

Weekday Lunch/Brunch

STARTERS

HUMMUS (VEGAN) – An Irregardless classic: a puree of chickpeas with tahini, garlic, and spices. Served with grilled pita(pita may be substituted with gluten-free crackers.)

SOUP CUP / BOWL – ask your server for selections

MIDDLE EASTERN PLATTER (VEGAN) – Hummus, butterbean pâté and tabouli served with kalamata olives and grilled pita.

VEGAN BEAN CHILI (BOWL)

MAINS

CHICKEN KABOB – Chicken skewer marinated in lemon tahini and a vegetable kabob (red onion, zucchini, yellow squash and bell pepper) grilled over an open flame. Served with grilled pita, hummus, and tahini. (Pita may be substituted with gluten-free crackers.)

CHILE RELLENO (GF) – Fresh poblano pepper, stuffed with Spanish ratatouille rice, placed on a black bean cake and served with a roasted red tomato puree and balsamic reduction. Topped with crème Fraiche and smoked gouda (vegan without the toppings).

SPANIKOPITA – This is one of the few dishes served today that we also served in 1975. It is a greek inspired mixture of spinach, feta, and sautéed onions wrapped in phyllo and baked. Served with a lemon cream sauce and vegetables.

MORGAN STREET CHICKEN – Fresh pounded breast of chicken marinated in our lemon tahini dressing, coated with crushed cashews and panko crumbs and grilled. Topped with an herb compound butter along with a whole grain mustard sauce. Comes with home fries and wilted spinach.

SHRIMP & GRITS – Sauteed shrimp, roasted tomatoes, and parmesan served on a cheddar grit cake with a wild mushroom sherry cream sauce.

GRILLED SALMON* – Farm raised salmon* grilled to order and served with the chef's choices. Ask your server for the selections this week.

PENNE PASTA WITH CHICKEN – Cooked penne pasta marinated with basil pesto and sautéed with arugula. Topped with parmesan and sliced grilled chicken (or seitan as a vegetarian option)

ZOODLE BOLOGNESE (VEGAN) – Zucchini noodles served with a vegan "bolognese" sauce and garnished with vegan cashew "parmesan" and fresh basil.



TOASTS & BOARDS

GARDEN TOAST – Thick toasted whole wheat bread topped with spinach mixed with scallions and lemon tahini. Finished in the oven with melted swiss cheese, sautéed mushrooms and sliced tomatoes.

AVOCADO TOAST – Thick toasted whole wheat bread topped with guacamole and an egg omelet filled with mozzarella and sauté mushrooms. Garnished with arugula tossed in a balsamic vinaigrette. (If you are missing the open-faced sandwich, it is here.)

FLATBREAD "PIZZA" – Grilled house-made flatbread topped with the chef's choice of ingredients. Ask your server what we are making this week.

SANDWICHES

SERVED WITH CHOICE OF SIDES

CHEDDAR BEEF BURGER* – Beef* burger grilled to order and topped with cheddar cheese, caramelized onions, mayonnaise, lettuce and tomato set on a toasted brioche knot.

SMOKEY JUBANO – Sliced turkey breast and grilled sliced salmon, both smoked in house, served on foccacia with tomato, swiss cheese, a spicy mustard/mayo sauce and a thinly sliced kosher dill. Toasted and pressed on both sides.

FISH CAKE SANDWICH – Our famous fish cake made with grilled salmon, shrimp, anchovies and scallops. Served on brioche knot with lettuce, tomato and a lemon remoulade.

SANDWICHES CONT.

BLACK BEAN AND QUINOA BURGER (VEGAN) - Burger made from a blend of black beans, lentils, quinoa, onions, cilantro, chipotle and cumin served on house made whole wheat bread with vegan chipotle aioli, guacamole and pico de gallo.

CALIFORNIA FALAFEL POCKET WRAP – Fresh pita rolled with sliced avocado, cucumber, tomatoes, white cheddar, lemon tahini, mixed greens and fresh falafel. (vegan without the cheese).

SEITAN REUBEN – Sliced seitan cutlet served with sweet & sour red wine braised red cabbage, served on grilled rye/pumpernickel bread with 1000 island dressing and melted swiss cheese. (Replace the seitan cutlet with house-smoked turkey for an extra \$2.)

