

HEARTY TOASTS

ADD A MARKET SIDE - \$3

OG AVOCADO V	8.5
<i>Thick Cut Sourdough, Smashed Avocado, Crispy Rosemary, Korean Chili Flake, Extra Virgin Olive Oil</i>	
BASIL & BURRATA VGTN/D	10
<i>Sprouted Wheat, Burrata Mozzarella, Honey-Roasted Grapes, Arugula, Basil, Balsamic Vinaigrette</i>	

SUMMER SALADS

THREE FALAFEL - \$3.5 | CHICKEN BREAST - \$4 | AVOCADO - \$3

STEADY EDDIE N/D	12
<i>Chicken Breast, Arugula, Spinach, Minted Tabouli, Candied Walnut, Gold Creek Feta, Grapefruit Vinaigrette</i>	

GINGER SNAP* GF/SOY	14
<i>Raw Lemongrass Ginger Yellowfin Tuna, Arugula, Sliced Avocado, Kohlrabi, Snap Pea, Pickled Ginger, Miso Dressing</i>	

DADDY WARBUCKS VGTN/N/D	12
<i>Burrata Mozzarella, Strawberry Compote, Harvest Greens, Tomato, Candied Walnut, Diced Strawberry, Pita Strips, Balsamic Vinaigrette</i>	

LEMON SHERRY VGTN/GF/D/N	11
<i>Goat Cheese, Spinach, Harvest Greens, Honey-Roasted Grapes, Fennel, Toasted Pecan, Lemon Sherry Yogurt Dressing</i>	

GREEN JEAN V/SOY	10
<i>Sweet Potato Hash, Kale, Arugula, Quinoa, Bulgur Wheat, Garden Slaw, Spiced Tahini, Miso Dressing</i>	

STEELHEAD NICOISE* GF	14
<i>Pan-Roasted Trout, Arugula, Charred Green Bean, Tomato, Crispy Yukon Potato, Greek Olive, Balsamic Vinaigrette</i>	

SCRATCH MADE SOUPS

ADD BRAISED BEEF OR SHREDDED CHICKEN - \$4

BONE BROTH GF	3
<i>Made Daily, Turmeric, Garlic, Thyme</i>	

SPICY GARDEN CHOWDER VGTN/GF/D	5
<i>Summer Squash, Charred Corn, Lemon Sherry Yogurt, Fresno Chili</i>	

NAAN FLATBREAD TACOS

SERVED ON WARM NAAN FLATBREADS | TWO PER ORDER

EL JEFE D/SOY	12
<i>Braised Beef, Smashed Avocado, Tomatillo Pico De Gallo, Spicy Avocado Salsa, Micro Cilantro</i>	

SPRING CHICKEN D/SOY	11
<i>Shredded Chicken, Lemon Sherry Yogurt, Arugula, Basil, Pickled Pepper Relish</i>	

FALAFEL TACOS VGTN/D/SOY	10
<i>Falafel, Spicy Kimchi, Hummus, Spiced Tahini, Micro Cilantro</i>	

SIGNATURE BOWLS

THREE FALAFEL - \$3.5 | AVOCADO - \$3

HASH HASH GF/D/SOY	12
<i>Braised Beef, Sweet Potato Hash, Gold Creek Feta, Pickled Onion, Horseradish Aioli, Parsley</i>	

POKE TUNA* SOY/N	14
<i>Raw Lemongrass Ginger Yellowfin Tuna, Beluga Lentil & Orzo, Sliced Avocado, Kohlrabi, Cucumber & Snap Pea, Pickled Ginger</i>	

MED 2.0 VGTN/D/N/SOY	11
<i>Falafel, Hummus, Charred Ginger Broccoli, Minted Tabouli, Pita Strips, Tzatziki, Micro Cilantro, Spiced Tahini</i>	

THE CHARLESTON GF	11
<i>Shredded Chicken, Peruvian Quinoa & Lentil, Spicy Avocado Salsa, Pickled Pepper Relish, Micro Cilantro</i>	

HIGH TIDE* GF	14
<i>Pan-Roasted Trout, Sautéed Greens, Roasted Spaghetti Squash, Avocado Salsa, Tomatillo Pico De Gallo</i>	

JUST FOR KIDS

CHILDREN 12 & UNDER ONLY

LIL' MAC & CHEESE D	3
<i>Includes Pita Strips & Grapes</i>	

JUNIOR PLATE	5
<i>Choice of 1 Kids Protein & 2 Summer Sides. Includes Pita Strips Kids Proteins: 2 Falafel, 2 Meatballs, Braised Beef, Shredded Chicken</i>	

Variety is the spice of life. Build your meal today.

