

## APPETIZERS

- VEGAN GF SMOKIN PUMPKINS** 10.5  
Savory Pumpkin & Almond Dip with a rich smokey flavor. Served with house-made seed crackers & sweet potato chips.  
\* contains tree nuts
- VEGAN GF RED PEPPER "QUEZO"** 11  
Red pepper cashew "cheeze" dip, served with blue corn chips, red onion, tomato, cilantro, pepperoncini & jalapeno  
\* Contains tree nuts
- Veggie GF CAULI-POWER** 11  
Lightly battered & fried cauliflower topped with fresh lime zest & cilantro, served with a sweet & spicy buffalo sauce, fresh celery & tzatziki sauce.  
\* Make it vegan - sub Tofu Crème
- Veggie GF CHIPS & DIP** 8  
House-made sweet potato chips & sriracha aioli  
\* Make it vegan - sub Tofu Crème

## SOUP

### SOUP DU JOUR

cup 4.99, bowl 6.99

## SALAD

- VEGAN GF BLACK BETTY** 10.5  
Black bean burger, spring mix, cucumber, red onion, tomato, avocado, fresh jalapeno & agave lime margarita vinaigrette
- VEGAN GF ORIGINAL KALE** 10  
Kale massaged with lemon vinaigrette, topped with dried cranberry & raw pumpkin seeds, served with sliced avocado
- VEGAN GF THE CAULI-MATA** 11.5  
Fried cauliflower nestled into spring mix topped with red onion, jalapeno, tomato, yellow bell pepper, seasoned black beans, buffalo sauce & vegan ranch dressing

PLEASE INFORM YOUR SERVER OF ALL FOOD ALLERGIES & SENSITIVITIES

Our house-made Aioli contains raw egg. Consuming raw or under cooked seafood or eggs may increase your risk of foodborne illness

## SANDWICHES & BURGERS

Served with sweet potato chips. Want something different? Choose a cup of soup or other side item for an up-charge of 1.49. Sub Gluten-free bread for 2.25

### AVERAGE TOM

10.75

Roasted turkey panini, Port caramelized onion, swiss, tomato, spinach, sriracha aioli & wheat berry bread.

### TUSCAN GARDEN SUB

11

Roasted vegetables (zucchini, yellow squash, onion, cremini mushroom, red pepper) spinach, red onion, kalamata tapenade, provolone cheese, dijon & wheat hoagie. Served with sweet potato chips

\* Want it vegan? - No cheese please

### THE BIG D

11.5

Roasted turkey, spicy cranberry goat cheese spread, walnuts, spinach & wheat berry bread

\* Make it vegetarian - sub avocado. Contains tree nuts

### BEETS ME

10.5

Grilled cheese prepared with tender roasted beets, goat cheese, thin layer of blackberry preserves & wheat berry bread

### KING TRITON

14

A Salmon Burger, freshly prepared with wild Alaskan Coho Salmon, topped with Cranberry/Almond/Apple Slaw, red onion, Dijon mustard & wheat bun. Served with a side of our house-made Sweet Potato Chips.

\* Sorry - Can not be prepared gluten-free.

### TRIPLE B

11

Black bean burger, spring mix, tomato, red onion, sriracha aioli & wheat bun. Served with sweet potato chips

\* Want it vegan - sub Tofu Crème

### BELVEDERE

13

Turkey burger stuffed with goat cheese, spring mix, tomato, red onion, sriracha aioli & wheat bun. Served with a side of our house-made Sweet Potato Chips.

