

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

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## STARTERS

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

**CABBAGE & SPINACH 9**  
Savoy cabbage & spinach, cabbage heart chile miso, sesame

## 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**

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**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 & lemon vinaigrette, escarole, MH dutch crunch

**PORK PARM PANINO 14**  
Pork loin, marinara, mozzarella, arugula, parmigiano

**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

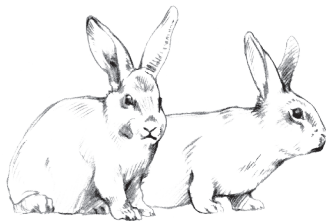
**MACROBOWL 17**  
Red rice, heirloom beans, braised greens, marinated root vegetables, kimchi

*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*

**SPAGHETTI 'CARBONARA' 18**  
Bacon, cream, black pepper, farm egg yolk, pecorino romano

**ROCKFISH 20**  
Quinoa, cabbage, olive & rosemary



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## LOWELL'S

Executive Chef ~ Joseph Zobel    Sous Chef ~ Jillian Druzgala

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.*