1 CHOOSE ONE PROTEIN	PLATE	À LA CARTE
RESPONSIBLY SOURCED & GLUTEN FREE		
FALAFEL <i>Chickpea Fritters, Made to Order. Spiced Tahini, Micro Cilantro</i> GF/V	11	5
ROTISSERIE CHICKEN <i>Cage-Free, Hormone-Free. Choice of White or Dark Meat</i> GF	11.5	5.5
SHREDDED CHICKEN <i>Cage-Free, Hormone-Free. Ras El Hanout Spice Rub</i> GF	12	6
BRAISED BEEF <i>100% Black Angus. Cumin, Rosemary, Garlic</i> GF/SOY	12.5	6.5
YELLOWFIN TUNA* <i>Served Raw. Lemongrass Ginger, Scallion, Black Sesame</i> GF/SOY	14	8
MEATBALLS <i>Ground Beef & Turkey. Stewed Pepper & Tomato Sauce</i> GF	12	6
STEELHEAD TROUT* <i>Pan-Roasted. Sumac Lemon Rub</i> GF	14	8
SUMMER TRIO <i>No Protein? No Problem. Build A Plate With Three Summer Sides</i>	9	

2 CHOOSE TWO SUMMER SIDES	HOT SIDES	COLD SIDES
A LA CARTE SIDE - \$3		
CRISPY YUKON POTATOES GF	<i>Chicken Schmaltz, Garlic, Rosemary</i>	KOHLRABI THAI SLAW GF/SOY/N <i>Thai Basil, Tomato, Peanut, Fish Sauce, Lime</i>
SWEET POTATO HASH V/GF	<i>Moroccan Paprika, Caramelized Onion, Rosemary Oil</i>	CHARRED GREEN BEANS GF/V <i>Balsamic, Caramelized Shallot, Toasted Sesame</i>
CHARRED CORN ESQUITES GF/VGTN/SOY	<i>Fresno Aioli, Pickled Peppers</i>	HERBED SNAP PEA & CUCUMBER GF/V <i>Dill, Thyme, Fresno Chili, Champagne Vinegar</i>
SAUTÉED LEAFY GREENS V/GF	<i>Rainbow Chard, Bok Choy, Lemon, Garlic</i>	CHARRED GINGER BROCCOLI GF/V/N/SOY <i>Lemongrass Ginger, Hazelnut Coriander Dukkah</i>
MACARONI & CHEESE VGTN/D	<i>Aged Cheddar, Swiss</i>	ORZO & LENTIL MEDLEY V/SOY <i>Pasilla Pepper, Cilantro, Toasted Sesame</i>
PERUVIAN QUINOA & LENTIL V/GF	<i>Caramelized Onion, Coriander, Lime</i>	MINTED TABOULI V/N <i>Cucumber, Tomato, Radish, Mint, Sumac, Pecan</i>
ROASTED SPAGHETTI SQUASH V/GF	<i>Basil, Mint, Extra Virgin Olive Oil</i>	HUMMUS GF/V <i>Crispy Rosemary, Chili Flake, Extra Virgin Olive Oil</i>
PITA STRIPS V	<i>Redmond Salt, Cracked Pepper</i>	

FAMILY MEALS

SERVED WITH THREE 24OZ SUMMER SIDES

ROTISSERIE CHICKEN GF	40	SHREDDED CHICKEN GF	44
<i>Cage-Free, Hormone-Free. Ras El Hanout Spice Rub</i>		<i>Cage-Free, Hormone-Free. White Wine, Moroccan Paprika</i>	
BRAISED BEEF GF/SOY	49	FALAFEL GF/V	40
<i>100% Black Angus. Cumin, Rosemary, Garlic</i>		<i>Chickpea Fritters. Spiced Tahini, Micro Cilantro</i>	
MEATBALLS GF	45	FAMILY CHOPPED SALAD	15
<i>Ground Turkey & Beef. Stewed Pepper & Tomato Sauce</i>		<i>Harvest Greens, Quinoa, Tomato, Grapefruit Vinaigrette</i>	
YELLOWFIN TUNA* GF/SOY	49	FAMILY SUMMER SIDE 24oz	10
<i>Served Raw. Lemongrass Ginger, Scallion, Black Sesame</i>		<i>Choose Any Seasonal Side</i>	

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

ALLERGENS & DIETARY RESTRICTIONS

While we go above and beyond to avoid cross contamination of allergens, we cannot guarantee that food items will not inadvertently come in contact with one another during our daily preparations. **Please inform a member of our staff of any allergies prior to placing your order to ensure that we can properly assist you.**

V : Vegan **GF** : Gluten Free **VGTN** : Vegetarian **D** : Contains Dairy **N** : Contains Nuts **SOY** : Contains Soy