

LUNCH / BRUNCH

* BISTRO OPTION: *

Order any eggs, mains or sandwiches and get a half price dessert or starter.

BEVERAGES

bloody mary \$7 - vodka, tomato juice and spices
mimosa \$7 - prosecco and orange juice
lurisa italian mineral water (500m) \$4 - still or sparkling
loose leaf tea \$4.25 - ask your server for selections
coffee or decaf \$3.25 - organic, roasted locally at Cup a Joe's
soda \$3 - coca cola, sprite (both made with cane sugar), diet coke
almond or soy milk \$4

orange juice \$4
whole milk \$4
espresso \$3
mocha latte \$4
cappuccino \$4
iced coffee \$4
iced tea \$3
herbal iced tea \$3

STARTERS

HUMMUS (vegan) \$8

An Irregardless classic of puréed chickpeas with tahini, garlic and spices. Served with grilled pita. (Pita can be substituted with GF crackers.)

MIDDLE EASTERN PLATTER (vegan) \$8

Hummus, butterbean pâté and tabouli. Served with kalamata olives and grilled pita.

GARDEN SALAD (vegan + gf) \$8

Mixed greens topped with sliced red cabbage, carrots, onions, cucumbers, tomatoes, raisins and sunflower seeds. Served with a choice of dressing.

ONION RINGS (vegan + gf) \$8

Large Spanish onions cut into thick rings, lightly coated with a blend of gluten-free flours (garbanzo, lentil and buckwheat) and fried. Served with a sweet and sour tomato jam.

VEGAN BEAN CHILI BOWL (vegan) \$8

Black, navy and kidney beans slow-cooked with onions, peppers and spices. Served with fresh pico de gallo.

SOUP BOWL \$8

Ask your server for selections.

SALADS

WARM GOAT CHEESE SALAD (gf) \$10.75

Fresh, local goat cheese, dusted with cornmeal and seared on the grill. Served on a bed of baby greens, tossed in a shallot vinaigrette and topped with craisins and spicy walnuts.

CHOPPED SALAD (gf) \$9.75

A bounty of chopped salad greens, mushrooms, carrots, cucumbers, red onions, feta cheese, kalamata olives, hard boiled egg and sunflower seeds. Served with a choice of dressing.

VEGAN SEX (vegan + gf) \$11.25

Enhanced from the original recipe, this stacked "salad" contains layers of sliced tomato, cucumber, quinoa, black beans, mashed sweet potatoes and avocado. Served with orange sections, orange vinaigrette and garnished with red bell pepper.

SHRIMP & CITRUS SALAD (gf) \$12.50

Mixed greens tossed with a raspberry vinaigrette and topped with orange sections, avocado, strawberries and grilled shrimp.

BUTTERCRUNCH SALAD (gf) \$10.75

Our special Well Fed Garden buttercrunch lettuce topped with strawberries, avocado, toasted cashews and mangoes and a creamy goat cheese dressing.

VEGAN + GLUTEN-FREE SALAD DRESSINGS:

Lemon Tahini - Shallot - Raspberry - Red Wine - Ginger

ADD OPTIONS:

Salmon ♣ \$8, Shrimp \$8, Steak ♣ \$8, Chicken \$6, Seitan Cutlet \$6, Avocado \$4, Goat Cheese Patty \$4 (all gluten-free except Seitan)

GLUTEN-FREE SALAD DRESSINGS:

Ranch - Goat Cheese - Balsamic

SIDES

VINEGAR & SALT FRIES (gf) \$5

Julienne-cut russets, lightly marinated in sauerkraut juice and double fried. Served with garlic aioli (vegan without aioli).

POTATO SALAD (vegan) \$5

Chopped potatoes mixed with green onions, red onions and vegan mayo.

HOME FRIES (vegan + gf) \$5

Idaho russets, chopped, steamed, seasoned, baked and finished in fryer.

TABOULI (vegan) \$5

Cracked wheat "salad" with parsley, tomato, cucumber, garlic and lemon juice.

MIXED VEGETABLES (vegan + gf) \$5

Seasonal.

FRESH FRUIT (vegan + gf) \$5

SWEET POTATO FRIES (vegan + gf) \$5

EGGS

HUEVOS RANCHEROS ♣ (gf) \$11

Two sunny side up eggs served on a crispy corn tortilla with black beans, cheddar cheese, pico de gallo, guacamole and a tomato purée.

