

# - LUNCH -

Served Daily: 11am-4pm

## +1 Side:

Simple Salad

Hand-cut Chips

Buckwheat Noodle Salad

Pasta Salad

Apple

Cheesy Breadstick

Tortellini/Artichoke Salad.

## Bowls

### Power

Farro, feta, carrot, jicama, lime, chickpeas, almonds, hard boiled egg, wild arugula, spicy honey-lime vinaigrette.....12

### Protein

Roasted sweet potato, sliced sirloin steak, chickpeas, crushed hard boiled egg, red onion quinoa, green goddess dressing.....16

### Spicy Chicken

Pulled chicken, black beans, avocado, red cabbage, almonds, arugula, hot honey dressing.....13

### Harvest Bowl

Toasted barley, apples, pistachios, gorgonzola, roasted brussels sprouts, cranberries, and arugula with our house-made balsamic vinaigrette dressing.....11

### Noodle

Chilled buckwheat noodle, caramelized broccoli, chopped Calabrian peppers, edamame, crushed peanuts, baby carrots, garlic soy vinaigrette.....13

### ABLT

Avocado, smoked bacon, romaine, chopped heirloom tomato, Gorgonzola dressing garlic soy vinaigrette.....13

### Hummus

Baby Kale, red pepper hummus, red onion, feta, kalamata olives, spiced walnuts, cherry tomato.....13

### Nero

Blackened salmon, arugula, pine nuts, creamy lemon tahini, goat cheese, red onion.....16