

❧ SALADS ❧

(Add: Chicken \$5, Steak \$7, Shrimp \$6, Coconut Tofu or Cauliflower \$4)

Cobb Salad \$12

Bacon, hard-boiled egg, avocado, blue cheese, red onion, heirloom tomato, & honey balsamic dressing

❧ Greek Salad \$8

Butter lettuce, olives, cucumbers, feta, tomato, red onion, dressed with extra virgin olive oil & white balsamic dressing

❧ P.B. Thai Salad \$10

Mixed greens, avocado, mango, red onions, & red cabbage with Peanut Butter Thai dressing

❧ Abundance Salad 10

Arugula, carrots, beets, chick peas, celery, pecans, sesame seeds, apples & berries

Caesar Salad \$8

Romaine, croutons, vegan parmesan, & homemade vegan creamy dressing

❧ Grilled Peach Salad 9

Arugula, cheese, basil, & balsamic vinaigrette

❧ Taco Salad 9

Homemade crunchy corn tortilla shell, lettuce, tomato, cucumber, red onion, corn, sliced jalapeños, cheese, sour cream, guacamole & chili

^{NEW} Salmon Salad 13

Mixed green, cucumbers, strawberries topped w/grilled salmon, side of passion fruit basil vinaigrette

❧ vegan or vegan option available

APPETIZERS

Drunken Clams 16

Clams in a white wine base, with sautéed shallots, fennel, and garlic

Brussels Mussels 12

Mussels in a Belgian beer base, with chorizo, fresh tarragon, and thyme

Tuna Bites 12

4 ounces of blackened fresh tuna, served with our homemade cajun sauce

Fried Calamari 12

Served with marinara sauce

Fish & Chips 10

Fish fillets coated and deep fried, served with fries and a garlic sauce

Coconut Shrimp 11

Golden and crispy coconut shrimp served with pineapple habanero sauce

Wings & Fries (10) 12

Spicy, BBQ, Honey Mustard, Teriyaki, Smoked Chipotle), blue cheese or ranch

Bacon Chicken Wings (6) 10

Made with our spicy BBQ bacon sauce

Ⓥ Zucchini Fries 8

Zucchini breaded, flash fried, and served with chipotle aioli

Ⓥ Asparagus Fries 8

Asparagus breaded, flash fried, and served with chipotle aioli

Ⓥ vegan or vegan option available

④ Vegan Wings & Fries 12

Honey mustard ~ Spicy ~ BBQ Stout ~ Teriyaki ~ Smoked chipotle ~ Plain

④ Quesadillas 9

④ Nachos :Grande \$12, Regular \$8

Tortilla chips, chili, cheese, jalapeños, pico de gallo, sour cream & guac,

④ Chili Bowl 8

Your choice of beef or vegan - topped with melted cheese a side of bread

④ Homemade Hummus 8

Served with cucumbers, carrots, herbed olives, & grilled pita

④ Mac-N-Cheese 6

Our cheese sauce is made from scratch! Mac-N-Cheese Upgrades:

Spicy Mac \$7, Add Chilli \$2

④ Hand-cut Fries: Small \$4 / Large \$7

Golden, crispy, french fries cut by hand

④ Empanadas 5

Two empanadas vegan - with aji sauce

④ Cauliflower Wings 9

Flash fried cauliflower, coated with sweet & spicy sauce

ENTRÉES

New York Steak 30

Topped with sautéed mushrooms and onions, topped with blue cheese - served with asparagus and fingerling potatoes

Paella Valenciana 24

Yellow arborio rice with peppers, green peas, chicken, steak, shrimp, calamari, and chorizo

Black Paella 24

Black arborio rice with peppers, green peas, mussels, clams, shrimp, calamari, and chorizo

Grilled Salmon Teriyaki 20

Served w/ wild coconut rice & sautéed asparagus & peppers

Seafood Cioppino 20

Mussels, shrimp, clams and calamari in our red delicious homemade cioppino sauce

Pesto Salmon 18

Salmon in lemon pesto, served with broccoli and mashed potatoes topped with sautéed squash

🍷 Chicken Piccata 16

Pan seared Seitan like chicken, garlic and capers lemon sauce, served with arugula salad.

