

MESA

• EST. 2023 •

SOUPS

SOUP DU JOUR

ask your server about our daily selection

CUP 3 BOWL 5

SIDE SALADS

CAESAR SALAD

romaine lettuce,
caesar dressing,
parmesan cheese, croutons

5

HOUSE SALAD

spring mix, cherry tomato, red onion,
cucumber, shredded cheddar
cheese, croutons

5

ENTRÉE SALADS

BUTTERNUT SQUASH SALAD

arugula, spinach, roasted butternut
squash, candied walnut, feta cheese,
apple vinaigrette

12



KALE FALL SALAD

baby kale, chickpeas, shredded carrots,
dried cranberries, radish, avocado,
sesame lemon vinaigrette

12



PASTA

choice of soup or salad
choice of sauce:
marinara, alfredo or cheese
12
gluten free noodles upon request

ADD A PROTEIN TO ANY ENTRÉE, SALAD OR PASTA

tofu 4 | chicken breast 5
shrimp 6 | salmon 6

“Consuming raw or undercooked meats, poultry, seafood,
shellfish, or eggs may increase your risk of foodborne illness,
especially if you have certain medical conditions”

ENTRÉES

choice of soup or salad
includes two entrée sides

FILET MIGNON 
red wine bordelaise 
24

ROASTED CHICKEN 
maple mustard glaze 
16

PAN SEARED SALMON 
brown butter miso 
20

CHEF DAILY SPECIAL
includes dessert of the evening
15

HONEY GARLIC SHRIMP 
honey garlic sauce 
20

CATCH OF THE WEEK
includes dessert of the evening
22

PRESSED SEARED TOFU  
gochujang garlic glaze
15

ENTRÉE SIDES

baked potato | garlic mashed potato | french fries | onion rings
sweet potato tots | sweet potato | sautéed spinach | carrots
broccoli | green beans | asparagus | seared lemon kale | brussels sprouts

DESSERTS

crème brûlée 6 
carrot cake 6
pumpkin cheesecake 6
fresh-cut fruit 4 
chocolate lava cake 6 
vegan, gluten free, dairy free bar 3 
ice cream and sorbet 3 
ala mode (1 scoop) 1 

"Please inform our staff about any food allergies. Our menu items may contain or come into contact with milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soybeans, or sesame."



Heart Healthy



Made without
gluten containing
ingredients



Vegan



Vegetarian



Be Well Healthy Option