nitrate-free bacon, provolone, tomato, arugula, scallion ranch on sourdough
CALORIES: 890 | 520

Blueberry Pesto

9.95 | 6.95
Fresh Mozzarella, blueberry chia jam, tomato, arugula, basil pesto on ciabatta
CALORIES: 640 | 395

Add-ons



ADD A SIDE 2.50
CALORIES: 30-370



SUB GLUTEN-FREE 1.75
CAL ON SOURDOUGH: -170
CAL ON CIABATTA: +40



Soup

Green Chicken Chili

GF DF 5.45
CALORIES: 170

Curry Sweet Potato

GF V 5.45
CALORIES: 240

Tomato Basil

GF DF 5.45
CALORIES: 180



GF GLUTEN-FREE DF DAIRY-FREE V VEGETARIAN V VEGAN N CONTAINS NUTS

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Pizza



Chef's Pick

Supremo 13.95 | 8.45

Creminelli pepperoni, nitrate-free bacon, kalamata olive, roasted mushroom, red onion, fresh basil, whole milk mozzarella, red sauce

CALORIES: 1010 | 505

Modern Mushroom ♦

11.95 | 7.95

Roasted crimini mushroom, marinated kale, red onion, goat cheese, red sauce

CALORIES: 780 | 390

Margherita ♦ 10.45 | 7.45

Basil, fresh mozzarella, red sauce

CALORIES: 690 | 345

Cheese ♦ 9.95 | 6.95

Whole milk mozzarella, red sauce

CALORIES: 740 | 370



BANZA® CRUST*  

4.00 | 2.00

ADD CALORIES: 280 | 140



GLUTEN-FREE CRUST ♦   

3.50 | 1.75

ADD CALORIES: 60 | 30

Drinks

House-Made Lemonade 2.75

Classic, Ginger Peach or Cucumber Mint

CALORIES: 40-80



Boylan Craft Soda 2.75

All-natural, with cane sugar

CALORIES: 0-225

Bottles & Cans

1.75-5.00

CALORIES: 0-170

Kombucha 4.50

Fizzy, probiotic tea

CALORIES: 55-105

Cold Brew Coffee

4.50

CALORIES: 0

Iced Tea 2.75

Assorted flavors

CALORIES: 5-90

Kids

Chicken Plate  6.45

With mashed potatoes & simple salad

CALORIES: 430

Toasted Cheese & Tomato ♦ 5.45

Whole milk mozzarella, tomato and olive oil on sourdough served with kettle chips

CALORIES: 790

Kids B-Y-O Salad 5.45

Pick your kid's favorite greens, 3 salad toppings & dressing

CALORIES: VARIES

Kids Pizza 6.45

Whole milk mozzarella, red sauce

Add nitrate-free pepperoni +.50

CALORIES: 370-460

Mac & Cheese ♦ 4.45

White cheddar, asiago, & whole-milk mozzarella with noodles

CALORIES: 750



Includes a milk



Beer + Wine

Local Craft Brews 4.50

CALORIES: 160-280

House Wine 3.00

CALORIES: 140-190

Breakfast All Day



Chef's Pick

Strawberry Nutella® Waffle ♦   5.45


Belgian dessert waffle, fresh strawberries, Nutella, powdered sugar

CALORIES: 480

Pearl Sugar Waffle ♦ 4.45


Belgian dessert waffle, Blueberry chia jam, powdered sugar

CALORIES: 410

Modern Avo Toast  4.95

Avocado, green onion, chile spice, sourdough toast

CALORIES: 290

B-L-Toast  7.95

Avocado, heirloom cherry tomato, arugula, nitrate-free bacon, basil aioli, sourdough toast

CALORIES: 640

Everything Avo Toast* 8.45

Avocado, sustainable smoked salmon, red onion, fresh dill, everything spice, sour cream, sourdough toast

CALORIES: 400

Keto Smoked Salmon Bowl*  12.95

Sustainable smoked salmon, avocado, cage-free hard boiled egg, watermelon radish, red onion, arugula, fresh dill, everything spice, sour cream

CALORIES: 490



ADD A CAGE-FREE HARD BOILED EGG 1.25

CALORIES: 70



Sweet Treats

Carrot Cake with Candied Ginger ♦ 4.00

CALORIES: 360

Salted Nutella® Marshmallow Treat   4.50

CALORIES: 220

Chocolate Chip Cookie   3.00

CALORIES: 380

Fudgy Brownie Cookie   3.00

CALORIES: 340

Oatmeal Cranberry Cookie   3.00

CALORIES: 340

*These foods may contain undercooked eggs, meat, seafood, and/or shellfish. Consuming undercooked eggs, meat, seafood, and/or shellfish may increase your risk of foodborne illness.