GARDEN FRITTATA (gf) \$13

Spanish-inspired "open face" omelet, broiled with fresh tomatoes, avocados, basil, scallions and cheddar cheese. Served with home fries.

SMOKED SALMON POTATO HASH ♣ (gf) \$13

Chunks of salmon cold smoked in-house, grilled until crispy and served on potato hash with two poached eggs, hollandaise sauce, wilted spinach and onions.

MAINS

CHICKEN KABOB \$13.50

Chicken skewer and 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 for GF crackers.)

SPANAKOPITA \$13

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

ZOODLE BOLOGNESE (vegan + gf) \$13.50

Zucchini noodles served with a vegan "bolognese" sauce and garnished with vegan cashew "parmesan" and fresh basil.

ARTHUR'S VENETIAN PASTA \$13.50

Penne pasta sautéed with wild mushrooms, arugula and pesto. Topped with parmesan and sliced grilled chicken. (Chicken can be substituted with seitan as a vegetarian option.)

SANDWICHES

Comes with choice of side

PRESSED CHICKEN SALAD \$10.75

House-made chicken salad on whole wheat, toasted and pressed on both sides.

PIMENTO CHEESE PANINI \$10.75

House-made pimento cheese on whole wheat, toasted and pressed on both sides.

CHEDDAR BEEF BURGER ♣ \$11.50

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

FISH CAKE SANDWICH \$11.75

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

CALIFORNIA FALAFEL POCKET WRAP \$10.75

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

BLACK BEAN BURGER WRAP (vegan) \$11

Black bean and quinoa with chipotle aioli, guacamole and pico de gallo folded in a flour tortilla.

CRAB BENEDICT ♣ \$14

Two crab cakes set on toasted english muffins, each topped with a poached egg and fresh hollandaise sauce. Comes with home fries.

SMOKED BRISKET HASH ♣ (gf) \$13

House-smoked beef brisket on potato hash. Topped with two poached eggs, sweet and sour red cabbage, wilted spinach and onions.

QUICHE \$10.50

Egg tart made with fresh produce from The Well Fed Garden. Ask your server what we are making this week. Comes with home fries.

CHILE RELLENO (gf) \$13.50

Fresh poblano pepper, stuffed with Spanish ratatouille rice, placed on a black bean cake and served with a roasted red tomato purée and balsamic reduction. Topped with crème fraîche and smoked gouda (vegan without toppings).

MORGAN STREET CHICKEN \$14.25

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

GRILLED SALMON ♣ \$15

Farm-raised salmon grilled to order and served with the chef's choice of sides. Ask your server for the selections this week.

SHRIMP & GRITS \$14

Sautéed shrimp, roasted tomatoes and parmesan served on a cheddar grit cake with a wild mushroom sherry cream sauce.

AVOCADO TOAST \$10.75

Whole wheat bread topped with guacamole, sliced tomato and an egg omelet filled with mozzarella and sautéed mushrooms. Garnished with arugula tossed in a balsamic vinaigrette (previously known as the Open-Faced Sandwich).

FOCACCIA CHICKEN SANDWICH \$11

Grilled marinated chicken breast layered with roasted red pepper, avocado and mozzarella. Set on homemade focaccia bread with lettuce, tomato and fresh basil pesto.

TURKEY REUBEN \$12.75

House-smoked turkey served with sweet and sour red wine braised cabbage, served on grilled rye/pumpernickel bread with 1000 island dressing and melted swiss cheese.

SMOKEY JUBANO \$11.75

Sliced turkey and grilled sliced salmon, both smoked in-house. Served on focaccia with tomato, swiss cheese, a spicy mustard-mayo sauce and thinly sliced kosher dill pickle. Toasted and pressed on both sides.

SEITAN REUBEN \$10.75

Sliced seitan cutlet served with sweet and sour red wine braised cabbage, served on grilled rye/pumpernickel bread with 1000 island dressing and melted swiss cheese. Vegan without cheese.

♣ Items marked with the symbol "♣" are cooked to order or contain undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs, or unpasteurized milk may increase your risk of food-borne illness.