

fresh

[eatery & wine bar]

social plates

cream cheese pickle platter

our signature dill pickle smothered in cream cheese, rolled in a thinly sliced deli ham cut into bite sized pieces for your enjoyment

vegetarian? no problem!

enjoy them wrapped in a tortilla!

whipped feta

served with garlic crisps
add falafel

guacamole & blue chips

freshly made all day long!

hummus platter

red pepper hummus, pita bread, & fresh veggies for your dipping pleasure
add falafel

fiesta spinach artichoke dip

served with chips & salsa
add chorizo

fresh blackened tuna

sushi grade, served rare with a wasabi ranch, and pickled ginger

nachos

a pile of blue chips, melted cheese, pico de gallo, sour cream & guacamole, served with a salsa verde [dine in only]

chicken | chipotle chicken | diablo chicken

carnitas | chorizo | steak

baked goat cheese

roasted tomato sauce served with garlic crisps
[dine in only]

sweet basil shrimp

sweet basil, jumbo grilled shrimp, feta, kalamata olives, tomatoes, fresh basil, garlic crisps, whipped feta finished with a squeeze of fresh lemon

falafel platter

served with whipped feta & cucumbers
[vegan option] red pepper hummus

sandwiches

served with choice of sea salt, sea salt & vinegar, bbq or jalapeño chips.

tuna salad (cold or hot)

light tuna made with red onion, celery, mayo, toasted swirl rye, swiss cheese, sprouts and avocado

tuna deluxe

tuna salad, cucumber, tomato, spinach leaves, red onion, sprouts, drizzle of balsamic on toasted swirl rye

greek pita

pita bread, whipped feta, cucumber, tomato, red onion, bell pepper
chicken | gyro meat | shrimp | salmon
falafel

fruity chicken

chicken salad made with red onion, celery, apples, grapes tossed in a sweet dressing blend - romaine, cucumber, sprouts & sugared pecans on wheat berry bread.

turkey reuben

swirl rye, sauerkraut, melted swiss, tangy , island dressing

carnitas

slow roasted, pulled pork on a brioche bun, topped with our tasty sriracha sauce and sriracha slaw

cuban melt

slow roasted pulled pork, grilled ham, bacon, melted swiss, dijon mustard mayo, finished with a dollop of guacamole, on a brioche bun, served with a pickle spear

the melt

melted swiss, mayo, on a brioche bun.
choose ham or turkey
have it in a pita! [\$ more] add bacon [\$ more]

blackened tuna

sushi grade tuna served rare, blackened, on a brioche bun, topped with avocado & sprouts, served with wasabi ranch

grilled cheese

chihuahua cheese, roasted tomato, applewood bacon finished with a roasted tomato sauce, served with red pepper gouda for dipping [veggie option] no bacon

chipotle chicken panini

chihuahua cheese, chipotle chicken, avocado

grilled chicken sammy

melted swiss, baby spinach, cucumber, guacamole, sprouts, a twist of lemon, on toasted panini
sub falafel

from the garden

all salads start with a bed of our crisp romaine lettuce mix

the skinny

shredded carrots, cucumber, tomato, avocado, sprouts, fresh squeezed lime and spices.

wanna keep it skinny? stick with the fresh squeezed

lime and spice | chicken | shrimp

blackened tuna | blackened salmon

fiesta salad

topped with black beans, cheddar cheese, pico de gallo, guacamole, grilled bell peppers and onions, tortilla strips, served with jalapeno ranch

chicken | jumbo shrimp | falafel | steak

melon & goat cheese

baby spinach, avocado, red onion, sprinkled with a bit of chile-lime seasoning & sugared pecans. served with a mango-pineapple vinaigrette

chicken | jumbo shrimp | blackened salmon

garden salad

baby spinach, sprouts, cucumber, tomato, shredded carrots, red onion, egg, parmesan & croutons choose:

ranch, caesar, balsamic or oil & vinegar

chicken | tuna salad | jumbo shrimp

turkey | blackened tuna | blackened salmon

the med

baby spinach, rotini pasta, roasted red peppers, kalamata olives, feta cheese, & sweet basil dressing

chicken | jumbo shrimp | blackened salmon

falafel

diablo salad

tomatoes, guacamole, croutons, chihuahua cheese, grilled chicken tossed with fresh cilantro, salsa verde and jalapeños, served with ranch

