

Lunch

AVAILABLE
11AM - 2PM

GREENS

(GF) all dressings made in house: caesar, ranch, bleu cheese, sesame citrus, dark cherry vinaigrette, house vinaigrette, white balsamic vinaigrette

[SESAME CITRUS SALAD]

kale blend, creamy sesame citrus dressing, roasted peanuts, mandarins, crisp wontons / 15

[FIELD FRESH HOUSE] (GF/V)

spinach, tomato, mushrooms, onions, deviled egg, house vinaigrette / 12

[CAESAR] (GF)

hydro crunch, parm crisp, heirloom tomato, bacon, deviled egg / 13

[FIG AND PROSCIUTTO] (GF)

chopped kale blend, fig, prosciutto, apricot goat cheese, roasted walnuts, white balsamic vinaigrette / 16

*add protein: dark meat chicken or roasted turkey +8 /
peanut glazed chicken breast + 9 /
shrimp +10 / salmon* +12 / seared scallops* +14*

SANDWICHES

accompanied with crispy potatoes or roasted vegetables

[BELLA ITALIANO]

salami, prosciutto, burrata, arugula, tomato, pepperoncini, garlic aioli, baked cheddar roll / 15

[HARVEST BURGER*]

brie cheese, crispy prosciutto, arugula, truffle aioli, brioche bun / 17

[ROASTED TURKEY DIP]

baguette, arugula, caramelized onions, provolone, garlic aioli, au jus / 16

[CRISPY COD SANDWICH]

crisp cod, lemon dill aioli, lettuce, tomato, pickled onion, capers, brioche bun / 19

[CHICKEN MELT]

marinated chicken, provolone cheese, tomato, spinach, bacon, pepperoncini, ranch dressing toasted roll / 16

[CUBANITA]

roasted pork loin, salami, mustard, pickled onions, swiss cheese, kale blend, toasted hoagie / 17

[STEAK TACOS]

roast tenderloin, tomato, pickled onions, bleu aioli, provolone, balsamic, spinach, flour tortillas / 17

LUNCH BOWLS

[ALASKAN BOWL*]

grilled salmon, soba noodles, pickled cucumber, carrots, kale blend, green onions, cilantro, apricot glaze, house made ponzu / 21
(vegan) sub salmon for extra vegetables or avocado

[ANGUS BOWL*]

blackened steak, over bleu risotto, spinach and tomatoes / 22

[MEDITERRANEAN BOWL]

dark meat chicken and roasted pepper skewers, marinated cucumbers and tomatoes, pickled onion, feta, seasoned rice / 20

[THAI PORK]

buckwheat noodles, mushrooms, basil, roasted pork, sweet pea microgreens, bean sprouts, broth / 22 *(vegan) without pork*

(GF) GLUTEN FREE / (V) VEGETARIAN

*We use nuts and nut based oils in our food. If you are allergic to nuts, or any other foods, please let your server know. Our food contains or may contain undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish, oysters, or eggs may increase your risk of food-borne illness. 05/2022