# HOUSE-MADE SOUPS

CUP (6 oz) 5 | BOWL (12 oz) 7 | BOWL & MINI MIXX (3 mixx-ins) 14

### 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) 12 / 14

fresh, herb-roasted 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) 10 / 14

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) 10 / 12

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

### RUSTIC BEET SALAD (VEG, GF) 12 / 14

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

### THAI SALMON SALAD (GF) MP (Full Only)

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) 13 / 15

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

### CLASSIC COBB (GF) 13 / 15

fresh, herb-roasted chicken breast, gorgonzola, tomato, bacon, egg, avocado and romaine with choice of balsamic vinaigrette or creamy gorgonzola.

### TUNA NIÇOISE (GF) 16 (Full Only)

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) 13 /15

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) 11 / 13

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

# ROCKET SALAD (VEG, GF) 12 / 15

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

# INSALATA BRASSICA (GF) 10 / 12

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

# CAESAR SALAD 8 / 11

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

Z H H PROT

grilled steak\* MP grilled salmon\* MP shrimp MP seared rare tuna\* MP fresh, herb-roasted chicken 4 house-roasted turkey 5

grilled portobello mushroom 5

house-made falafel 5 organic non-GMO tofu 4 avocado 2 anchovy filet 1 extra mixx-in 1.25 extra dressing 1.25 extra roll 1

# THE MIXX

CREATE YOUR SALAD: 9 (3 MIXX-INS) / 12 (5 MIXX-INS)

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

# CHOOSE YOUR MIXX-INS

# **VEGGIES**

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

# HERBS

fennel scallions fresh mint crispy capers

#### **FRUITS LEGUMES** dates granny smith apples

dried cranberries

**PROTEINS** 

CHEESE

mozzarella

gorgonzola

goat cheese feta

queso fresco

parmesan crisp

candied pecans

roasted peanuts pine nuts

sliced almonds

pumpkin seeds

sunflower seeds

black sesame seeds

hickory almonds

parmesan

NUTS

**SEEDS** 

egg

edamame black beans french lentils garbanzo beans **GRAINS** crunchy croutons tortilla strips

# (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)

buttermilk ranch creamy gorgonzola caesar

honey mustard

CHECK OUT OUR FEATURED ITEMS

### 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: 3

### THE COUNTRY CLUB 15

turkey, smoked ham, bacon, cheddar cheese, lettuce and tomato with honey-dijon aioli served on toasted wheat bread.

#### CASABLANCA PITA POCKET (VEG) 12

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 13

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

### **FISH FRY SANDWICH 15**

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

#### **BREAKFAST WRAP 12**

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

### **CLASSIC BLT 12**

bacon, shredded romaine, charred onions, tomato and sriracha aioli on a baguette. add an  $\ensuremath{\mathsf{egg}}$ 

#### STREET TACOS (GF) 14

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 13

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

#### MEDITERRANEAN VEGGIE WRAP (V) 12

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

### 1/2 SANDWICH COMBOS 14

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

# **QUINOA BOWLS**

# TRY ONE OF OUR FIVE NEW QUINOA BOWLS

# BAJA BOWL (GF) - WITH ROASTED CHICKEN 15 / 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) 17

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) 17

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) 6



# SIDES

chipotle black beans (GF, V) 4
crispy chickpeas with sea salt (GF, V) 4
french fries (GF, V) 5
charred brussels sprouts with sriracha aioli (GF, VEG) 7
sweet potato fries (GF, V) with curry aioli (VEG) 6
house-made falafel (GF, V) with tzatziki (VEG) 6

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

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

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### KIDS MENU

### MACARONI & CHEESE 9

served with local farm to market bread co. roll.

#### **BUTTERED NOODLES AND PARMESAN 8**

served with local farm to market bread co. roll.

#### ADD PROTEIN TO YOUR PASTA

grilled steak\* MP grilled salmon\* MP grilled chicken 5

#### CLASSIC GRILLED CHEESE 9

on whole wheat bread, served with french fries.

#### TURKEY AND CHEESE SANDWICH 9

on whole wheat bread, served with french fries.

#### PB&J 9

on whole wheat bread, served with french fries.

### **CRISPY CHICKEN TENDERS 9**

served with french fries and buttermilk ranch dressing.

### **ROASTED CHICKEN & VEGETABLE 9**



\*Items cooked to order. 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.

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