### HOUSE-MADE SOUPS

CUP (6 oz) 4 | BOWL (12 oz) 6 | BOWL & MINI MIXX (3 mixx-ins) 12

### SPECIALTY SALADS

NO SUBSTITUTIONS ON OUR SPECIALTY SALADS. PLEASE SEE OUR MINI MIXX OR FULL MIXX SALAD FOR THE OPTION TO CREATE YOUR OWN OR CUSTOMIZE.

#### SANTA FE CHICKEN SALAD (GF) 10 / 12

grilled chicken breast, julienne carrots, tortilla strips, fire-roasted corn, black beans, queso fresco, wild field greens and romaine tossed with jalapeño-lime vinaigrette.

#### PALERMO INSALATA (VEG) 8 / 10

roasted red pepper, garbanzo beans, crispy capers, parmesan, crunchy croutons, raw red onion, cabbage blend and romaine tossed with spicy sicilian vinaigrette.

#### GARDEN OF EDEN (VEG, GF) 8 / 10

crisp granny smith apples, candied pecans, gorgonzola and wild field greens tossed with champagne-honey vinaigrette.

#### RUSTIC BEET SALAD (VEG, GF) 9 / 11

fresh roasted beets, hickory-smoked almonds, roasted sweet potatoes, goat cheese, spinach and arugula tossed with tarragon-shallot vinaigrette.

#### THAI SALMON SALAD (GF) MP

grilled atlantic salmon\*, julienne carrots, english cucumbers, edamame, black sesame seeds, wild field greens, napa and red cabbage tossed with orange-miso vinaigrette and topped with thai chili sauce.

#### KNIFE & FORK (GF) MP

grilled steak\*, herb-roasted potatoes, charred onions, tomatoes, gorgonzola and wild field greens tossed with balsamic vinaigrette.

#### CLASSIC COBB (GF) 11 / 13

grilled chicken, gorgonzola, tomato, bacon, egg, avocado and romaine with choice of balsamic vinaigrette or creamy gorgonzola.

#### TUNA NIÇOISE (GF) 12 / 14

seared rare tuna\*, haricots verts, egg, roasted potatoes, kalamata olives, tomatoes, wild field greens and romaine tossed with tarragon-shallot vinaigrette.

#### MAIN STREET CHOP CHOP (GF) 11 / 13

roasted turkey, garbanzo beans, lentils, tomatoes, scallions, green beans, romaine, spinach and mozzarella chopped and tossed with balsamic vinaigrette.

#### CHISAYA MAMA (THE ANTIOXIDANT SALAD) (VEG, GF) 9 / 11

kale, arugula, quinoa, fennel, radish and parmesan cheese tossed with lemon-mint vinaigrette.

#### ROCKET SALAD (VEG, GF) 10 / 12

arugula, shredded cabbage, avocado, dates, goat cheese, tortilla strips, roasted corn, hickory-smoked almonds and scallions tossed with champagne-honey vinaigrette.

#### INSALATA BRASSICA (GF) 9 / 11

brussels sprouts, arugula, dried cranberries, crispy bacon, hickory almonds and parmesan cheese tossed with honey mustard dressing.

### CAESAR SALAD 7/9

romaine, parmesan and croutons tossed with our tangy caesar dressing.

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grilled steak* MP	house-made falafel (2) 4
grilled salmon* MP	organic non-GMO tofu 4
shrimp 6	avocado 1.25
seared rare tuna <sup>*</sup> 6	anchovy filet 1
grilled chicken 3.5	extra mixx-in 1
house-roasted turkey 4	extra dressing 1
grilled portobello mushroom 4	extra roll 1

#### CREATE YOUR SALAD: 7 (3 MIXX-INS) / 10 (5 MIXX-INS)

#### FIELD GREENS | ROMAINE | SPINACH | ARUGULA | NAPA & RED CABBAGE | KALE

#### CHOOSE YOUR MIXX-INS

VEGGIES tomatoes kalamata olives charred onions raw red onions radish julienne carrots english cucumbers roasted mushrooms roasted red peppers fire-roasted corn fresh roasted beets herb-roasted potatoes roasted sweet potatoes haricots verts herb-roasted garlic fresh jalapeños brussels sprouts

THE MIXX

FRUITS dates granny smith apples dried cranberries PROTEINS bacon

LEGUMES edamame black beans french lentils garbanzo beans GRAINS quinoa crunchy croutons tortilla strips

#### HERBS

fennel scallions fresh mint crispy capers

#### egg

CHEESE mozzarella gorgonzola goat cheese feta parmesan queso fresco parmesan crisp

#### NUTS

candied pecans roasted peanuts pine nuts sliced almonds hickory almonds

#### SEEDS

pumpkin seeds sunflower seeds black sesame seeds

#### DRESSING

#### (VEGAN, GLUTEN FREE, DAIRY FREE)

balsamic vinaigrette orange-miso vinaigrette champagne-honey vinaigrette olive oil & vinegar lemon-mint vinaigrette jalapeño-lime vinaigrette tarragon-shallot vinaigrette spicy sicilian vinaigrette

#### (CONTAINS DAIRY)

honey mustard buttermilk ranch creamy gorgonzola caesar

CHECK OUT OUR FEATURED ITEMS

#### V: VEGAN VEG: VEGETARIAN GF: GLUTEN FREE DF: DAIRY FREE

\*Items cooked to order. We look forward to accommodating your special requests however it may be subject to an upcharge. Consuming raw or undercooked meats, poultry, or eggs may increase your risk of food-borne illness. Please be advised that our food may contain dairy, eggs, wheat, soybean, peanuts, tree nuts, and shellfish. Please alert a store manager for allergy requests. Prices do not include sales tax; menu items and pricing are subject to change.