(no modifications please)

caesar salad

parmesan, red onion, black olives, croutons, and eggs, tossed with our house made caesar dressing

chicken | jumbo shrimp | blackened salmon

fruity chicken

chunky chicken prepared with diced red onion, cucumbers, celery, apples & grapes tossed with our sweet dressing blend. topped with sugared pecans

the bruschetta

tossed with our house made balsamic dressing,

feta, black olives, red onion, tomato, served

with a garlic crisp

chicken | jumbo shrimp | blackened salmon

bowls

chicken enchilada soup

our signature soup, full of chicken, black beans, corn, zucchini, tomato & topped with crispy tortilla strips and sour cream. if you like a little kick of spice

you'll love this! **Bowl**

Entree Bowl served with strips, sour cream,

cheddar cheese, guacamole & cilantro

red pepper gouda soup

vegetarian, creamy & full of flavor,

served with house made croutons **Bowl**

Entree Bowl served with garlic crostinis

rice bowl

Mexican rice, pico de gallo, black beans, corn, cilantro, mild white cheese, avocado, tortilla strips, jalapeno ranch & street corn dressing

grilled chicken | chipotle chicken | falafel

jumbo shrimp | blackened salmon

pepper jack mac & cheese

chicken verde | chipotle chicken

chicken fajita | jumbo shrimp |

blackened salmon

wraps

served with choice of sea salt, sea salt & vinegar, bbq or jalapeño chips.

gluten free? sub a gluten free tortilla [\$+]

fiesta

the party all starts with a fiesta spinach artichoke cream cheese, romaine lettuce, pico de gallo, cheddar cheese, salsa, black beans, pickled jalapeños and tortilla chips in a tomato tortilla

chicken | shrimp | carnitas

chipotle chicken | falafel | add chorizo

b.l.t.g

bacon, lettuce, tomato, guacamole & mayo in a spinach tortilla or lettuce wrap

add chicken

enjoy a bit of spice? make it a chipotle b.l.t.g

the caesar

romaine, red onion, croutons, black olives, parmesan cheese, tossed with caesar dressing in a wheat tortilla
chicken | shrimp

cali cobb

turkey, bacon, avocado, mayo, romaine, tomato, feta cheese crumble, sprouts in a spinach tortilla

the skinny

romaine lettuce, shredded carrots, cucumber, tomato, avocado, sprouts, fresh squeezed lime, red pepper hummus and spices in a tomato tortilla.

a house favorite!

chicken | shrimp | blackened tuna

blackened salmon

the veggie

fiesta spinach artichoke cream cheese, shredded carrots, cucumber, bell pepper, tomato, sprouts in a tomato tortilla or lettuce wrap

add falafel

[vegan option] sub red pepper hummus

turkey & feta

baby spinach, whipped feta, tomato, cucumber, sprouts, bell pepper finished with sweet basil dressing in a

spinach tortilla or lettuce wrap

*parties of 10 or more gratuity may be added | prices subject to change

burgers

½ pound of meaty deliciousness, marinated and made in house, on a brioche bun served with choice of sea salt, sea salt & vinegar, bbq or jalapeño chips. add a patty [\$+].

vegetarian? no problem! sub falafel

cali burger

melted swiss, fresh spinach, cucumber, sprouts, hummus and guacamole finished with a squeeze of lemon

bbq bacon cheese burger

sriracha bbq sauce, cheddar, bacon

mushroom & swiss burger

grilled mushrooms & onions, finished with Dijon mustard mayo

pepper burger

grilled bell, poblano peppers and onion, chihuahua cheese, guacamole and topped with a grilled jalapeño

quesadilla wraps

melted chihuahua cheese, wrapped in a warm flour tortilla

served with fresh salsa and chips. gluten free tortilla +

cheese
mushroom
black bean & pico
chicken
chipotle chicken
chicken & chorizo

carnitas
steak
chorizo & black bean
diablo chicken

vegan-dilla

red pepper hummus, grilled onion, bell pepper, zucchini and mushrooms served with chips and salsa

want more?

chorizo
mushrooms
grilled bell pepper
grilled onion
fresh jalapeño

avocado
zucchini
baby spinach
guacamole
pico de gallo

sour cream
black beans
rice

fajitas

served with a grilled jalapeño pepper, fresh lime, pico de gallo, guacamole, cheddar cheese, sour cream, salsa
choice of flour, corn tortillas, lettuce leaves or [keto shells]

sizzling hot and full of flavor! your choice of meat or veggies served atop a bed of grilled bell and poblano peppers and red onion
chicken | chicken chipotle | carnitas
mushroom & zucchini | diablo chicken

jumbo shrimp
chorizo
black beans

guacamole
pico de gallo

sour cream
cheddar cheese

still hungry?

