

LUNCH

FRESH-SQUEEZED JUICE

carrot, apple & ginger snap	5.50
power greens	5.95
basil seed lemonade	5.95
mango, orange & pineapple nectar	5.95
cherry chia cooler	5.95
blueberry & basil smash	6.50
cucumber & mint soda	4.95

SNACKS

kennebec fries, crispy lemons & chilis	5.95
hummus, vegetables, warm naan	6.95
potato salad deviled eggs	5.95
warm quinoa cakes and . . .	7.50
tsukune, chili-cilantro sauce	7.95
burrata, figs, marcona almonds	7.95
ahi tuna crudo, seven flavor chili	9.95

BUTTERNUT SQUASH & APPLE SOUP

toasted pumpkin seeds - 6.95

STRAIGHT "A" SALAD

arugula, avocado, asian pear, asiago, almonds - 9.95

ENLIGHTENED CAESAR

hearts of romaine, caper, croutons, grana padano, greek yogurt dressing - 9.95

add roasted chicken - 3.50 add salmon - 5.50

CRISPY KALE SALAD

persimmons, pumpkin seeds, dates, parmesan, white balsamic vinaigrette - 10.95

SUPERNATURAL CHOPPED SALAD

spinach, romaine, baby greens, celery, cucumber, tomatoes, dried corn, apples, sunflower & pumpkin seeds, green beans, parmesan, migas, basil, market vinaigrette - 12.95

3-GRAIN & ARUGULA SALAD W/MILLER FARM'S CHICKEN

freekeh, millet & red quinoa, fennel, blueberries, grana padano, house vinaigrette - 13.95

GRILLED CHICKEN SANDWICH

oven-roasted tomatoes, chimichurri, organic baby kale & spinach, apple stick salad - 13.50

MUSHROOM & QUINOA BURGER

swiss cheese, baby kale, kennebec fries, sriracha aioli - 13.50

DR. BOB'S TURKEY BURGER

all natural turkey, quinoa, almond and kale salad - 13.95

PRIME BURGER

whole grain toast or classic bun, kennebec fries, house-made giardiniera, choice of aged white cheddar, wisconsin swiss or havarti - 13.95

WARM POT ROAST SANDWICH

toasted white cheddar bun, caramelized onion, watercress, kennebec fries - 13.95

ESCAROLE & POTATO RAVIOLI

delicata squash, parmesan, white truffle - 16.95

TURKEY, SWEET POTATO & GREENS NEATLOAF

braised kale, vegetable gravy - 16.95

CHILI & CHOCOLATE GLAZED SALMON

smoked almond slaw, corn tortillas - 19.95

TASTE OVER TREND