### MEAN GREEN

13

Choose turkey burger or black bean burger with avocado, pickled jalapeno, spring mix & cilantro/lime aioli & wheat bun

\* Want it vegan - Choose the black bean burger and sub Tofu Crème

## ENTRÉES

### TACOS VEGETARIANOS

uno 9.25, dos 13, tres 16.50

A Quinoa/Flax tortilla filled with seasoned roasted chick peas, cauliflower rice, roasted tomato, red pepper, cabbage, red onion & Serrano pepper salsa. Served with house salad & sliced avocado

\* Make it Gluten-free - sub corn tortilla

### TACOS DE PESCADO

uno 10.25, dos 14, tres 17.5

A Quinoa/Flax tortilla filled with seasoned cod, red pepper, red & green cabbage, jalapeno, red onion & cilantro lime aioli. Served with house salad & sliced avocado. Choose between 1-3 tacos

\* Make it Gluten-free - sub corn tortilla

### PISCES PIÁTO

14.5

Almond crusted cod, sweet potato chips, apple/cranberry/almond slaw & curry aioli

\* contains tree nuts

## DINNER ONLY ENTRÉES - AFTER 4 PM

|  |      |
|--|------|
| <b>VEGAN GF</b> CREAMY RED PEPPER ZUCCHINI NOODLE  | 11.5 |
| Zucchini noodles, red pepper, spinach & creamy red pepper cashew cream sauce<br>* Contains tree nuts   |      |
| <b>GF</b> ITALIANO DI POLLO  | 15   |
| Chicken, spinach, baby bella mushroom & mozzarella wrapped in a gluten-free buckwheat crêpe, topped with Provolone cheese & creamy tomato sauce. Garnished with fresh basil. Served with a house salad |      |
| <b>VEGAN GF</b> CRÊPES BETTERAVE   | 14   |
| Crumbled beet/black bean burger, red pepper & red onion wrapped in a gluten-free buckwheat crêpe, topped with an Almond Chipotle Sauce. Served with a house salad<br>* Contains tree nuts              |      |
| <b>Veggie GF</b> SAVORY GARDEN CRÊPE   | 14   |
| Roasted vegetables, spinach and goat cheese wrapped in a gluten free buckwheat crêpe, topped with a Tarragon/Dijon Velouté<br>* Want it vegan - no goat cheese please                                  |      |
| <b>GF</b> THE KETCHIKAN  | 18.5 |
| 8 oz Wild Alaskan Coho Salmon, stuffed with artichoke heart, spinach, feta & served with curry aioli. Served with a house salad  |      |

## SIDES

|  |     |   |     |
|--|-----|---|-----|
| <b>VEGAN GF</b> SWEET POTATO CHIPS   | 3.5 | <b>VEGAN GF</b> ROASTED VEGGIES                                   | 4.5 |
| <b>Veggie GF</b> HOUSE SALAD   | 4.5 | zucchini, yellow squash, red pepper, red onion & cremini mushroom |     |
| Spring mix, cucumber, red onion, tomato & feta cheese<br>* Make it vegan - no feta |     | <b>Veggie GF</b> APPLE/CRANBERRY/ALMOND SLAW                      | 4.5 |

Dressing options: Lemon Vinaigrette, Agave Lime Margarita, Balsamic Vinaigrette & Apple Walnut Vinaigrette

## BEVERAGES

|                                  |     |                                 |     |
|----------------------------------|-----|---------------------------------|-----|
| ORGANIC ICED TEA                 | 2.5 | ORGANIC COFFEE                  | 2.5 |
| ORGANIC HOT TEA                  | 2.5 | COFFEE-NUT                      | 3   |
| SPA WATER (FRUIT & HERB INFUSED) | 1.5 | organic coffee with coconut oil |     |
| COCONUT WATER                    | 3   | HOUSE-MADE SODA                 | 3   |
|                                  |     | SAN PELLEGRINO                  | 2.5 |

# KID'S MENU



## • AGE 10 & UNDER •

All meals are served with an organic juice box. Gluten-free bread/buns are available for 1.99 upcharge

**VEGAN PB&J** ..... \$5.5

House-made peanut butter & organic grape jam served on wheat berry bread. Served with sweet potato chips

• contains peanuts

**CHEESY PEASEY** ..... \$5.5

Grilled cheese with mozzarella on wheat berry bread. Served with sweet potato chips

**LITTLE TOM** ..... \$6

Turkey burger served on a whole wheat bun with ketchup & mixed greens. Served with sweet potato chips.

