

## 5NACK5 © 5MALL PLATES

FIRE-ROASTED BRUS5EL5 SPROUTS * | 10
Served with sweet chili glaze
CRISPY CAJUN CHICKPEAS
Tossed with homemade Cajun seasoning

## COCKTAIL MEATBALL5

Topped with mozzarella, marinara and basil threads

## BAKED GDAT CHEESE

Topped with your choice of homemade bacon jam or crumbled candied walnuts and dried apricots and served with a toasted baquette

## SOUTHWESTERN QUESADILLAS

Beetenderloin or griled chicken wich mozzarella, black bean salsa, guacamole and chipotle chili sauce

## HOMEMADE HUMMU5

Choice of Tuscan, jalapeño or green goddess
hummus with toasted pita bread
Add carrots and Persian cucumbers +2, Make it a trio +6

CAST-IRON SPINACH ARTICHOKE DIP
pico de gallo and tzatziki

## CRAB CAKES

Topped with sweet roasted corn, chipotle chili sauce and baby greens

## SRIRACHA CHICKEN WINGS

Served with carrot and celery sticks, fresh jalapeño slices, cilantro and jalapeño feta ranch dipping sauce

## GREEN CHILE SHRIMP CEVICHE

Shrimp, diced cucumbers, red onions, and cilantro served over guacamole and homemade tortilla chips

## EGGPLANT CAPONATA CROSTIN

A blend of roasted eggplant, onions, red bell peppers,
celery, tomatoes, olives, golden raisins, and capers over toasted garlic bread with mozzarella and basil

## GREEN5 <br> 8 BOWL5

## add something extra

Grilled Chicken Breast +5 Grilled Shrimp +6 Grilled or Blackened Salmon +7 Falafel Balls +5

## Substitute Cauliflower Rice (Bowls only) +3

## ASIAN CHOPPED CHICKEN SALAD

Shredded chicken mixed with red bell peppers, cucumbers, tomatoes, and cilantro served over a bed of microgreens and tossed with a peanut sesame ginger vinaigrette

MANGD AVOCADO CHOPPED SALAD
Chopped avocado, mango, tomato, jalapeño green onion, chopped herbs and pepitas in a citrus honey dressing on a bed of arugula

## CARDINAL CDBB SALAD

Crispy chicken, egg, bacon, red onion, tomato and avocado drizzled with feta jalapeño dressing on a bed of greens

## GREEK SALAD

Persian cucumbers, cherry tomatoes, radishes,
Kalamata olives, red onions and feta on a bed of mixed greens with herb-roasted garlic vinaigrette and pita croutons

## BLACKENED SALMON SALAD ©

 WITH AVOCADD CREMABlackened salmon served over a bed of quinoa, kale, and homemade slaw with crumbled feta and zesty avocado crema

## BEEF TENDERLDIN FAJITA SALAD ( $\operatorname{FF}$

Beef tenderloin, avocado, tomato and mixed greens with feta jalapeño dressing and homemade tortilla strips

## POWER BOWL

Two organic quinoa and kale patties over herb basmati rice. Topped with honey habanero aioli, black beans, pico de gallo, guacamole and sautéed vegetables

BRU5SELS SPROUTS © GOAT CHEESE SALAD v
Sweet chili-glazed Brussels sprouts, goat cheese fritters, cherry tomatoes, red pepper flakes and mixed greens

## VEGAN MEDITERRANEAN FUSION BOWL

Herb basmati with Brussels sprouts, butternut squash, black beans, pico de gallo, avocado relish and cumin cilantro vegan aioli over a bed of kale

## ORCHARD SPINACH APPLE SALAD

Baby spinach, feta cheese, crumbled bacon, dried sweet cranberries, caramelized walnuts, and apple slices with maple Dijon vinaigrette

## CREAMY BAKED POTATD 50UP 6

Topped with bacon crumbles, cheddar and chives

CUBAN BLACK BEAN SOUP 6 다
Topped with feta and pico de gallo

CHICKEN TORTILLA 5OUP
6 다
Topped with homemade tortilla strips,
cheddar and avocado

## HOU5E 5ALAD 6

Mixed greens, feta, chopped tomato,
cucumber, red onion and walnuts with
balsamic dressing
ICEBERG WEDGE SALAD 6
Topped with chopped tomato and
feta jalapeño dressing
Add bacon crumbles +1
vegetarian y

Menu items may contain or come into contact with WHEAT, EGGS, PEANUTS, TREE NUTS and MILK. For more information, please speak with a manager.

