



salads

Grilled Cabbage w/green apple, raisins, dijon vinaigrette + oven roasted pulled pork 4, + chicken 4, + shrimp 5	6
Classic Caesar Salad House-made Caesar dressing, topped with house-made croutons, shaved pecorino + chicken 4, + salmon 7, + shrimp 5	6
Kale and Roasted, Golden-Beet Salad Fresh goat cheese, toasted almonds and warm white balsamic vinaigrette + chicken 4, + shrimp 5	6
Curried Chicken Salad Wrap Romaine lettuce, apples and raisins all rolled into a flour tortilla	12
Sautéed Garbanzo Beans in Olive Oil Garlic, sweet peppers and scallions, finished with balsamic glaze + chicken 4, + shrimp 5	6

soups

Chicken and Sausage Gumbo New Orleans staple, served with white rice, gumbo filé	7
Roasted Cauliflower Soup Roasted cauliflower, combined with herbs, vegetable broth and blended smooth.	6
Southwest Lentil Soup Lentils and vegetables in an American southwest tomato broth, topped with crispy corn tortilla strings.	6

vegetable tapas

Zucchini Fritte (fried zucchini)	4
Patatas Bravas w/ bravas sauce (or ketchup)	3.25
Sautéed Broccoli Rabe in garlic and olive oil w/red pepper flakes	4.25
Broccoli Rabe and Roasted Red Pepper Sandwich on grilled sourdough Add smoked mozzarella	6.5 1
Crispy Chips	2.25

chicken menu

Our Chicken Sandwiches are grilled or fried and come in three flavorful marinades Buttermilk, Teriyaki and Curried.	12
Add grilled or crispy fried chicken breast to a salad	4

tapas entrées

Grilled Churrasco Steak	18
<i>Grilled skirt steak over wild and brown rice medley, topped with a fresh chimichurri sauce</i>	
Oven Roasted Pulled Pork Sandwich	14
<i>Pickles, cabbage-jalapeño slaw and house BBQ sauce</i>	
Spaghetti Primavera	12
<i>Seasonal roasted vegetables in olive oil, garlic, cherry tomatoes and basil + shrimp(3) 5</i>	
Seared Salmon Fillet	16
<i>Fennel, pearl cous-cous and quinoa salad, orange-roasted garlic-dill vinaigrette</i>	

blended burgers

*All of our ground beef is blended with 25% **sautéed mushrooms**, which adds a deep shot of Umami to the beef... It's delicious! But check out our salmon and vegetable burgers, too!*

Blended Burger* w/Lettuce & Tomato, pickle, burger and white sauce	12
<i>Make it a cheese burger! – American, Cheddar, Swiss, Pepper Jack.</i>	1
Bacon Cheddar Burger*	12
<i>Cheddar cheese, bacon, pickles, burger sauce, white sauce, lettuce</i>	
<i>Add tomato</i>	1
Roasted Poblano Burger*	12
<i>Roasted poblano peppers, pepper jack cheese, lettuce, chipotle mayo and pickles. A burger with a little kick.</i>	
Mushroom Swiss Burger*	12
<i>Roasted mushrooms, caramelized onions, Swiss cheese, burger sauce, pickle</i>	
Oklahoma Onion Burger*	12
<i>Smash-burger with shaved white onion and American cheese then stacked, with a pickle, onto a toasted brioche bun</i>	
Salmon Burger*	13
<i>Poblano pepper pesto, Pickled onions, Cabbage-Carrot slaw on a Toasted brioche bun.</i>	
Veggie Burger	12
<i>Colorful veggie paddy, avocado, grilled tomato, lettuce, lemon-dill aioli</i>	
Portabello Burger	12
<i>Grilled portobello mushroom cap, smoked mozzarella, tomato jam, lettuce</i>	

seafood tapas

Garlic Shrimp	10
<i>Sautéed shrimp in garlic and white wine, covered in shoestring potatoes</i>	
Baja Style Fish Taco	6
<i>Crispy Cod filet served on corn tortillas spread with chipotle mayo, green cabbage and topped with pico de Gallo</i>	

* CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOOD-BORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.