



Starter

*True food is local, flavorful and wholesome. True to nature. True to you.

CHEF'S FEATURED SOUP

HOUSE SALAD

Romaine and mixed greens topped with cucumbers, tomatoes, red onion, carrots and celery tossed with a basil vinaigrette

60 CAL



ANCIENT GRAIN SALAD

Quinoa mixed with grilled corn, arugula, asparagus, tomatoes and avocado tossed with a citrus vinaigrette

100 CAL



Entrees

SUSHI BOWL

Seared Ahi Tuna served with brown sushi rice tossed with purple cabbage and edamame, garnished with cucumber, avocado, carrots topped with sriracha and sesame seeds

300 CAL



JERK CHICKEN SANDWICH

Grilled Jamaican-seasoned chicken breast served on a house made whole wheat bun topped with grilled pineapple and Boston bibb lettuce with a side of balsamic vinaigrette green beans

330 CAL



BLACK BEAN TACOS

Onions, mushrooms, walnuts and black beans seasoned with herbs and spices topped with tequila Mexican slaw and avocado served in a house made corn tortilla with a side of salsa

340 CAL



SAFFRON SHRIMP & GRILLED VEGETABLE SALAD

Grilled saffron and yogurt marinated shrimp served on a bed of arugula and spring mix topped with grilled cherry tomatoes, mushrooms, onions and squash tossed in a citrus vinaigrette

180 CAL



FEATURED FLATBREAD * non-dairy cheese available upon request

House made whole grain flatbread topped with chef's daily creation

CHEF'S FEATURED LUNCH ENTREE

Chef's daily creation served on Wednesday's and Friday's

"Naked" Options

(Select one from each category to create your own balanced meal)

Naked Proteins

3 ounce serving
*lightly seasoned with salt, pepper and olive oil

AHI TUNA 130 CAL

JERK TOFU 60 CAL

SUSHI RICE 100 CAL

Naked Starches

1/4 cup serving
*steamed

BROWN SUSHI RICE 60 CAL

Recommended lunch calorie intake 300-350. Dine Mindfully, please refrain from cell ph

Naked Vegetables

1/2 cup serving
*steamed with no seasoning

GRILLED VEGETABLES 35 CAL

GREEN BEANS 15 CAL

ASPARAGUS 25 CAL

Naked Sauce

1/2 ounce serving

CITRUS VINAIGRETTE 15 CAL

BASIL VINAIGRETTE 25 CAL

