

SPRING 2019 MENU

APPETIZERS

Chicken Wontons

ground chicken, spinach & goat cheese stuffed wontons, maple-peach sweet & sour sauce

\$15

Cauliflower Wedges

honey-garlic glazed beer-battered cauliflower, lemon aioli, kale & red pepper 'slaw

\$15

Groovy Caesar

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

\$15

Stuffed Avocado

creamy shrimp salad, scallions, pickled radish, sweet corn

\$16

Naan

always changing, always fresh

\$16

Soup Du Jour

always changing, always fresh

\$10

Summer Salad

mixed greens, strawberries, slivered almonds, red onion, cucumber, & feta with turmeric-lime vinaigrette

\$16

Grilled Calamari

chili marinated, grilled watermelon, arugula, red onion, toasted pine nuts, basil oil

\$17

Deconstructed Bruschetta Board

beet bruschetta, feta, crostini's, garlic scape pesto, prosciutto, fresh lemon- cantaloupe gazpacho

\$28

LUNCH MAINS

Groovy Cobb

romaine, roasted cauliflower, pickled zucchini, bacon, cherry tomatoes, hard-boiled egg, blueberries, panko-fried goat cheese (chicken or shrimp)

\$20

Quesadilla

braised beef short rib, pommery mustard ricotta, smoky barbeque sauce, grilled onion (choice of side)

\$20

Buddha Bowl

quinoa, roasted peach, mint- cherry tomato bruschetta, white kidney beans, cucumber, feta, maple-balsamic vinaigrette

\$19

Summer Linguini

red peppers, asparagus, cherry tomatoes, red onion, garlic-lemon wine sauce

\$18

Porkloin Panini

pan-fried porkloin, raclette cheese, strawberry-rhubarb jam, caramelized onion, arugula (choice of side)

\$19

Vegan "Benny"

English muffin, beet infused polenta cake, wilted spinach, avocado, curry-lime coconut cream, sprouts (choice of side)

\$17

Mushroom Risotto

leeks, spinach, sautéed cremini mushrooms, asiago

\$17

Spicy Black Bean & Quinoa Burger

roma tomatoes, buffalo mozzarella, basil aioli, balsamic reduction (choice of side)

\$17

DINNER MAINS

Chicken Pot Pie

deconstructed, fried naan, coconut curried chicken & vegetables over basmati rice

\$28

Salmon Burger

basil aioli, guacamole, pickled red onion, arugula, tomato, summer orzo salad on the side with cucumber, spinach chiffonade, corn, sweet potato, feta, herbs, & maple-balsamic vinaigrette

\$30

Sweet Potato Gnocchi

house gnocchi topped with braised beef short rib in a bbq jus, wilted greens, caramelized onion, asiago

\$28

8oz Beef Tenderloin

smashed baby red potatoes, bacon, cheddar, sour cream, grilled asparagus, garlic-chive compound butter

\$40

Red Pepper Pappardelle

house pasta, cherry tomato, asparagus, red onion, peppers, spinach, lemon-garlic wine sauce, goat cheese

\$26

Mushroom Risotto

leeks, spinach, sautéed cremini, beer battered button mushrooms, asiago

\$26

Stuffed Pork Loin

mozzarella & strawberry-rhubarb stuffed, sumac-brown sugar rub, roasted fingerling potatoes, seasonal vegetables, pan butter glaze

\$28

Perch

dill & panko crusted filets, beet infused polenta medallions, citrus-turmeric remoulade, seasonal vegetables

\$34