Kicking Bourbon BBQ Baby Back Ribs 17

A half rack of ribs served with sweet potato fries

Garlic Skewers 15

Marinated shrimp, chicken, and beef skewers served with fingerling potatoes

Fettuccine Carbonara (rich & creamy carbonara sauce) 12

(add Shrimp \$6, Chicken \$5, Steak \$7)

^{SPICY}HOT Fettuccine Calamari (Tomato sauce) 16

Tossed in a spicy tomato sauce (add Shrimp \$6)

Fettuccine Alfredo 10

(add Shrimp \$6, Chicken \$5, Steak \$7)

Fettuccine Bolognese (Ground plant based beef

/tomato/onion/herbs sauce) 13

(add Shrimp \$6, Chicken \$5, Steak \$7)

Ⓥ Sizzling Fajitas 14.95

Served with fresh tortillas, pico de gallo, shredded lettuce, sour cream & guacamole. (add Shrimp \$6, Chicken \$5, Steak \$7)

Ⓥ Vegan Lasagna 15

Zucchini, sunflower seeds, tomato, onion, & garlic - bread and salad

Ⓥ Vegan Paella \$17

Yellow arborio rice with roasted peppers, onions, mushrooms, cauliflower, seitan chicken, and vegan chorizo

Ⓥ Spaghetti with P.B. Thai Sauce 16

Served with coconut tofu or coconut cauliflower

Ⓥ vegan or vegan option available

❧ BURGERS & SANDWICHES ❧

Black & Blue Burger \$13.5

Blue cheese, bacon, sweet onion marmalade, sautéed mushrooms, Butter
lettuce, tomato, & onion rings

All served with fries

House Burger \$13.5

Topped with butter lettuce, heirloom tomato, mozz/cheddar cheese,
caramelized onions, guacamole & chipotle aioli

Texas Beef Burger \$15

Coleslaw, bacon, egg, tomato, mozz/cheddarcheese, & BBQ sauce

Hot-mess burger 13.5

Lettuce, pepper jack cheese, bacon, chili & guacamole

^{NEW} The Man Burger 19.5

1 lb of Beef, double bacon, double cheese, onion rings, chili & pickles,
served with fries

Chicken Burger \$13.5

Grilled, breaded, and then flash fried chicken breast, topped with
pineapple, lettuce, mozz/cheddar cheese, bacon, & garlic aioli

Turkey Burger \$14

Topped with cranberry mayo, grilled tomato, cucumber, avocado, red
onion, & lettuce

Steak Sandwich \$13.5

Sautéed mushrooms and onion, & horseradish mayo on a toasted
baguette and topped with guacamole

Pulled Pork Sandwich 13.5

Slow cooked pulled pork, BBQ sauce, & melted cheese on a toasted baguette

Caprese Sandwich \$10

Fresh mozzarella, mixed greens, pistachio pesto, & tomato on a toasted baguette

Ⓥ Vegan "Chicken" Burger 14.5

Grilled, breaded, and then flash fried seitan, topped with pineapple, lettuce, tomato, cajun vegan cheese, tomato jam, and aioli

Ⓥ Veggie Burger \$14.5

Lettuce, tomato, sautéed mushrooms /onions, guac., chipotle mayo, & cheese

^{NEW} Ⓥ Portobello Beyond Burger 16

Beyond Burger patty, pesto, lettuce, tomato & cheese served on a Portobello mushroom, on just a Bun or not...

Ⓥ Vegan Panini \$11

Roasted zucchini squash, portobello mushrooms, & vegan cheese - served with hand-cut fries

DESSERTS

Ⓥ Chocolate Cherry Cake \$8

Ⓥ Chocolate Encased
Cannoli 7

Ⓥ Brownies \$7
Peanut Butter Mousse

Homemade Tiramisu \$8

Financier Cake (Almond)
\$8

Served w/ice cream

Ⓥ vegan or vegan option available