

SALADS

choice of house made dressings; balsamic, red wine vinaigrette, citrus vinaigrette, caesar, ranch, blue cheese, oil & vinegar, yogurt maple

ORGANIC GARDEN	14
organic mesculan greens, asiago, cucumber, tomato, carrot, dried cranberrie	es,
mutigrain toast points	

CAESAR 16 baby romaine, parmesean, asiago, foccacia croutons, toast points

CLUCKER SALAD

shredded organic chicken breast, mayonnaise, organic field greens, apple,
pear, walnuts, pecans, cranberries, asiago cheese, toast points

TUNA SALAD 18 white albacore tuna, mayonaise, field greens, cucumber, tomato, asiago, carrot, dried cranberries, multigrain toast points

ORGANIC ANCIENT GRAIN BOWL
quinoa & farrow grains, roasted broccoli cauliflower & sweet potatoes,
cranberry, almonds, chickpeas, pickled onion, avocado, tomato, cucumber,
shredded carrot, fine herbs, yogurt maple dijon dressing

SPARTAN SALAD

19.5

choice of mixed greens or romaine, grilled organic chicken breast, feta cheese, tomato, cucumber, fresh hummus, tzatziki sauce, toast points

PAN SEARED SALMON SALAD

organic field greens, seasonal berries, goat cheese, fine herbs, candied pecans, avocado, raspberry jalapeno vinaigrette

add to any salad, avocado, chicken breast, sliced turkey, deli roast beef, country ham, or bacon +6/grilled salmon or mahi mahi +9

SOUPS, COMBOS & MORE

SOUP & SALAD COMBO 16

1/2 PANINI COMBO 14 choice of soup or salad

QUICHE COMBO 15 choice of soup or salad

SOUP OF THE DAY 8.5 ask your server about our daily special

GRILLED CHEESE & SOUP

ROASTED TOMATO SOUP

15

17.5

15.5

QUICHE 8 served with sliced tomatoes

PANINI

Choice of bread: ciabatta, multigrain ciabatta, caramelized onion focaccia, herb foccacia or gluten free Choice of side: hand-cut fries, (parmesan + 1, truffle + 2) house salad, caesar, coleslaw, baked chips, fruit cup

SPARTAN STUFFED PITA

Organic chicken breast, hummus, tzatziki, tomato, cucumber, feta cheese, romaine, red wine vinaigrette

PESTO MELT 18

Choice of, turkey, chicken or roast beef. portobello, zucchini, caramelized onion, sun-dried tomatoes, pesto, asiago, soft herbed cheese, arugula, balsamic

THE BIG KATUNA

white albacore tuna mayor shallots celery dison

white albacore tuna, mayo, shallots, celery, dijon mustard, provolone & swiss cheese, tomato, arugula

B'S ROAST BEEF 17.5

Oven roasted sliced beef, cheddar cheese, horseradish sauce, crispy onions

WHAT THE CLUCK 17.5

roasted chicken breast salad, mayo, toasted pecans, walnuts, dried cranberries, green apple, baby arugula

CAPRESE 16.5

fresh mozzarella, sliced tomato, basil pesto, olive oil, balsamic glaze, baby arugula (also available as a salad)

ROASTED VEGETABLE

baked breaded eggplant, roasted zucchini & portobello, soft herbed cheese, arugula, balsamic glaze

PESTO CHICKEN

roasted chicken salad tossed in basil pesto, tomato, roasted red peppers, mozzarella, arugula, balsamic

TWO PIGS & A BIRDIE

fresh turkey breast, bistro ham, bacon, swiss, brie, granny smith apples, coleslaw, dijon & mayonnaise

FIG & DELICIOUS

fresh sliced turkey breast, french brie cheese, organic fig spread, baby arugula, balsamic glaze

THE TBA 17.5

turkey, bacon, avocado, cheddar, tomato, ranch, arugula

SIMPLE SAMMIE

your choice of meat (grilled chicken, turkey or roast beef) your choice of cheese (american, provolone or cheddar) lettuce, tomato, mustard & mayonnaise

HANDHELDS

includes your choice of side & pickle Add fried egg	2, avocado	o 3, bacon 3	
THE RANCHER crispy chicken thigh marinated in house made rance seasoning, bibb lettuce, tomato, basil aioli, pickled to onion, toasted brioche bun	red	CRISPY CHICKEN TACOS two grilled flour tortillas, organic chicken breast, queso fresco, pickled red onion, cabbage, chili peppers, spicy aioli, fresh cilantro not served with a side	16.5
applewood smoked bacon, bibb lettuce, organic tomato, free-range egg, roasted garlic aioli, rustiic multigrain loaf	18.5	CRISPY CAULIFLOWER TACOS two grilled flour tortillas, golden brown cauliflowe crispy chick peas, black bean puree, pickled red on red cabbage, basil aioli, queso fresco & cilantro	-
TURKEY REUBEN Freshly sliced turkey breast, melted swiss cheese, house made remoulade, pickled cabbage, local multigrain loaf	18	not served with side BLACKENED MAHI MAHI SAMMIE pan seared locally caught fresh mahi mahi, house made remoulade, sliced tomato, bibb lettuce, toaste	19. <u>4</u>
THE AMERICANO Alaina's signature blend, B's secret sauce, american cheese, red onion, bibb lettuce, tomato, toasted brioche bun	21	bun	

BASKET OF HAND CUT FRIES

served with ketchup, or add homemade dipping sauces, basil aioli, garlic aioli or honey mustard +1.50

ORIGINAL	9.5
PARMESAN	10.5
TRUFFLE	11.5

JAVA & JUICE BAR locally roasted fair trade organic coffee & locally grown and cold press juices LATTE 7 Flavor: vanilla, mocha, hazelnut, caramel 7 ICED LATTE Flavor: vanilla, mocha, hazelnut, caramel CAPPUCCINO 6 **AMERICANO** 6 **DOUBLE EXPRESSO** 5 WILLY COLD PRESSED JUICES GREEN JUICE 10 celery, spinach, cucumber, apple, lemon, ginger FRESH WATERMELON JUICE FLORIDA COCONUT WATER 6 CHARCOAL LEMONADE ORGANIC WEEKEND DETOX 10 beet, celery, pineapple, lemon, ginger, turmeric MOTHER'S KOMBUCHA 8 seasonal flavor

SIDES & EXTRAS

SCOOP OF SALAD 5.5 albacore tuna salad, chicken salad or pesto chicken salad
EXTRA PROTEIN 6 grilled chicken, fresh turkey, roast beef,
ORGANIC HOUSE SALAD 7
CAESAR SALAD 8
FRESH FRUIT 6
HOUSE POTATO CHIPS 5
DILL PICKLES 1.5
SPICY PICKLES 1.5
HUMMUS 4
AVOCADO 2.5
TOAST POINTS 3
VEGGIES 5 seasonal ask your server
HOUSE MADE SAUCES 1