## SIGNATURE SANDWICHES & WRAPS

#### SERVED WITH CHOICE OF POTATO CHIPS OR PASTA SALAD

SUBSTITUTE FRIES, SWEET POTATO FRIES, CHIPOTLE BLACK BEANS, CUP OF SOUP, OR GREENS: 2

#### THE COUNTRY CLUB 12

turkey, smoked ham, bacon, cheddar cheese, lettuce and tomato with honey-dijon aioli served on a baguette.

#### CASABLANCA PITA POCKET (VEG) 10

house-made chickpea falafel patties nestled in a grilled pita pocket with tomato, red onion, cilantro, arugula and tzatziki.

#### CLASSIC BLUE MP

grilled steak\*, charred onion, roasted mushrooms and arugula with blue cheese aioli on a baguette.

#### PRETZEL CHICKEN SANDO 11

grilled chicken, pepper jack cheese, charred onions, tomato, spinach and garlic aioli on toasted pretzel bread.

#### **FISH FRY SANDWICH 14**

breaded pacific cod\*, lettuce, tomato, house-made tartar sauce, pickles and onion, served on a sesame seed bun.

#### **BREAKFAST WRAP 11**

farm-fresh eggs, bacon, breakfast potatoes, jalapeno and mozzarella cheese in a wheat wrap served with a side of pico de gallo.

#### **CLASSIC BLT 10**

bacon, shredded romaine, charred onions, tomato and sriracha aioli on a baguette. add an egg for \$1.

#### STREET TACOS (GF) 12

choice of steak\*, chicken, pacific cod\*, grilled portobello mushroom or organic tofu with shredded cabbage, queso fresco, onion and cilantro in corn tortillas topped with jalapeño-lime crema, served with chipotle black beans and pico de gallo.

#### THE COBB WRAP 11

house-roasted turkey, tomato, avocado, bacon, arugula, gorgonzola, oil and vinegar wrapped in a whole wheat tortilla.

#### MEDITERRANEAN VEGGIE WRAP (V) 10

haricots verts, roasted mushrooms, roasted red peppers, hummus and spinach tossed with tarragon-shallot vinaigrette in a wheat tortilla.

#### 1/2 SANDWICH COMBOS 12

choose any half sandwich, served with your choice of soup or selected salad: greek (VEG, GF) | garden of eden (GF) | caesar | classic garden salad (VEG)

### QUINOA BOWLS

#### TRY ONE OF OUR FIVE NEW QUINOA BOWLS

#### BAJA BOWL (GF) – WITH CHICKEN 14 / STEAK MP

sauteed black beans, charred sweet corn, carrots and quinoa topped with avocado, queso fresco, cilantro and pepitas served with a side of pico de gallo and jalapeno-lime crema.

#### ALOHA POKE BOWL (GF, DF) 16

seared rare ahi tuna, chilled quinoa, edamame, marinated seaweed, carrots, avocado and cucumber on a bed of napa & red cabbage topped with sesame seeds served with "secret" ponzu sauce and sriracha aioli.

#### SAO PAULO STEAK BOWL (GF, DF) MP

sauteed roasted sweet potatoes, charred red onion, roasted red bell peppers, kale and quinoa topped with grilled steak and fresh cilantro served with a side of lemon mint vinaigrette.

#### ASIAN SHRIMP BOWL (GF, DF) 16

sautéed shrimp, carrots, edamame, napa cabbage, red cabbage and quinoa topped with green onion, cucumber, sesame seeds and chopped peanuts served with peanut-chili sauce.

#### **MEDITERRANEAN BOWL (GF, VEG) 14**

grilled portobello mushroom over sautéed quinoa, red onion, cilantro, tomato and kalamata olives topped with feta cheese and pine nuts, served with a side of hummus and tzatziki.





blue cheese garlic bread (VEG) 5



chipotle black beans (GF, V) 3 crispy chickpeas with sea salt (GF, V) 3 french fries (GF, V) 4.25 charred brussels sprouts with sriracha aioli 7 (GF, VEG) sweet potato fries (GF, V) with curry aioli (VEG) 5 house-made falafel (3) (GF, V) with tzatziki (VEG) 5

HOUSE-MADE FRESH BAKED GOODS AVAILABLE. SEE CASHIER FOR DETAILS.

# OUR FULL MENU IS AVAILABLE FOR DINE-IN, DELIVERY OR PICKUP

