

## BEGINNINGS

<b>soup</b> .....4	<i>matzo ball, chicken noodle, daily lobster bisque 5</i>
<b>shrimp risotto cakes</b> .....6	<i>breaded risotto cakes, creole sauce</i>
<b>battered artichoke hearts*</b> .....7	<i>pesto cream cheese, mustard aioli, scallions</i>
<b>crispy calamari</b> .....7	<i>chipotle aioli, pomodoro</i>
<b>p.e.i mussels</b> .....8	<i>lemon fennel cream broth, garlic crostini</i>
<b>fried green tomatoes*</b> .....6	<i>cranberry-apple relish, creamy horseradish, scallions</i>
<b>bbq chicken flat bread</b> .....7	<i>charred tomatoes, griddled red onion, mozzarella, cilantro</i>
<b>portobello quesadilla*</b> .....7	<i>cheddar, black beans, roasted corn, tomato relish, guacamole, sour cream</i>

## SALADS

<b>warm goat cheese*</b> .....7	<i>breaded goat cheese medallion, tomatoes, apples, cranberries, pine nuts, field greens, balsamic vinaigrette</i>
<b>house chop</b> .....6	<i>tomatoes, chic peas, grapes, bacon, green beans, candied pecans, red onion, feta, egg, italian vinaigrette (gf)</i>
<b>wedge</b> .....6	<i>tomatoes, bacon, blue cheese, peppercorn ranch (gf)</i>
<b>caprese*</b> .....7	<i>heirloom tomatoes, fresh mozzarella, basil, arugula, balsamic glaze</i>
<b>spinach**</b> .....6	<i>artichokes, red onion, sun-dried tomatoes, kalamata olives, pine nuts, warm maple vinaigrette (gf)</i>

add any of the above salads to your entree order for half price! also...ask about making our small salads into entree size salads for only \$3 more.

## MAIN PLATE SALADS

(all main plate salads come with a fresh baked scone. for gluten free options ask to have your salad prepared without a scone)

<b>king cobb</b> .....12	<i>grilled chicken, romaine, tomatoes, chic peas, grapes, bacon, green beans, candied pecans, red onion, feta, egg, italian vinaigrette (gf)</i>
<b>roasted vegetable**</b> .....11	<i>zucchini, yellow squash, butternut squash, red onion, peppers, artichokes, asparagus, dried cranberries, pumpkin seeds, romaine, lemon vinaigrette (gf)</i>
<b>seafood</b> .....15	<i>field greens, shrimp, lobster, crab cake, tomatoes, asparagus, feta, toasted pine nuts, balsamic vinaigrette</i>
<b>sedona cobb</b> .....13	<i>grilled beef tenderloin, avocado, tomatoes, bacon, scallion, roasted corn, black beans, sharp white cheddar, tortilla strips, romaine, chipotle vinaigrette</i>
<b>grilled salmon</b> .....14	<i>mango jicama slaw, asparagus, tomatoes, feta cheese, romaine, lemon vinaigrette (gf)</i>

## OUR PHILOSOPHY

simply stated, we are all about the best possible food. we use the absolute freshest, healthiest ingredients we can find. we shop organic when we can, and we shop local when we can. this means there are no antibiotics or hormones in our meats or poultry. it also means that our milk is *always* organic, and our eggs are farm fresh, brown eggs.

(gf) indicates gluten free, \*indicates vegetarian, \*\*indicates vegan

+consuming raw or undercooked meats poultry, seafood, shellfish or eggs may increase your risk of food borne illness.

## SPECIALTIES

mediterranean pasta* .....	11
<i>vegetable-feta broth, artichokes, sun dried tomatoes, basil, onion, olives, arugula, pine nuts, linguine</i>	
roasted vegetables with polenta** .....	11
<i>seasonal vegetables, corn, charred tomato, cilantro, balsamic drizzle (gf)</i>	
tofu thai fry* .....	11
<i>egg, scallion, snow peas, carrots, napa cabbage, cilantro, scallions, spicy chili soy, rice noodles, peanuts</i>	
grilled shrimp & wild rice.....	13
<i>warm lemony wild rice salad, currants, peppers, pecans, onions, tomatoes with blackened shrimp (gf)</i>	
baked eggplant* .....	12
<i>herbed ricotta, provolone, reggiano, fresh mozzarella, grilled asparagus</i>	

pulled chicken risotto.....	12
<i>butternut squash, bacon, basil, dried cranberries, reggiano (gf)</i>	
lobster risotto.....	15
<i>charred tomato, grilled asparagus, roasted fennel, fresh basil (gf)</i>	
chicken carbonara.....	12
<i>applewood smoked bacon, fresh peas, parmesan cream sauce, reggiano</i>	
chicken paillard.....	13
<i>sun dried tomatoes, olives, red onion, artichoke hearts, spinach, feta, pine nuts</i>	
bricked chicken.....	14
<i>mac 'n cheese, lemony green beans</i>	
meatloaf.....	14
<i>house mash, sauteed spinach, demi-glaze, crispy onion straws</i>	

pork chops.....	15
<i>warm lemony wild rice salad, asparagus (gf)</i>	
pistachio encrusted white fish.....	16
<i>house mash, spinach, mango-jicama slaw, tahitian vanilla rum butter</i>	
grilled salmon.....	15
<i>fried green tomatoes, grilled asparagus, lemon butter sauce</i>	
jumbo crab cakes.....	16
<i>roasted seasonal vegetables, crispy red skin potatoes, lemon butter sauce</i>	
petite filet.....	22
<i>polenta, grilled asparagus, marsala/cab reduction sauce (gf)</i>	
new york strip.....	18
<i>crispy potatoes, creamy horseradish, grilled asparagus (gf)</i>	

## TACOS, SANDOS, WRAPS

denise's pulled chicken tacos.....	10
<i>black bean &amp; corn salsa, guacamole, lettuce, chive sour cream</i>	
brooks's fish tacos.....	12
<i>blackened grouper, mango slaw, creamy horseradish sauce, fresh lime</i>	
chuck's angus sirloin burger.....	9
<i>tomato, pickle, spring mix, drizzle balsamic vinaigrette, choice of cheese, bun</i>	
hilary's fresh veggie burger* .....	9
<i>grilled red onion, tomatoes, pickles, lettuce, vinaigrette, multi-grain bread</i>	
jenna's grilled cheese.....	9
<i>bacon, goat cheese mustard, fried green tomatoes, italian bread</i>	
reuben's lean corned beef.....	9
<i>extra lean corned beef, swiss, sauerkraut, thousand island rye</i>	

kelli's turkey club.....	10
<i>turkey, bacon, provolone, apple relish, mixed greens, tomato, multi grain bread</i>	
jim's blackened crab cake.....	12
<i>cheddar, corn relish, guacamole, chive sour cream, mixed greens, country herb bread</i>	
pat's pulled pork.....	10
<i>bbq pork, cheddar, sweet potato fries, three pepper slaw</i>	
megan's chicken wrap.....	10
<i>spicy buffalo sauce, breaded chicken, lettuce, tomato, bacon, cheddar, flour tortilla</i>	
alicia's balsamic chicken wrap.....	10
<i>grilled chicken, roasted red pepper, artichoke, provolone, lettuce, flour tortilla</i>	
julia's portobello* .....	9
<i>mozzarella, onion, roasted red pepper, lettuce, country herb bread</i>	

### SIDES

hand cut fries.....	4
sweet potato fries.....	5
mac 'n cheese.....	4

roasted vegetables.....	5
garlicky spinach.....	4
grilled asparagus.....	5