

Small Plates

Crab Cakes 13.95

San Francisco style lump crab cakes, served with citrus aioli

Chips + Salsa 6.95

House made salsa with seasoned corn tortilla chips (V)(GF)

Chicken + Goat Cheese Quesadilla 8.95

Pulled smoked chicken chipotle peppers, cilantro & goat cheese in a flour tortilla, dressed with lime avocado sauce

*can be made vegetarian

Fried Green Tomato BLT 9.95

Fried green tomato topped with house-made pimento cheese & bacon, on a bed of bacon vinaigrette dressed mixed greens

Soup and Salad Bar

Enjoy our full soup & salad bar with daily soup selection & specialty salads 12.95

Pizza

Our pizza dough is made in house & hand tossed

We use imported products from Italy including San Marzano tomatoes, "00" flour, and Italian Bacio mozzarella cheese with Buffalo milk

Upside Down Caesar 11.95

Caesar crust baked with mozzarella cheese & grilled chicken, topped with romaine lettuce tossed in our house-made Caesar dressing & shaved parmesan cheese

Margherita 8.95

Fresh mozzarella, tomato, pesto, fresh basil, & shaved parmesan cheese (V)

Pepperoni 9.95

Freshly made San Marzano tomato basil sauce & sliced pepperoni topped with shaved parmesan



Salads

Grilled Salmon Sesame Kale Crunch Salad 15.95

Chopped baby kale, shaved brussel sprouts, carrots, broccoli & green onions tossed in sesame rice vinaigrette topped with grilled salmon & crispy wontons

Shrimp Salad 14.95

Shrimp, romaine, mixed greens, cucumber, celery, red onion, grape tomatoes, fried capers, shaved parmesan cheese, and caper vinaigrette (GF)

Grilled Pear Salad 14.95

Mixed field greens with walnuts, gorgonzola cheese, red onions, grilled pears and chicken. Drizzled with a white balsamic pear vinaigrette (V) (GF)

Grilled Chicken Caesar 12.95

Classic Caesar salad with house-made dressing & topped with shaved parmesan, grilled chicken & a parmesan crisp

Chopped Salad \$12.95

Chopped celery, tomato, cucumber, capers, Kalamata olives, & feta cheese, tossed in white balsamic vinaigrette & topped with a grilled chicken breast

Sandwiches

“Your choice of side” includes french fries, sweet potato fries, chips and salsa, side salad or fresh fruit

Shrimp Tacos 12.95

Cilantro lime shrimp, shredded cabbage slaw, topped with lime avocado & mango habanero sauces in corn tortillas.

Served with chips & salsa

Mushroom Tacos 10.95

Sautéed Mushrooms, hatch green chili & spinach, in corn tortillas with feta cheese & green chili sour cream

Served with chips & salsa (V) (GF)

Pesto Chicken Salad 11.95

Chicken breast & sun dried tomato tossed in pesto mayo, topped with toasted almonds & lettuce on a petit baguette.

Served with your choice of side salad or fresh fruit

U Club Club 11.95

Hand-sliced Boar's Head roasted turkey breast and shaved ham, with lettuce, tomato, applewood smoked bacon, cheddar cheese, Swiss cheeses & mayo, served on **MIO** toasted honey whole wheat.

Served with your choice of side

Cubano 13.95

Pulled pork, ham, Swiss cheese, pickles, spicy brown mustard on a toasted & pressed baguette.

Served with french fries

Grilled Veggie Sandwich 10.95

Sliced portabella mushrooms, zucchini, red pepper, yellow squash and red onion, served on a baguette with pesto mayo and topped with goat cheese.

Served with your choice of side (V)

Croque Monsieur/Madame 13.95

Ham, Swiss cheese & bechamel sauce sandwiched between grilled sourdough bread with melted gruyère.

Served with bacon vinaigrette mixed green

Madame with a free-range fried egg. \$2



Burgers

You may substitute a veggie burger for any burger

All burgers come with choice of french fries, sweet potato fries, chips and salsa, side salad or fresh fruit

Holy Goat 10.95

Smashed ground beef & brisket patties topped with grilled portabella mushrooms, spinach, tomato, goat cheese & pesto mayo

All American \$9.95

Smashed ground beef & brisket patties with lettuce, tomato, pickle, onion & melted American cheese with mustard & mayo

Pimento Cheese Burger 10.95

Smashed ground beef & brisket patties with crispy romaine lettuce & a big scoop of house-made pimento cheese

Chorizo Burger \$12.95

Smashed ground beef, brisket, & chorizo patties with American cheese, green chiles, lettuce, & chipotle mayo, topped with a free-range fried egg

Entrees

Add salad bar to any entrée for 3.95

Shrimp + Grits 14.95

Cajun grilled shrimp over creamy parmesan polenta, served with grilled baguette

Chicken Enchiladas 13.95

Pulled chicken & Hatch green chili, stuffed in **MIO** yellow corn tortillas, topped with red chili sauce & cheddar jack cheese, served with spicy pinto beans & green chili cream corn (GF)

Jerk Salmon 17.95

Jerk spiced salmon filet topped with pineapple salsa over grilled vegetables & sautéed fresh spinach (GF)

Pork Verde 13.95

Braised pork shoulder stewed with green chili, cumin & coriander, served over rice, topped with cotija cheese, & cilantro (GF)

Grilled Chicken Trio 12.95

Grilled chicken breast served with fresh fruit, seasoned grilled vegetables & a warm corn muffin

Chicken Tikka Masala 14.95

Indian spiced yogurt marinated grilled chicken over white rice, served with sliced tomato, cucumber & flatbread

*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness

(V) vegetarian (GF) gluten free *many menu items may be made gluten free and/or vegetarian **MIO** - made in Oklahoma



Dessert

Ask your server about our daily dessert specials. All desserts are made in-house and change weekly based on availability *and what sounds good to Angela and Jared



Coffee

We proudly serve Mariposa coffee,
a Norman based company

Regular and **Decaf** coffee,
Cappuccino, Espresso and **Lattes**



Tea Service

We proudly serve Teaoli loose leaf tea,
a Norman based company

We offer a variety of
Black, Herbal, Rooibos, Green, & White
teas

