Choose a Signature Dish

**Signature Bowls**
HEARTY + TASTY COMPOSED DISHES
AVOCADO - $3 | THREE FALAFEL - $3.75

- **Hash Hash** D, SOY .............................. 12
  braised beef, sweet potato hash, horseradish aioli, aged feta, pickled onion, mustard seed, parsley, chive

- **Poke Tuna** G, SOY .............................. 14
  raw yellowfin tuna in ponzu marinade, sesame cucumbers, smashed avocado, vietnamese slaw

- **Chicken + Grains** .............................. 11
  shredded chicken, coconut rice, quinoa, herbed avocado salsa, fire roasted pepper crema, fire roasted pepper pico, micro cilantro

- **Med 5.0** V, G, N, SOY .............................. 11
  falafel, humming, cashew caesar brocolli, sesame cucumbers, pita strips, israel salad, spiced tahini, micro cilantro

- **Good + Plenty** D, N, SOY .............................. 12
  pulled pork, mashed potato, roasted brussels sprouts, fresno bbq sauce, pickled apple slaw

- **Oven Baked Wings** ................................. 7.5
  adobo dry rub, tossed in fresno white bbq sauce

**Flatbread Tacos**
SERVED ON WARM MAAN. MIX & MATCH ANY TWO
MAKE IT A COMBO: ADD A MARKET SIDE FOR ONLY $2

- **Sweet Pork** G, D, SOY ............................. 10
  pulled pork, coleslaw, fire roasted pepper crema, mango slaw, micro kale

- **Yalla Falafel** VGTN, G, D, SOY ............................. 10
  falafel, hummus, Israeli salad, spiced tahini, micro cilantro

- **Verde Chicken** G, D, SOY ............................. 10
  shredded chicken, spicy red cabbage, pickled apple, herbed avocado salsa, micro kale

- **Spit Fire Beef** G, N, D, SOY ............................. 10
  braised beef, carrot chermoula, fire roasted pepper pico, spicy red cabbage, fire roasted pepper crema, micro cilantro

**Avocado Toast** ................................. 8
sourdough, smashed avocado, rosemary 'everything' mix, extra virgin olive oil, G

**Seasonal Salads**
SCRATCH MADE FROM START TO FINISH
CHICKEN BREAST - $4 | AVOCADO - $3 | FALAFEL - $3.75

- **Billy Jean** V ........................................... 10
  kale mix, sweet potato hash, sundried tomato, jicama, broccoli, snap pea, red pepper, carrot, quinoa, apple ginger vinaigrette, spiced tahini

- **Mr. Brightside** G ........................................... 15
  tamarind sheefhead, tabouli, shredded kale, herbed avocado dressing, parsley, chive, micro kale

- **Princess Bride** VGTN, G, D, SOY ........................................... 12
  mixed greens, burrata mozzarella, sundried + roma tomato, blueberry, honey tomato glaze, balsamic vinaigrette, sunflower seed, micro kale

- **Lemon Feta Chicken** N, D ........................................... 12
  mixed greens, ricotta chicken, roasted beet, beluga lentil, aged feta, toasted walnut, kaffir lime vinaigrette

**Just for Kids**
CHILDREN 12 & UNDER ONLY

- **Junior Plate** ........................................... 5
  1 kids protein, 2 sides + pita strips or veggie sticks
  kids proteins: falafel, pork, beef, shredded chicken

- **Lil' Mac + Cheese** G, D ........................................... 3
  orange stokes + choice of pita strips or veggie sticks

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

**STEP 01** Choose **ONE** protein
All protein responsibly sourced + gluten free.

Falafel  
chickpea fritters, made to order. spiced tahini, micro cilantro  

Roasted Chicken  
rub of harissa dry rub, choice of white or dark meat. hormone-free  

Shredded Chicken  
moroccan paprika, garlic, bone broth. hormone-free  

Braised Beef  
cumin, paprika, guajillo chile, garlic. 100% black angus, antibiotic-free, hormone-free  

Pulled Pork  
serrano, ginger, honey mustard, antibiotic-free, hormone-free  

Yellowfin Tuna*  
pontzu, chive, sesame seed. served raw  

Tamarind Glazed Steelhead*  
lime, garlic, fresno, freshwater trout  

Three Side Plate  
love multiple choices? this one's for you. pick any three sides

**STEP 02** Choose **TWO** sides
A La Carte Side – $3 | Family Side – $9

**HOT SIDES**

SWEET POTATO HASH  
moroccan paprika, caramelized onion  

MAC + CHEESE  
aged cheddar, parmesan, rosemary, bread crumbs  

SPAGHETTI SQUASH  
rasted tomato, sundried tomato, extra virgin olive oil  

ROASTED BRUSSELS SPROUTS  
carrot, chermoula, maple, lemon, almond, urfa biber  

SESAME SOY CAULIFLOWER  
korean chili, chive, sesame seed  

MASHED POTATOES  
yukon gold potato, garlic, cream  

COCONUT RICE + QUINOA  
basmati, coconut milk, preserved lemon, red onion  

BONE BROTH  

turmeric, coriander, thyme  

PITA STRIPS  
redmond salt, cracked pepper

**COLD SIDES**

CASHEW CAESAR BROCCOLI  
green russian kale, cashew-caesar dressing  

ROASTED BEETS  
aged feta, kaftir lime, honey wine vinegar  

SMASHED AVOCADO  
lemon juice, extra virgin olive oil, redmond salt  

SPICY SESAME COUSCOUS  
quinoa, carrot, fresno chili, green onion, sesame carrot dressing  

ARUGULA MINT SALAD  
fennel, shaved cauliflower, bulgur, cranberry, almond, kaftir lime vinaigrette  

VIETNAMESE SLAW*  
jicama, broccoli, snap pea, red pepper, carrot, scallion, cilantro, sesame seed, vietnamese vinaigrette  

TABOULLEH  
bulgur, fennel, quinoa, red pepper, celery, chive, parsley, lemon, extra virgin olive oil  

HUMMUS  
rosemary 'everything' mix, extra virgin olive oil

MAKE IT A

FAMILY MEAL  CHOOSE ONE FAMILY PROTEIN AND THREE FAMILY SIDES  SERVES 4  ONLY $30

*Pricing subject to change for certain protein selections based on availability.

While we go above and beyond to avoid cross contact 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.