rice mexican style rice

street corn & black bean salad grilled & topped with white cheese crumble, street corn sauce, cilantro

tacos

served with chips and salsa

[keto shells +\$] rice

shrimp tacos

corn tortillas, filled with grilled shrimp, pico de gallo, guacamole, served with chipotle sauce

veggie tacos

corn tortillas, filled with our blend of bell and poblano peppers, mushrooms, black beans, red onion and zucchini, grilled and topped with guacamole and served with chipotle sauce [add falafel]

carnitas

slow roasted, pulled pork, topped with cabbage, pico de gallo, crumbled white cheese & sour cream served with tomatillo salsa

fish tacos

warm corn tortillas, black bean spread, grilled tilapia, topped with our sriracha slaw *contains peanut butter

steak tacos

corn tortillas, grilled steak, onion, cilantro, lime, tomatillo salsa, with roasted jalapeno

chicken

corn tortillas, chicken, pico, cheddar, jalapeno ranch

sides

[signature]

cream cheese pickle

veggie cream

cheese pickle

red pepper

hummus & veggies .

red pepper

hummus & pita

chips & guacamole

fresh cut fries .

chips & salsa

fresh veggies

pepper jack

mac & cheese

topped with black beans

& pico de gallo

fruit bowl

pineapple, melon, grapes,

topped with our chile-lime

seasoning

little sprouts

[10 & under please]

served with choice of one side

grilled cheese

served with tomato soup dipper

grilled pb&j

ham and cheese sliders

hot or cold, with mayo

chicken & cheese quesadilla

cheese quesadilla

turkey & cheddar wrap

in a wheat tortilla

cheeseburger sliders

pasta with marinara

served with a garlic crisp

grilled chicken strips

served with mango-pineapple sauce

rice bowl

mexican rice, corn, black beans, avocado chicken

snacks & sides

whole apple

grapes

orange wedges

carrots

avocado slices

cream cheese pickle

sea salt potato chips

beverages

we serve our kids beverages in a plastic cup w/lid

% percent milk

soda

caffeine free option, sierra mist

chocolate milk

smoothies

ask for flavors

IZZE sparkling juice

PICK lunch

11 am - 2 pm

**pick a half of a wrap or salad
enjoy with a bowl of soup,
or fruit bowl**

[half salad & half wrap]

***additional charge**

soup

chicken enchilada soup

our signature soup, full of chicken, black beans, corn, zucchini, tomato and topped with crispy tortilla strips and sour cream. if you like a little kick of spice you'll love this!

red pepper gouda

vegetarian, creamy & full of flavor, served with house made croutons

fruit

fruit bowl

pineapple, melon, and grapes topped with a chile-lime seasoning

wraps

gluten free wrap [\$+]

quesadilla wraps

melted chihuahua cheese, wrapped in a flour tortilla & served with fresh salsa
choose: chicken, chicken chipotle, mushroom, carnitas, black bean & pico

b.l.t.g.

bacon, lettuce, tomato, guacamole, mayo in a spinach tortilla

the skinny

romaine, shredded carrots, cucumber, tomato, avocado, sprouts, red pepper hummus, fresh squeezed lime & spices in a tomato tortilla

the skinny chicken

chicken, romaine, shredded carrots, cucumber, tomato, avocado, sprouts, red pepper hummus, fresh squeezed lime & spices in a tomato tortilla

veggie

fiesta spinach artichoke cream cheese, shredded carrots, cucumber, bell peppers, tomato, & sprouts in a tomato tortilla
[vegan option] sub red pepper hummus

salads

the skinny

romaine lettuce, shredded carrots, cucumber, tomato, avocado, sprouts, fresh squeezed lime and spices.

wanna keep it skinny?

Stick with the fresh squeezed lime and spice

the skinny chicken

chicken, romaine, shredded carrots, cucumber, tomato, avocado, sprouts, fresh squeezed lime & spices

fruity chicken

chunky chicken prepared with diced red onion, cucumber, celery, grapes & apples tossed with our sweet dressing blend topped with sugared pecans

garden veggie salad

romaine lettuce mix, egg, shredded carrots, cucumber, tomato, red onion, parmesan cheese, croutons

choose: ranch, caesar, balsamic or oil & vinegar

(no substitutions please)