## BURGER5

All burgers are topped with mayo, lettuce, pickles, onions and tomatoes. Served with seasoned hand-cut fries
Substitute a gluten-free bun +3
Add bacon jam to any burger +2
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Angus beef patty with American cheese

## THE CHICKEN BURGER

Your choice of grilled or crispy chicken with avocado, chipotle chili sauce and provolone

BISTROCHIPOTLE CHEESE
Applewood-smoked bacon, avocado, chipotle chili sauce and American cheese

## BEYOND BEEF BURGER

egetarian patty with avocado, provolone pickled vegetables and chipotle chili sauce

## 5ANDWICHE5, WRAP5 © TACD5

## PHILLY CHEESESTEAK ON CIABATTA

Shaved, sautéed sirloin, melted provolone, caramelized onions, wild mushrooms, bell peppers, and mayo. Served with hand-cut fries

## GYRO PITA

Seasoned lamb and beef with tomato, onion
and tzatziki sauce. Served with hand-cut fries
SONDMA CHICKEN SALAD ON WHEAT
Chicken salad, arugula and mayo on whole wheat.
Served with black bean orzo pasta salad

## BAJA CHICKEN WRAP

Grilled chicken, avocado, black beans, feta, lettuce, tomato and chipotle chili sauce in a wheat tortilla. Served with an iceberg wedge salad with feta jalapeño dressing

## CLA55IC CLUB

Ham, turkey, applewood-smoked bacon, American cheese, provolone, lettuce, tomato and mayo on whole wheat. Served with hand-cut fries

## EGGPLANT TACDS



Three panko-crusted eggplant tacos on homemade avocado tortillas with cabbage slaw, avocado relish, vegan chipotle aioli, pickled vegetables, and Cuban black beans

## TEJAS TACDS

Three tacos with your choice of spicy beef tenderloin or spicy shrimp on corn or flour tortilla. Topped with spicy pickled veggies, homemade slaw and honey habanero sauce. Served with black beans topped with pico and feta Make it four tacos: 2 beef and 2 shrimp +2

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## ENTRÉE5

Substitute any side for cauliflower rice +3

## GYROS PLATE

Slices of seasoned lamb and beef, tzatziki, jalapeño hummus, lettuce, tomato and onion. Served with hand-cut fries and pita

KABOB PLATE
Skewers of beef tenderloin, grilled chicken or a combination. Served with herb basmati rice, roasted vegetables, and pita

## CAJUN SEAFOODÉTOUFFÉE

Shrimp, crawfish tails, onion and celery simmered in a roux. Served over white rice with garlic bread

SUN-DRIED TOMATO LEMDN PASTA
Angel hair tossed in lemon zest and olive oil with capers, sun-dried tomatoes, Parmesan and basil. Served with your choice of grilled chicken or shrimp and garlic toast

## RUSTIC PORTOBELLO PASTA

Penne tossed in a roasted-tomato cream sauce with spinach portobello mushrooms. Served with your choice of grilled chicken or sliced Italian sausage with garlic toast

## POBLANO GRILLED CHICKEN

Grilled chicken in a poblano mushroom cream sauce. Served with French green beans, whipped potatoes and pita

PARMESAN-CRUSTED RAINBOW TROUT
Crispy, pan-seared rainbow trout served with sweet chili-glazed Brussels sprouts and sun-dried tomato-lemon pasta

MEDITERRANEAN SALMON
Grilled salmon topped with feta, guacamole and chopped tomato. Served with French green beans, butternut squash and pita

## ITALIAN MEATLDAF

memade meatloaf topped with a zesty marinara sauce, served with French green beans, whipped potatoes with poblano mushroom cream sauce and garlic toast

THE CHICKEN '401
Grilled chicken in a sun-dried tomato cream sauce with a hint of curry. Served with herb basmati rice, sautéed vegetables and pita

## SOUTHERN CRISPY CHICKEN

Crispy chicken breast served with French green beans, whipped potatoes with poblano mushroom cream sauce and garlic toast

## BEEF POT ROAST

 puree over whipped mashed potatoes. Topped with fried onions and served with French green beans and garlic toast

## WOOD 5TONE PIZZA5 All four pizzas sre made with homemade piza dough.

A vegetarian, gluten-free cauliflower pizza crust may be substituted on any of our pizzas +4
GARDEN 8 GDAT

Sweet chili-glazed Brussels sprouts, goat cheese, caramelized onions, red bell peppers, crushed red pepper flakes, Parmesan, balsamic reduction and basil pesto marinara
PESTO MARGHERITA V N
Cherry tomatoes, mozzarella, arugula and fresh
homemade basil pesto
PROSCIUTTO E CARAMELIZED PINEAPPLE
Prosciutto, pineapple, pesto, mozzarella, crushed red pepper, and arugula

## TRUFFLE MUSHROOM

M N N N arugula, fried egg, basil pesto marinara and white truffle oil

## 15

FAV THE BO55
Pepperoni, jalapeño sausage, Parmesan, crushed red pepper flakes, pico de gallo and creamy spinach and artichoke sauce

## HICKDRY BBD

Grilled chicken, applewood-smoked bacon, pineapple, red onion, mozzarella, hickory BBQ sauce and fresh basil

## PEPPERONI

Pepperoni, mozzarella and homemade marinara sauce
SHRIMP \& MANGO
Grilled shrimp, mozzarella, cherry tomato and basil pesto sauce. Topped with diced mango, feta, arugula and honey habanero drizzle

