The pleasure of eating, then, may be the best available standard of our health... Eating with the fullest pleasure—pleasure, that is, that does not depend on ignorance—is perhaps the profoundest enactment of our connection with the world.

—Wendell Berry
**Salads**

**Bright & Zingy**
- GREEK
  - Chopped cucumber, tomato, bell pepper, red onion, crumbled feta cheese and kalamata olives. Tossed in our classic vinaigrette. 10.75
  - Vinny Pick: Cilantro Lime Shrimp 17.75

**LA PEPPITA**
- Chopped green kale with shredded chicken, black beans, crumbled cotija, diced avocado with spicy crispy pepeitas and a lemon-cumin vinaigrette. 12.95

**ASIAN CHOPPED SALAD**
- Chopped Napa & red cabbage and rice noodles, with juliened red bell peppers, scallions, shredded carrots, cilantro and peanuts. Tossed with a miso ginger vinaigrette and topped with crispy noodles. 11.25
  - Vinny Pick: Cilantro Lime Shrimp 19.25

**THE OMEGA**
- Leafy greens and kale chopped and tossed with sweet corn, diced bell pepper, tomato, avocado, red onion, cilantro and toasted pine nuts. Dressed with blue cheese vinaigrette. 12.25
  - Vinny Pick: Cilantro Lime Shrimp 19.25

**TUNA SALAD SALAD**
- Leafy greens, arugula and radicchio with line-caught albacore, artichoke hearts, hardboiled egg and Kalamata olives, creamy caper citrus vinaigrette. 12.25
  - Vinny Pick: Cilantro Lime Shrimp 19.25

**CHERRY TART**
- Sweet dried cherries, crumbled feta, and chilled pecans tossed with arugula & Swiss chard, bright champagne vinaigrette. 11.25
  - Vinny Pick: Lemon-Herb Chicken Breast 17.25

**Pair Your Salad**

**Seafood**
- SEARED TUNA STEAK* 7.00
- SEARED DIVER SCALLOPS 8.00
- CILANTRO LIME SHRIMP 7.00
- TODAY’S FRESH FISH [MP]

**Meat**
- LEMON-Herb CHICKEN BREAST 6.00
- GRILLED FLANK STEAK 7.50
- GRILLED PORK TENDERLOIN 6.00
- DUCK CONFIT 7.50

**Et Cetera**
- PANKO-CRUSTED GOAT CHEESE 6.50
- GRILLED MARINATED BABY ARTICHOKE 5.50
- ROASTED VEGETABLES 5.25
- GRILLED TOFU 6.00

**Savory**
- EAT YOUR PEAS
  - Fresh baby lettuce and sweet green peas with crunchy bacon shards, savory white mushroom sauté and Asaggio cheese with a tart vinaigrette. 12.00
  - Vinny Pick: Lemon-Herb Chicken Breast 18.00

**ALL KALE CAESAR!**
- Shredded super-food kale with a zesty lemon-anchovy vinaigrette, fresh parmesan, chopped Marcona almonds and anchovies. 11.25
  - Vinny Pick: Today’s Fresh Fish [Market Price]

**CAESAR*”
- Flash grilled romaine hearts, and red onion slices tossed in a lemony Caesar dressing with freshly grated parmesan, and croutons. 11.00
  - Vinny Pick: Seared Diver Scallops 19.00

**COBB**
- Tomato, avocado, hard boiled egg, bacon, roast chicken, blue cheese chopped & tossed with romaine & classic cobb vinaigrette. 11.75

**CHOP CHOP**
- Romane, arugula and a touch of radicchio and kale with diced calery, cauliflower, poblano pepper, tomatos, ch拖peas, salami, herb roasted chicken, provolone and pickled banana peppers. 12.50

**A Little Sweet**

**THE BEET GOES ON**
- Fresh baby greens and arugula tossed with tangy goat cheese, chopped pistachios, balsamic roasted beets and honey-balsamic vinaigrette. 12.75
  - Vinny Pick: Grilled Marinated Baby Artichokes 19.25

**APPLE-CHEDDAR CHOP**
- Grilled pork tenderloin over baby arugula, juliened green apples, pickled fennel and sharp cheddar, and tossed in a ruby port vinaigrette. 16.25

**THE NUTTY PEAR-FESSOR**
- Balsamic-roasted pears, bacon crumbles, toasted pecan halves and earthy blue cheese served with tender greens and ruby port vinaigrette. 12.75
  - Vinny Pick: Grilled Flank Steak 20.25

**ARUGULA DUCK**
- Duck confit tossed with baby arugula, creamy goat cheese, balsamic roasted pears, hibiscus vinaigrette. 15.95

**In Balance**

**FRISÉE**
- French bistro staple with frisée greens, poached egg, bacon lardons and a warm shallot vinaigrette. 11.25
  - Vinny Pick: Hibiscus Duck Confit 18.75

**SPINACH-MUSHROOM**
- Baby spinach tossed with sautéed mushrooms, bacon, hardboiled egg pieces, shaved red onion and honey balsamic vinaigrette. 10.75
  - Vinny Pick: Seared Diver Scallops 18.75

**SALACHO**
- A dressed up taco salad with chopped red cabbage and romaine, tomato and corn, green and red onion, seasoned beef and chorizo, cheddar and jack cheese with a chunky honey-lime citronate. 13.25
  - Or with Roast Chicken Substitution

Bread served happily on request! Please ask your server.

**Snacks & Sides**

**ERIN’S MAC & CHEESE**
- With extra-sharp cheddar, jack and Asaggio cheeses and served with sliced fruit & veggies. 7.00

**SAUTÉED KALE**
- With garlic and ginger. 6.50

**DUCk TACOS**
- Duck confit, hoisin and hot sauce with peanuts, cabbage, scallions and carrots in crisp jicama shells. 9.25

**KALE FRITTERS**
- With uraracha aoli. 6.50

**BLACK BEAN & KALE NACHOS**
- With avocado and cilantro cream, fresh tortilla chips. 7.00

**Soups**

**CAJUN GUMBO**
- Classic gumbo with Andouille sausage, shrimp, chicken and rice. 5.00 / 8.00

**MUSHROOM STEW**
- Hearty miso-based vegan stew with a blend of forest, button and porcini mushrooms. 5.00 / 8.00

**SOUP OF THE DAY**
- Ask your server for today’s special soups. 4.00 / 7.00

**Sandwiches**

**CUBAN CUBAN**
- Mustard-roasted pork shoulder, green chile ham, grilled red onions and Swiss cheese, avocado, mayo, chipotle and relish on a split roll. 13.50

*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food-borne disease. For our friends with allergies, milk, eggs, fish, shellfish, tree nuts, wheat, peanuts, and soybeans are used here.