

Soups & Salads

Baby Kale Chicken Salad (summer only)

A boneless chicken breast with a light teriyaki, served on baby kale tossed with a touch of honey mustard, heirloom cherry tomatoes, red onion, with a side of avocado and refreshing fruit garnish greens with a touch of house vinaigrette, fresh fruit, avocado and a side of honey dijon sauce \$14.95

Caribbean Shrimp Salad - Perfect for a light Summer Meal (summer only)

Five Jumbo Shrimp poached in a broth of Flying Dog Beer, salsa and chipotle, chilled then mixed into a yummy sauce of mango, coconut, lime, cilantro and yogurt. Served on mixed organic greens with fresh fruit, avocado and a side of sauce \$16.95

Homemade Soup of the Day

Organic when possible. Served with a multi grain dinner roll and butter \$5.95

Build Your Own Salad

A big one! Comes with avocado slices, egg, gorgonzola and a blend of romaine mixed organic greens, carrots, tomato and cucumbers. Our house vinaigrette (fresh lime juice, rice vinegar, garlic and olive oil) served on the side \$12.95

Add naturally raised chicken breast \$4.00

Add fresh tilapia fish filet \$6.00

Add blackened tilapia \$7.00

Add crispy bacon \$2.00

House Salad with Organic Greens

Romaine, mixed organic greens, red cabbage, carrots and cucumbers. Served with our house vinaigrette (lemon juice, garlic, rice vinegar, olive oil) \$5.95

Soup & House Salad

\$11.50

Smoked Salmon Filet & House Salad Combo (see Salmon in appetizers)

\$16.95

Smoked Trout Filet & House Salad Combo (see Trout in appetizers)

\$15.95