CHICKEN SALAD ON BRIOCHE – Fresh chicken breast steamed with celery seeds combined with diced celery, bell peppers, dijon mustard, mayonnaise and spices. Served on toasted brioche knot with lettuce and tomato.

FOCCACCIA CHICKEN SANDWICH – Grilled, marinated breast of chicken, layered with roasted red pepper, avocado & mozzarella. Set on a homemade foccaccia bread with lettuce, tomato and fresh basil.



SALADS

GARDEN SALAD (VEGAN +GF) – Mixed greens topped with sliced red cabbage, onions, cucumbers, tomatoes, raisins and sunflower seeds. Served with a choice of dressing.

WARM GOAT CHEESE SALAD (GF) – Fresh local goat cheese, dusted with cornmeal and seared on the grill. Served on baby greens tossed in a shallot vinaigrette and topped with raisins and spicy walnuts.

CHOPPED SALAD (GF) – A bounty of salad greens, mushrooms, carrots, cucumbers, red onions, feta cheese, kalamata olives, raisins and sunflower seeds chopped together and served with a choice of dressing on the side (vegan without feta).

QUINOA SALAD (VEGAN + GF) - Quinoa, black beans, and diced sweet potatoes tossed in a light vinaigrette, served on a poblano pepper dressing, topped with fresh mango salsa and pumpkin seeds.

SHRIMP & CITRUS SALAD - Mixed greens, tossed with a raspberry vinaigrette and topped with sliced orange sections, avocado, strawberries, and blackened shrimp.

BUTTERCRUNCH SALAD (GF) - Our special Well-Fed Garden grown buttercrunch lettuce topped with strawberries, avocado, toasted cashews and mangos with a creamy goat cheese dressing.

SALAD DRESSINGS:

Lemon Tahini – Shallot – Raspberry – Red Wine – Poblano – Ginger (all vegan + gf), Ranch – Goat Cheese – Blue Cheese – Balsamic (all gf but not vegan)

SALAD OPTIONS

Salmon- Shrimp - Steak* - Chicken - Seitan Cutlet - Avocado (all gf except Seitan cutlet)

EGGS

HUEVOS RANCHEROS* (GF) – Two sunny side eggs* served on crispy corn tortillas with black beans, cheddar cheese, pico de gallo, guacamole and a tomato puree.

SMOKED SALMON POTATO HASH* (GF) – Cold smoked salmon* cut into thick chunks and sautéed crispy, served on potato hash topped with wilted spinach, two poached eggs* and fresh hollandaise* sauce.

SMOKED BRISKET HASH (GF) – Slow cooked smoked beef brisket served on potato hash with sautéed onion, cabbage and wilted spinach. Topped with two poached eggs*.

CRAB BENEDICT* – Two crab cakes set on toasted English muffins, each topped with a poached egg* and fresh hollandaise* sauce. Comes with home fries.

GARDEN FRITTATA (GF) – Spanish inspired "open face" omelet broiled with fresh tomatoes, avocados, basil, scallions & cheddar cheese. Served with home fries.

QUICHE – Egg tart made with fresh stuff from our garden. Ask your server what we are making this week. Comes with home fries.

Items marked with an asterisk * are cooked to order or contain undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs, or under pasteurized milk may increase your risk of foodborne illness.



SIDES

SWEET POTATO FRIES (VEGAN + GF)

HOME FRIES (VEGAN + GF) – Idaho russets, chopped, steamed, seasoned, baked and vinegar and finished in fryer.

VINEGAR & SALT FRIES (GF) – Julienne cut russets, lightly marinated in sauerkraut juice, and doubled fried. Served with garlic aioli (vegan without aioli).

FRESH FRUIT (VEGAN + GF)

TABOULI (VEGAN) - Cracked wheat "salad" with parsley, tomatoes, cucumbers, garlic and lemon juice.

POTATO SALAD (VEGAN) - Chopped potatoes mixed with green onions, red onions and vegan mayo.

MIXED VEGETABLES (VEGAN + GF) – Seasonal

SIDE SALAD (VEGAN + GF) – Mixed greens topped with sliced red cabbage, onions, cucumbers, tomatoes, raisins and sunflower seeds. Served with a choice of dressing