

SPRING 2019 MENU

APPETIZERS

Mussels

coconut-jerk cream, peppers, red onion, scallions, bacon, Jamaican fry bread

\$16

Cauliflower Wedges

beer-battered cauliflower tossed in rhubarb BBQ sauce, mint aioli, jicama-cabbage slaw

\$16

Groovy Caesar

romaine, fried capers, bacon, croutons, asiago, lemon

\$15

Seared Scallops

served over shrimp-quinoa cakes, curry-turmeric yogurt, sweet pea chutney, fresh sprouts

\$17

Naan

always changing, always fresh

\$16

Soup Du Jour

always changing, always fresh

\$10

Smoked Salmon Stuffed Endive

dill cream cheese mousse, pickled onions, beet puree

\$16

Wedge Salad

iceberg lettuce, radish, avocado, cucumber, red onion, salami lardons, tortilla crisps, chipotle ranch

\$16

Surf & Turf Board

groovy beef carpaccio, bacon-potato salad, deep fried pickles, grilled halloumi, crostinis, roasted garlic puree

\$28

LUNCH MAINS

Groovy Cobb

romaine, shaved egg, roasted corn, cucumber, grilled asparagus, roasted heirloom carrots, sautéed enoki mushrooms, goat cheese, choice of chicken or trout

\$20

Veal Parm Sandwich

tomato sauce, mozzarella, roasted red peppers, fresh basil on ciabatta (choice of side)

\$20

Buddha Bowl

quinoa, grilled bok choy, lima beans, shredded carrots, warm kimchi, sugar snap peas, soy-sesame glaze, crispy wonton strips

\$19

Chicken Sandwich

honey glazed chicken breast, provolone, crispy onions, jalapeno aioli, peach chutney, & greens(choice of side)

\$18

Pulled Chicken Panini

ground turkey in a smoky bbq sauce, brioche bun, with maple-cabbage slaw (choice of side)

\$17

Spring Orecchiette

chicken, sundried tomatoes, olives, garlic, zucchini, artichoke pesto, chili flakes, feta

\$18

Egg'cellent Feature

always changing, always fresh

\$16

Black Bean & Quinoa Burger

groovy thousand island, pickles, romaine, cheddar, onion (choice of side)

\$17

DINNER MAINS

Trout Filet

lime-scallion crusted trout with ginger infused sweet potato & Yukon gold latkes, grilled bok choy, sugar snap peas, soy-sesame glaze, kimchi

\$34

Veal Parm

panko crusted veal, tomato sauce, mozzarella, parmesan, & fresh basil over house-made fettuccini

\$35

Chicken Supreme

peach, spinach, & cream cheese stuffed, with chipotle scalloped potatoes, sweet corn cream

\$30

Lamb Gnocchi

beet- ricotta gnocchi, fresh peas, spinach, leeks, mint pesto cream, goat cheese

\$28

Ground Turkey Enchiladas

house chili sauce, roasted corn, jalapeno, & cheese blend over black bean Spanish fried rice with shredded lettuce, sour cream

\$28

Risotto

carrot infused, garlic, Brussel sprouts, heirloom carrots, spinach, asiago, beet relish

\$26

8oz Beef Tenderloin

grilled, with potato, bacon, jalapeno, mushroom hash, grilled asparagus, lemon-horseradish aioli

\$40

Spring Orecchiette

sundried tomatoes, olives, garlic, zucchini, artichoke pesto, chili flakes, feta (add chicken \$6)

\$25