



We are now a tipless restaurant! Prices have increased to include service, so you do not need to leave any gratuity on your check. Making and serving food requires skill and hard work. We are proud to pay our whole staff, front and back, a fair wage for their part in making your meal.

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

Bright & Zingy

GREEK
Chopped cucumber, tomato, bell pepper, red onion, crumbled feta cheese and Kalamata olives. Tossed in our classic vinaigrette. 14.00

LA PEPITA
Chopped green kale with shredded chicken, black beans, crumbled cotija, diced avocado with spicy crispy pepitas and a lemon-cumin citronette. 17.00

ASIAN CHOPPED SALAD
Chopped Napa & red cabbage and rice noodles, with julienned red bell peppers, scallions, shredded carrots, cilantro and peanuts. Tossed with a miso ginger vinaigrette and topped with crispy noodles. 14.75

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. 16.00
Vinny Pick: Cilantro Lime Shrimp 25.00

TUNA SALAD SALAD
Leafy greens, arugula and radicchio with line-caught albacore, artichoke hearts, hardboiled egg and Kalamata olives, creamy caper citrus vinaigrette. 16.00

CHERRY TART
Sweet dried cherries, crumbled feta, and chilled pecans tossed with arugula & Swiss chard, bright Champagne vinaigrette. 14.75
Vinny Pick: Lemon-Herb Chicken Breast 22.75

Savory

EAT YOUR PEAS
Fresh baby lettuce and sweet green peas with crunchy bacon shards, savory white mushroom sauté and Asiago cheese with a tart vinaigrette. 15.50
Vinny Pick: Lemon-Herb Chicken 23.50

ALL KALE CAESAR!
Shredded super-food kale with a zingy, zesty lemon-anchovy vinaigrette, fresh parmesan, chopped Marcona almonds and anchovies. 14.75
Vinny Pick: Today's Fresh Catch market price

COBB
Tomato, avocado, hard boiled egg, bacon, roast chicken, blue cheese chopped & tossed with romaine & classic Cobb vinaigrette. 16.00

CHOP CHOP
Romaine, arugula and a touch of radicchio and kale with diced celery, cauliflower, bell peppers, tomatoes, chickpeas, salami, herb roasted chicken, provolone and pickled banana peppers. 16.25

CAESAR*
Flash grilled romaine hearts, tomatoes, and red onion slivers tossed in a lemony Caesar dressing with freshly grated parmesan, and croutons. 14.50

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. 16.75
Vinny Pick: Grilled Marinated Baby Artichokes 24.00

APPLE-CHEDDAR CHOP
Grilled pork tenderloin over baby arugula, julienned green apples, pickled fennel and sharp cheddar, and tossed in a ruby port vinaigrette. 21.00

THE NUTTY PEAR-FESSOR
Balsamic-roasted pears, bacon crumbles, toasted pecan halves and earthy blue cheese served with tender greens and ruby port vinaigrette. 16.75
Vinny Pick: Grilled Flank Steak 26.75

In Balance

SPINACH-MUSHROOM
Baby spinach tossed with sautéed mushrooms, bacon, hardboiled egg pieces, slivered red onion and honey balsamic vinaigrette. 14.00

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 cumin honey-lime citronette. 17.50

Side of bread 2

Snacks & Sides

ERIN'S MAC & CHEESE
With extra-sharp cheddar, jack and Asiago cheeses and served with sliced fruit & veggies. 9.00

SAUTÉED KALE
With garlic and ginger. 8.50

KALE FRITTERS
With sriracha aioli. 8.50

BLACK BEAN & KALE NACHOS
With avocado and cilantro cream, fresh tortilla chips. 9.50

Soups

CAJUN GUMBO
Classic gumbo with Andouille sausage, shrimp, chicken and rice. 6.00 / 9.00

MUSHROOM STEW
Hearty miso-based vegan stew with a blend of forest, button and porcini mushrooms. 6.00 / 9.00

SOUP OF THE DAY
Ask your server for today's special soups. 5.00 / 8.00

Sandwiches

with side of Garden or Caesar or add \$1 for Greek or Omega
REUBEN
Savory corned beef griddled and layered with tangy sauerkraut, spicy Russian dressing and Swiss cheese on toasted rye. 17.00

ROASTED VEGGIE & PROVOLONE
Roasted bell peppers, onions and squash griddled with basil aioli and provolone, on sourdough bread. 16.25

TUNA MELT
Line caught albacore tuna with capers, chives, mayonnaise and Swiss cheese, on sourdough bread. 16.50

HOT TURKEY
House-roasted cumin-rubbed turkey breast with griddled red onion and tomato, avocado, mayo and provolone, on toasted sourdough. 16.75

CUBAN TORTA
Mustard-roasted pork shoulder, green chile ham, griddled red onions and Swiss cheese, avocado, mayo, chipotle and relish on a split roll. 17.75

Pair Your Salad

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

Seafood

CILANTRO LIME SHRIMP 9.00
FRESH CATCH (market price)

Meat

LEMON-HERB CHICKEN BREAST 8.00
GRILLED FLANK STEAK* 10.00
GRILLED PORK TENDERLOIN 8.00

Et Cetera

GRILLED MARINATED BABY ARTICHOSES 7.25
ROASTED VEGETABLES 7.00
GRIDDLED TOFU 8.00