

Sample Lunch Menu

Most offerings can be made vegetarian, gluten free, or vegan by request.

V=Vegetarian, GF=Gluten Free, VE=Vegan

Soup (Choose 1):

- Chicken noodle - Wide egg noodles, homemade chicken stock, fresh vegetables.
- Portuguese Shrimp and Chorizo Stew - Tomatoes, potatoes, kale, onion, spices. (GF)
- Corn and Green Chile Chowder - Bacon, onion, Monterey and pepper jack cheeses, green onions. (GF)
- Cream of Wild Mushroom Soup - Leeks, thyme, carrots. (V)
- French Onion Soup - Beef stock, caramelized onions. (GF)
- Black Bean Soup - Silky black bean soup topped with avocado, cilantro, crema, and lime. (V, GF)
- Soba and Spinach Soup with Smoked Trout - Spinach, carrots, shiitake mushrooms, Fresno chile.
- Roasted Tomato and Red Pepper Soup - Roasted tomatoes, red peppers, garlic, basil, and olive oil. (V, GF, VE)
- Tuscan White Bean Soup - Cannellini beans, kale, carrots, fennel, rosemary, and tomato. (V, GF, VE)

Sandwich (Choose 1):

- Chicken Sandwich - Serrano ham, Basque cheese, piperade, and paprika aioli on a grilled French roll.
- Tri-Tip Nevada - Monterey jack, caramelized onions, and garlic confit aioli on grilled ciabatta.
- Muffuletta - Ham, salami, capicola, provolone, mozzarella, and olive tapenade on grilled focaccia.
- Greek Veggie Grill - Gyro meat, cucumber, tomato, red onion, piquillo pepper, kalamata olives, feta, and sprouts on grilled focaccia.
- Prosciutto and pesto panini - Mozzarella, tomato, arugula, and balsamic glaze on grilled focaccia.
- Roasted Vegetable & Hummus Wrap - Seasonal roasted vegetables, hummus, cucumber, greens, and lemon-herb dressing in a grilled flatbread. (VE)

-Grilled Portobello Sandwich - Marinated portobello, roasted red peppers, arugula, caramelized onion, and basil pesto on grilled sourdough. (V)

-Chicken Salad Lettuce Cups - Herb-roasted chicken, celery, grapes, toasted almonds, and tarragon served in butter lettuce. (GF)

-Mediterranean Chickpea Salad Wrap - Chickpeas, cucumber, tomato, olives, roasted peppers, herbs, and lemon-tahini dressing. (V, VE)

Salad (Choose 1):

-Wedge Salad - Bacon, blue cheese, cherry tomatoes, chives. (GF)

-Arugula and Strawberry Salad - Sherry vinaigrette, poppy seeds, goat cheese, candied walnuts. (V, GF)

-Butter Lettuce Salad - Pear dressing, gorgonzola cheese, avocado, hazelnuts, cranberries. (V, GF)

-Lemon Fusilli - Arugula, broccoli, cherry tomatoes, parmesan, cream. (V)

-Buckwheat Noodle Salad - ginger, carrot, red bell pepper, cucumber, green onions, cilantro, Sriracha, tamari. (V, VE)

-Roasted Beet & Citrus Salad - Arugula, roasted beets, oranges, avocado, toasted pistachios, and citrus vinaigrette. (V, GF, VE)

-Mediterranean Quinoa Salad – Cucumber, cherry tomatoes, roasted peppers, kalamata olives, fresh herbs, and lemon vinaigrette. (V, GF, VE)

Dessert :

-Chocolate Chip Cookies – Soft-baked, brown butter chocolate chip cookies with flaky sea salt. (V, GF upon request)