



LUNCH

— SALADS & BOWLS —

THAI CHOPPED SALAD 11
arugula, butter lettuce, noodles, cashews, shaved coconut, mango, avocado, carrots, cilantro, mint & ginger sambal dressing
add a protein: chicken 5 salmon, shrimp, or steak 6**

CHICKEN HARVEST SALAD* 13
grilled chicken, butter lettuce, goat cheese, avocado, strawberries, candied walnuts & our house-made sweet green dressing

BLACKENED SHRIMP & GOAT CHEESE* 15
Grilled shrimp, spinach leaves, roasted bell pepper, goat cheese, pumpkin seeds and balsamic vinaigrette



SUPER FOODS BOWL 11
brown rice, kale, avocado, almonds, tomato red onions, carrots & cucumbers tossed in a sweet ginger miso dressing
add a protein: chicken 5 salmon, shrimp, or steak 6**

TUNA POKE BOWL* 15
diced tuna, avocado, cashews, green onion, soy vinaigrette, red jalapeno, togarashi, and brown rice

SOUP

LEMON ARTICHOKE cup 5 | bowl 8
TORTILLA cup 5 | bowl 8

Favorites

GRILLED PESTO SALMON* 19
with grilled asparagus and cilantro rice

GRILLED CHICKEN PAILLARD* 13
with arugula, honey mustard vinaigrette, grapes, fennel & bleu cheese

KITCHEN BURGER* 12
triple blend ground beef served on an artisan bun with cheddar cheese, aioli, lettuce, tomato, onions, pickles and served with fries

BLACK BEAN QUINOA BURGER 12
black bean & quinoa burger with aioli, lettuce, tomato, onions, pickles and served with sweet potato fries

PASTA ALFREDO 15
penne pasta tossed in our homemade alfredo sauce
add a protein: chicken 5 salmon, shrimp, or steak 6**

PRIME RIB FRENCH DIP* 16
sliced prime rib, fontina cheese, sauteed onions, au jus, toasted baguette, and served with fries

STEAK SANDWICH* 15
lightly toasted bread, new york strip, caramelized onions, white cheddar, arugula, parmesan, & peppercorn sauce and served with fries

TURKEY CLUB* 14
triple decker, lettuce, fontina cheese, white bread, turkey, smokey bacon, tomato, & aioli and served with fries

GARY'S CHICKEN SANDWICH* 12
served on artisan bun with aioli, lettuce, tomatoes, onions, and pickles and served with fries

FRESH FISH TACOS* 15
grilled red fish on corn tortillas, avocado, cabbage, cilantro, chipotle sauce and served with black beans

NY STRIP* 21
7 oz. filet served with grilled asparagus, garlic mashed potatoes and topped with béarnaise butter



SIDES

fries, sweet potato fries, side salad, cilantro rice, asparagus, crispy brussel sprouts, mashed potatoes

Cold-Pressed Juice

8.50

KALELUJAH kale, spinach, celery, apple, pear, lemon, ginger
JUST BEET IT beet, carrot, apple, kale, parsley
GINGER SPICE spinach, carrot, green apple, celery, ginger, lemon
THINK PINK beet, pineapple, strawberry, grapefruit, ginger, lime

Dessert

LEMON LIME ICE BOX PIE 6
CHOCOLATE MOUSSE PIE 6