

~Lunch~

Monday ~ Friday 11am to 2pm

Salads ~ served in two sizes: single or entrée, add grilled chicken to any salad for \$4 per serving

Organic Spinach, avocado, oranges, shaved red onion, caramelized pecans, white balsamic vinaigrette	7/10
True Food Caesar*, organic romaine, pecorino, four-spice croutons, white anchovy, Caesar dressing	7/10
Cherry Walnut, organic mixed baby greens, pecorino, balsamic vinaigrette	7/10
Bok Choy, shaved jalapeno, red onion, water chestnuts, sweet creamy sesame vinaigrette	7/10

Soups ~

House Made Soups, vary daily, served in two sizes: single or entrée with a fresh baked roll	5/8
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Sandwiches ~ served on fresh baked bread with an organic spring mix salad

Open Faced Roasted Vegetable, sundried tomatoes, grilled eggplant, grilled zucchini, romesco, mozzarella, served warm on a whole wheat pita	9.25
Reuben, corned beef, sauerkraut, swiss, house made Russian dressing, served warm on a soft pumpernickel pretzel with rock salt	9.25
French Dip, roast beef, caramelized onions, provolone, served warm au jus on an Italian herb hoagie	9.25
Spicy Turkey, bacon, onion, avocado, pepper jack, lettuce, chili aioli, served warm on a jalapeno cheddar ciabatta	10
BLT, bacon, arugula, tomatoes, herb aioli, served on sourdough bread	9.25
Roast Beef, lettuce, tomatoes, red onions, horseradish aioli, on a rosemary ciabatta	9.25
Veggie, tomato, onion, spinach, avocado, fresh mozzarella, honey Dijon, herb aioli, multigrain bread	9.25, with turkey 10.25
True Food Burger*, local organic ground beef with choice of cheese (cheddar, bleu, swiss), lettuce, tomato, onion, served on a kaiser roll	9.25, with bacon 11.25
Grilled Cheese, sharp cheddar, pesto, tomato, red onion, avocado, served warm on garlic sourdough	8.50, with ham 9.50

Combination ~

Choice of two of the following: cup of soup, 1/2 cold sandwich (roast beef, veggie, BLT) or single salad	8.25
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Organic Egg Dishes ~ served with organic spring mix salad

Two Organic Eggs*, any style, served with a sourdough baguette	5.25
Quiche, flavors change daily, served with a sourdough baguette	9.25
Croissant Sandwich*, organic eggs, aged cheddar, bacon	9.25
Breakfast Sandwich*, pancetta (Italian ham), arugula, herb aioli, tomato aioli, fried egg, toasted paesano	9.25
Spinach & Chevrè Omelette, organic eggs, roasted tomatoes, sourdough baguette	9.25
Roasted Red Pepper Omelette, organic eggs, swiss, avocado, sourdough baguette	9.25
House Cured Wild Alaskan Salmon Omelette, organic eggs, cream cheese, tomatoes, chives, red onion	9.25
Breakfast Tacos, chorizo, organic scrambled eggs, tomatoes, scallions, feta, spicy salsa verde, cilantro	10

Omelettes can be prepared with egg whites on request

18% gratuity will be added to parties with separate checks or parties of 6 or more.

*Eggs served over-easy, poached, sunny-side up, or soft-boiled and hamburgers and steaks that are served rare or medium-rare may be undercooked and will only be served upon the consumers' request. Whether dining out or preparing food at home, consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness. Caesar dressing is made with raw eggs.