



The pleasure of eating, then, may be the best available
standard of our health....Eating with the fullest
pleasure—pleasure, that is, that does not depend on
ignorance—is perhaps the profoundest enactment of
our connection with the world.

—Wendell Berry

vinaigrette

Salads

Bright & Zingy

GREEK

Chopped cucumber, tomato, bell pepper, red onion, crumbled feta cheese and kalamata olives. Tossed in our classic vinaigrette. 10.75

Vinny Pick: Cilantro Lime Shrimp 17.75

LA PEPITA

Chopped green kale with shredded chicken, black beans, crumbled cotija, diced avocado with spicy crispy pepitas and a lemon-cumin citronette. 12.95

ASIAN CHOPPED SALAD

Chopped Napa & red cabbage and rice noodles, with julienned red bell peppers, scallions, shredded carrots, cilantro and peanuts. Tossed with a miso ginger vinaigrette and topped with crispy noodles. 11.25

Vinny Pick: Duck Confit 18.25

THE OMEGA

Leafy greens and kale chopped and tossed with sweet corn, diced bell pepper, tomato, avocado, red onion, cilantro and toasted pine nuts. Dressed with blue cheese vinaigrette. 12.25

Vinny Pick: Cilantro Lime Shrimp 19.25

TUNA SALAD SALAD

Leafy greens, arugula and radicchio with line-caught albacore, artichoke hearts, hardboiled egg and Kalamata olives, creamy caper citrus vinaigrette. 12.25

Vinny Pick: Seared Tuna Steak 19.25

CHERRY TART

Sweet dried cherries, crumbled feta, and chilled pecans tossed with arugula & Swiss chard, bright champagne vinaigrette. 11.25

Vinny Pick: Lemon-Herb Chicken Breast 17.25

Savory

EAT YOUR PEAS

Fresh baby lettuce and sweet green peas with crunchy bacon shards, savory white mushroom sauté and Asiago cheese with a tart vinaigrette. 12.00

Vinny Pick: Lemon-Herb Chicken 18.00

ALL KALE CAESAR!

Shredded super-food kale with a zingy, zesty lemon-anchovy vinaigrette, fresh parmesan, chopped Marcona almonds and anchovies. 11.25

Vinny Pick: Today's Fresh Fish [Market Price]

CAESAR*

Flash grilled romaine hearts, and red onion slivers tossed in a lemony Caesar dressing with freshly grated parmesan, and croutons. 11.00

Vinny Pick: Seared Diver Scallops 19.00

COBB

Tomato, avocado, hard boiled egg, bacon, roast chicken, blue cheese chopped & tossed with romaine & classic cobb vinaigrette. 11.75

CHOP CHOP

Romaine, arugula and a touch of radicchio and kale with diced celery, cauliflower, bell peppers, tomatoes, chickpeas, salami, herb roasted chicken, provolone and pickled banana peppers. 12.50

A Little Sweet

THE BEET GOES ON

Fresh baby greens and arugula tossed with tangy goat cheese, chopped pistachios, balsamic roasted beets and honey-balsamic vinaigrette. 12.75

Vinny Pick: Grilled Marinated Baby Artichokes 19.25

APPLE-CHEDDAR CHOP

Grilled pork tenderloin over baby arugula, julienned green apples, pickled fennel and sharp cheddar, and tossed in a ruby port vinaigrette. 16.25

THE NUTTY PEAR-FESSOR

Balsamic-roasted pears, bacon crumbles, toasted pecan halves and earthy blue cheese served with tender greens and ruby port vinaigrette. 12.75

Vinny Pick: Grilled Flank Steak 20.25

ARUGULA DUCK

Duck confit tossed with baby arugula, creamy goat cheese, balsamic roasted pears, hibiscus vinaigrette. 15.95

In Balance

FRISÉE*

French bistro staple with frisée greens, poached egg, bacon lardons and a warm shallot vinaigrette. 11.25

Vinny Pick: Hibiscus Duck Confit 18.75

SPINACH-MUSHROOM

Baby spinach tossed with sautéed mushrooms, bacon, hardboiled egg pieces, slivered red onion and honey balsamic vinaigrette. 10.75

Vinny Pick: Seared Diver Scallops 18.75

SALACHO

A dressed up taco salad with chopped red cabbage and romaine, tomato and corn, green and red onion, seasoned beef and chorizo, cheddar and jack cheese with a cumin honey-lime citronette. 13.25

Or with Roast Chicken Substitution

Bread served happily on request! Please ask your server.

Snacks & Sides

ERIN'S MAC & CHEESE

With extra-sharp cheddar, jack and Asiago cheeses and served with sliced fruit & veggies. 7.00

SAUTÉED KALE

With garlic and ginger. 6.50

DUCK TACOS

Duck confit, hoisin and hot sauce with peanuts, cabbage, scallions and carrots in crisp jicama shells. 9.25

KALE FRITTERS

With sriracha aioli. 6.50

BLACK BEAN & KALE NACHOS

With avocado and cilantro cream, fresh tortilla chips. 7.00

Soups

CAJUN GUMBO

Classic gumbo with Andouille sausage, shrimp, chicken and rice. 5.00 / 8.00

MUSHROOM STEW

Hearty miso-based vegan stew with a blend of forest, button and porcini mushrooms. 5.00 / 8.00

SOUP OF THE DAY

Ask your server for today's special soups. 4.00 / 7.00

Sandwiches

with side of Garden, Greek, Omega or Caesar

REUBEN

Savory corned beef griddled and layered with tangy sauerkraut, spicy Russian dressing and Swiss cheese on toasted rye. 12.75

ROASTED VEGGIE & PROVOLONE

Roasted bell peppers, onions and squash griddled with basil aioli and provolone, on sourdough bread. 12.50

TUNA MELT

Line caught albacore tuna with capers, chives, mayonnaise and Swiss cheese, on sourdough bread. 12.50

HOT TURKEY

House-roasted cumin-rubbed turkey breast with griddled red onion and tomato, avocado, mayo and provolone, on toasted sourdough. 12.75

CUBAN TORTA

Mustard-roasted pork shoulder, green chile ham, griddled red onions and Swiss cheese, avocado, mayo, chipotle and relish on a split roll. 13.50

Pair Your Salad

*Consuming raw or under-cooked meats, poultry, seafood, shellfish or eggs may increase your risk of food-borne illness. For our friends with allergies; milk, eggs, fish, shellfish, tree nuts, wheat, peanuts, and soybeans are used here.

Seafood

SEARED TUNA STEAK* 7.00

SEARED DIVER SCALLOPS 8.00

CILANTRO LIME SHRIMP 7.00

TODAY'S FRESH FISH [MP]

Meat

LEMON-HERB CHICKEN BREAST 6.00

GRILLED FLANK STEAK* 7.50

GRILLED PORK TENDERLOIN 6.00

DUCK CONFIT 7.50

Et Cetera

PANKO-CRUSTED GOAT CHEESE 6.50

GRILLED MARINATED BABY ARTICHOKES 5.50

ROASTED VEGETABLES 5.25

GRIDDLED TOFU 6.00