HOUSE SALADS

All house salads can be customized · Build Your Own starting at $9.75

Adam's Apple

Suggested Dressing: Apple Cider Vinaigrette

Mixed Greens
Baby Spinach
Granny Smith Apples
Bacon
Red Onion
Candied Pecans
Dried Cranberries
Feta Cheese

$15

The Beet

Suggested Dressing: Lemon Vinaigrette

Mixed Greens
Arugula
Red Beets
Candied Pecans
Goat Cheese

$14

Chicken Caesar

Suggested Dressing: Creamy Caesar

Romaine
Roasted Chicken
Garlic Croutons
Grated Parmesan

$15

Classic Cobb

Suggested Dressing: Blue Cheese

Romaine
Roasted Chicken
Bacon
Diced Ham
Avocado
Grape Tomatoes
Cucumbers
Hard Boiled Egg
Blue Cheese

$17

The Middle Eastern

Suggested Dressing: Lemon Vinaigrette

Romaine
Cucumbers
Kalamata Olives
Grape Tomatoes
Sliced Radishes
Hummus
Stuffed Grape Leaves
Pita Chips
Za'atar Seasoning
Feta Cheese

$16

Red Barn NEW!

Suggested Dressing: Green Goddess

Romaine
Mixed Greens
Roasted Beef
Grape Tomatoes
Croutons
Roasted Red Peppers
Caramelized Onions
Swiss

$16

Southwest Citrus Beef

Suggested Dressing: Lemon Vinaigrette

Romaine
Roasted Beef
Pickled Onions
Grape Tomatoes
Corn
Black Beans
Cilantro
Avocado
Tortilla Strips
Cheddar Jack Cheese

$16

Thai Chicken Crunch

Suggested Dressing: Asian Sesame

Crispy Romaine
Roasted Chicken
Shredded Carrots
Shredded Cabbage
Cucumbers
Cilantro
Wonton Strips

$15

HOUSE GRAIN BOWLS

All grain bowls can be customized · Build Your Own starting at $10.75

Aegean — $16

Suggested Dressing: Green Goddess

Brown Rice & Quinoa · Roasted Chicken · Arugula · Cucumbers · Kalamata Olives · Artichoke Hearts · Feta Cheese

Autumn — $16

Suggested Dressing: Apple Cider Vinaigrette

Brown Rice & Quinoa · Ham · Mixed Greens · Sweet Potatoes · Red Onion · Dried Cranberries · Candied Pecans · Goat Cheese

Campo NEW! — $17

Suggested Dressing: Red Wine Vinaigrette

Brown Rice & Quinoa · Radish · Spinach · Walnuts · Super Greens · Hearts of Palm · Caramelized Onions · Goat Cheese

Mediterranean — $16

Suggested Dressing: Balsamic Vinaigrette

Brown Rice & Quinoa · Roasted Chicken · Romaine · Cucumbers · Grape Tomatoes · Kalamata Olives · Roasted Red Peppers · Fresh Mozzarella

Pacific NEW! — $17

Suggested Dressing: Asian Sesame

Brown Rice & Quinoa · Shrimp · Edamame · Red Cabbage · Shredded Carrots · Broccoli Florets · Pineapple · Wonton Strips

SANDWICHES AND SUCH

Grilled Cheese

North Wind Sourdough • White American Cheese • Kerrygold Butter

Classic	+ Pesto NEW!	+ Bacon NEW!	Vegan
$7	$8	$8	$9 *Plant-Based Butter & Cheese*

Avocado Toast — $7

North Wind Sourdough • Avocado • Everything Bagel Seasoning • EVOO Drizzle

Green Goddess Beef NEW! *Served Warm* — $13

North Wind Sourdough • Roasted Beef • Pickled Red Onion • Cheddar Jack Cheese • Green Goddess

Tuscan Mozzarella Press *Served Warm* — $13

North Wind Schiacciata • Creamy Pesto • Fresh Mozzarella • Roasted Red Peppers

Soups & Mac and Cheese: $6 for 8 oz, $8 for 12 oz

HOUSE SMOOTHIES

All smoothies can be customized · Build Your Own starting at $8

Choose Your Liquid Base	Almond Milk	Coconut Milk
	Oat Milk	Orange Juice
	Water	Whole Milk

Berry Blast Strawberry, Banana, Blueberry, Raspberry	**$9**
Matcha Mango Green NEW! Banana, Mango, Matcha Powder	**$11**
PB&J NEW! Banana, Strawberries, Peanut Butter Powder	**$10**
Pineapple Paradise Pineapple, Mango, Banana	**$9**
Berry Cocoa Crush Strawberry, Banana, Raspberry, Cocoa Powder	**$10**
Mighty Greens NEW! Banana, Avocado, Spinach, Sunflower Greens, Agave	**$12**
Peach Sunrise NEW! Peach, Pineapple, Strawberry	**$9**
Wheatgrass Warrior NEW! Banana, Pineapple, Mango, Spinach, Wheatgrass Shot, Agave	**$13**

Add Protein +$2 or Wheatgrass +$3 · Additional Fruit $1 each

AÇAÍ & PITAYA BOWLS

Includes 3 Fruits & Granola

Açaí	**$13**
Pitaya	**$12**

FRUIT OPTIONS · Banana · Blueberries · Kiwi · Pineapple · Strawberries

TOPPINGS $1 · Coconut · Cacao Nibs · Honey · Peanut Butter · Nutella

BEVERAGES

Homemade Fruit Elixirs *Purées* Pineapple–Mango · Raspberry–Peach · Strawberry–Blueberry *Choose Agave Lemonade or Green Tea Base*	**$4.50**
Fruit Refreshers *Lightly Caffeinated* NEW! **Recharge** Dragonfruit–Elderberry · **Revive** Starfruit–Mango–Passionfruit · **Rebloom** Blackberry–Lychee	**$5.75**
Hot Coffee or Tea	**$3**
Iced Chai Latte NEW! *Dirty $7.25*	**$6**