

LUNCH ~ "...cooking, as we know, has a way of cutting through things, and to things, which have nothing to do with the kitchen. This is why it matters." ~ Nigella Lawson

STARTERS

ANTIPASTI PLATTER 15
Marinated and roasted seasonal vegetables, caramelized garlic, local cheeses, Italian olives

CELERY ROOT 9
Pickled cauliflower, cauliflower leaf caponata

CHEESE BREAD 7
Garlic cream, 'formaggi misti', fava tip pesto, herb salad

GREENS & THINGS

CAESAR SALAD Solo 8 Family 13
Escarole, torn croutons, parmigiano reggiano, and our near-classic Caesar dressing

GEMISCHTER SALAT Solo 8 Family 13
Our signature blend of spicy and hearty greens with shaved root vegetables, toasted pepitas, and roasted beet vinaigrette *Add goat cheese ~ 2*

MIXED LETTUCES Solo 8 Family 13
Citrus, almond, radish, citronette, pecorino romano

BEANS & GREENS Solo 8 Family 13
Daily bean and braised green with garlic, chili flakes, parmigiano reggiano, bread crumbs

BRAISED RUSTICS Solo 8 Family 13
Escarole, toasted garlic, chili flakes, anchovy, parmigiano reggiano, bread crumbs

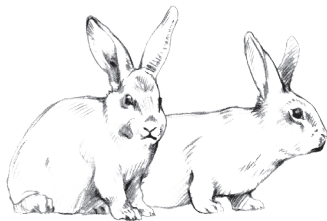
SMOKED TROUT NICOISE 15
Smoked trout, pickled vegetables, roasted beets, potatoes, olives, a '6 minute' egg, spicy greens, balsamico

SOUP

AUTUMN MINISTRONE Cup 6 Bowl 8
Sofrito, daily bean, seasonal greens, tomato, parmigiano reggiano

DAILY SOUP Cup 7 Bowl 9

BREAD Slice 2 For the table 4
MH Country Loaf with Pacific Sun Olive Oil or organic butter



SANDWICHES

REUBEN 15
Choice of house pastrami or tempeh, Russian River dressing, gruyere, sauerkraut, MH rye

FISH SANDWICH 14
Polenta dusted rockfish, pickled onion, garlic aioli*, chile & lime vinaigrette, escarole, MH dutch crunch

GRILLED CHEESE 14
Bacon, gruyere, fontina, parmigiano, pickled red onion, MH country bread

LAMB BURGER 16
Caramelized onion, fontina, tomato jam, escarole, garlic aioli*, brioche bun

PIZZA

Arugula or organic egg ~ 2 Sausage or prosciutto ~ 3.5

NEAPOLITAN 15
Fresh marinara, fresh mozzarella, seasonal pesto

PIZZA SALSICCIA 17
Marinara, our pork sausage, shaved red onion, green garlic, fontina

PIZZA FUNGHI 18
Mixed mushrooms, garlic, calabrian chile, red onion, fontina, arugula, parmigiano

MAINS

MACROBOWL 17
Red rice, heirloom beans, braised greens, marinated root vegetables, kimchi

*Choose one: miso ginger, lemon tahini, or turmeric tamari
Additional sauce ~ 1.5*

*Choose one: Organic egg or tempeh ~ included
Pork sausage ~ 3.5 Rockfish or Braised Short Rib ~ 7*

TAGLIATELLE 18
Spicy broccoli pesto, broccoli di ciccio, roasted onion, parmigiano

ROCKFISH 20
Red rice, cauliflower, green garlic, mushroom soy, sesame

LOWELL'S : Executive Chef ~ Joseph Zobel Sous Chefs ~ Jillian Druzgala & Yvonne Gonzalez
: Organic, locally grown, whole animal, & sustainably sourced. Our farm is Two Belly Acres in Sebastopol.

A 20% service charge is added to all bills, 100% of which goes to our staff. No tipping is required unless you wish to add an additional cash tip.