



Gluten Free Lunch Menu

SMALL PLATES

leafy

- SPINACH SALAD Laura Chenel goat cheese, sunflower seeds, blueberries, strawberry vinaigrette 10.50
- HEARTS OF ROMAINE spicy pecans, blue cheese dressing, shaved red onions 9.75
- ROASTED BEET CARPACCIO Laura Chenel goat cheese, arugula, red onions, lemon vinaigrette 9.00
- CAESAR hearts of romaine, white anchovies, aged parmesan 8.75

savory

- ARTISANAL CHEESE PLATE today's selections served with accompaniments 14.00
- CHILLED GAZPACHO cilantro crème fraîche cup 4.50 bowl 6.50

sassy

- CRISPY CALAMARI AND ARTICHOKE HEARTS peppadews, chipotle remoulade 11.00

lively

- GRILLED SCALLOPS apple rosemary glaze, house cured bacon, fennel, spinach 15.75
- FIRE ROASTED ARTICHOKE with chipotle remoulade 10.00

MAIN PLATES

salads

- ROASTED SALMON SALAD spinach, sugar snap peas, spiced almonds, peaches, peach vinaigrette 14.50
- COBB SALAD chicken, avocado, blue cheese, bacon, hard boiled eggs, red wine vinaigrette 13.50

meats, fish & more

- GRILLED FLAT IRON sweet potato and bacon hash, asparagus, fig demi 18.50
- GRILLED SALMON garlic mashed potatoes, sautéed spinach, lemon beurre blanc, raspberry dill coulis 16.50